



## Live Oak Adult Day Services in Cupertino Activity Schedule December 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Bingo
4 10:00 News & Puzzles 11:00 <b>Exercise with Karley</b> 1:00 <b>Music with Peter and Joe</b> 2:00 Trivia	5 9:00 <b>St. Andrew's School Students</b> 10:00 News & Puzzles 11:00 Christmas ornaments 1:00 Stretch & Exercise Game	6 10:00 News & Puzzles 11:00 Exercise with Mimi 1:00 <b>Music with RT CARR</b>	7 10:00 News & Puzzles 11:00 <b>Music with Bob's Gang</b> 12:30 <i>Michi &amp; Maryann</i> 1:00 Stretch & Exercise Game	8 10:00 News & Puzzles 11:00 <b>Exercise with Karley</b> 1:00 Bingo
11 10:00 News & Puzzles 11:00 Art 1:00 <b>Exercise with Jackie</b> 2:00 Trivia	12 10:00 News & Puzzles 11:00 Travel show: Greek Isles with Rene 1:15 <b>Music with Jim Farber</b>	13 10:00 News & Puzzles 11:00 <b>Music with Johnny Fabulous</b> 1:00 Furry Friends Visit	14 10:00 News & Puzzles 11:00 Hillbrook Students 1:00 All About Hanukkah	15 10:00 News & Puzzles 11:00 <b>Music with Henry</b> 1:00 Bingo
18 10:00 News & Puzzles 10:30 <b>Music with Craig</b> 11:00 <b>Music with Maddeline</b> 1:00 Stretch & Basketball	19 10:00 News & Puzzles 10:30 <b>Santa Visit with Laura and Allison</b> 1:00 <b>Music with Lynbrook Students</b>	20 10:00 News & Puzzles 11:00 <b>Christmas Party with Santa, Vic &amp; Friends!</b>	21 10:00 News & Puzzles 10:45 <b>Lei Nani Hula Dancers</b> 1:00 <b>Danny K Christmas!</b>	22 10:00 News & Puzzles 11:00 <b>Exercise with Karley</b> 1:00 Bingo
25 <b>HOLIDAY</b>	26 <b>HOLIDAY</b>	27 10:00 News & Puzzles 11:00 <b>Exercise with Mimi</b> 1:00 <b>Music with Lizz Fischer</b>	28 10:00 News & Birthday Word Game: "Jean" 11:00 Calendar Art 1:00 Stretch & Bowl	29 10:00 News & Puzzles 11:00 <b>Music with Lynbrook students</b> 1:00 <b>New Year's Celebration!</b>

## December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Vegetarian Quiche Whole Wheat Roll Roasted Potatoes
4 Shepherd's Pie & Mashed Potatoes Cornbread Garden Salad	5 Vegetarian Penne w/ Cheese California Veggies	6 Chicken Adobo Rice Noodles Asian Vegetables	7 Turkey Sandwich	8 Rotisserie Chicken Baked Potato Herbed Zucchini Whole Wheat Roll
11 Vegetarian Chili Cornbread Bell Pepper Salad Broccoli	12 Broiled Tilapia Brown Rice California Veggies Spinach	13 Beef Stuffed Bell Peppers Italian Vegetable Green Salad	14 Turkey Cobb Salad	15 Cider Braised Pork Carrots Brussel Sprouts
18 Greek Chicken Salad	19 Pork Marsala Pasta Spinach Salad Italian Veggies	20 Christmas Luncheon and Party!	21 Baked Fish with Tartar Sauce Brown Rice Carrots Greens Salad	22 Coriander Chicken Roasted Potatoes California Veggies
25 Holiday	26 Holiday	27 Spinach Lasagna Caribbean Veggies Garden Salad	28 Chicken & Rice Casserole Spinach Cucumber Salad	29 Chicken Caesar Salad

\*All meals include milk and wholegrain or enriched bread.

\*All meals are low salt, low fat and contain no added sugar.

**“In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.”**

*Happy Holidays!*



Please join us for our

***Holiday Luncheon***  
*with*  
***Vic & Friends***  
***A Visit from Santa***

December 12th from 11am to 2:30pm. Please RSVP with the Staff

### **Alzheimer's Association Caregiver Support Group**

Sponsored by the Alzheimer's Association, our caregiver group is available to anyone in the community caring for someone with memory loss. It is offered on a drop in basis on the third Thursday of each month. Charlie Niemeyer is the facilitator. Next meeting is Thursday, December 21st at 1:30 p.m. in the Fireside Room of the St. Jude's Church