







**Live Oak Adult Day Services in Willow Glen  
Activity Schedule - November, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1.</b> 10:30 <b>**Fire Drill**</b> 11:00 <b>Linda on Keyboard</b> 12:00 Lunch 1:00 <b>Exercise w/Tania</b></p> <p><b>**Memories in the Making</b></p>	<p><b>2.</b> 10:30 <b>Ukulele w/Dorene</b> 11:00 Morning News 12:00 Lunch 1:00 <b>Art w/ Lauren</b></p>	<p><b>3.</b> 10:30 <b>Travel Trivia w/ Iulianna</b> 11:30 Morning News 12:00 Lunch 1:00 <b>Poppy Art</b></p>
<p><b>6.</b> 10:30 <b>Bill Martin-Music</b> 11:30 Morning News 12:00 Lunch 1:00 <b>Chair Yoga w/Jackie</b></p>	<p><b>7.</b> 10:30 Morning News 11:00 <b>Exercise w/Mythri</b> 12:00 Lunch 1:00 <b>Evergreen Singers</b></p> <p><b>**Memories in the Making</b></p>	<p><b>8.</b> 10:30 Morning News 11:00 <b>Timo—Steel Drums</b> 12:00 Lunch 1:00 <b>Exercise w/Tania</b></p>	<p><b>9.</b> 10:00 <b>Veterans Day Ceremony—Honoring our Veterans who served in the Military</b> 12:00 Luncheon w/ Families 1:00 <b>Spotlight on Veterans</b></p>	<p><b>10.</b></p> <p align="center"><b>Closed</b></p>  <p align="center"><b>Veteran's Day</b></p>
<p><b>13.</b> 10:30 <b>Bill Martin-Music</b> 11:30 Morning News 12:00 Lunch 1:00 <b>Travel Talk w/Renette</b></p>	<p><b>14.</b> 10:30 Morning News 11:00 <b>Exercise w/Mythri</b> 12:00 Lunch 1:00 <b>Art w/ Lauren</b> <b>Vic &amp; Friends on Accordion</b> *</p> <p><b>*Memories in the Making</b></p>	<p><b>15.</b> 10:30 Morning News 11:00 <b>Crossword</b> 12:00 Lunch 1:00 <b>Exercise w/Tania</b></p>	<p><b>16.</b> 10:30 Morning News 11:00 <b>Karaoke Sing A Long w/Staff</b> 12:00 Lunch 1:00 <b>Art w/ Lauren</b> <b>Live Oak Swing Band</b></p>	<p><b>17.</b> 10:30 <b>Travel Trivia w/ Iulianna</b> 11:00 <b>Young@Heart</b> 12:00 Lunch 1:00 <b>Bingo</b></p>
<p><b>20.</b> 10:30 <b>Bill Martin-Music</b> 11:30 Morning News 12:00 Lunch 1:00 <b>Chair Yoga w/Jackie</b></p> <p><i>Happy Birthday Sandy</i> </p>	<p><b>21.</b> 10:30 Morning News 11:00 <b>Audubon Society</b> 12:00 Lunch 1:00 <b>Art w/ Lauren</b></p>	<p><b>22.</b> 10:30 Morning News 11:00 <b>Thanksgiving Craft</b> 12:00 Lunch 1:00 <b>Exercise w/Jeanne</b></p> <p><b>**Memories in the Making</b></p>	<p><b>23.</b></p> <p align="center"><b>Closed</b></p> <p align="center"><b>HAPPY</b></p>  <p align="center"><b>THANKSGIVING</b></p>	<p><b>24.</b></p> <p align="center"><b>Closed</b></p> <p align="center"><b>HAPPY</b></p>  <p align="center"><b>THANKSGIVING</b></p>
<p><b>27.</b> 10:30 Morning News 11:00 <b>Jazzberry Jam</b> 12:00 Lunch 1:00 <b>Exercise w/staff</b></p>	<p><b>28.</b> 10:30 Morning News 11:30 <b>Exercise w/Mythri</b> 12:00 Lunch 1:00 <b>Art w/ Lauren</b></p>	<p><b>29.</b> 10:30 Morning News 11:00 <b>Trivia w/Junelle</b> 12:00 Lunch 1:00 <b>Exercise w/Jeanne</b></p> <p><b>**Memories in the Making</b></p>	<p><b>30.</b> 10:30 Morning News 11:00 <b>Gloria</b> 12:00 Lunch 1:00 <b>Art w/ Lauren</b></p>	<p><b>**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**</b></p>

# NOVEMBER MEAL MENU



<b>**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**</b>		1. Roast Pork w/ Gravy, Whole Wheat Roll, Herbed Carrots, Diced Oven Baked Potatoes, Fresh Oranges	2. Breaded Baked Fish, Brown Rice Pilaf, Caribbean Blend Vegetables, Romaine Salad, Fruited Gelatin Tropical Fruit	3. Coriander Chicken, California Blend Vegetables, Roasted Red Potatoes, Fresh Fruit of the Season
6. Turkey a la King, Whole Wheat Pasta, Malibu Blend Vegetables, Caesar Salad, Fresh Oranges	7. Szechuan Pork, Asian Brown Rice, Diced Carrots, Fresh Bell Peppers & Onions, Fresh Fruit in Season	8. Spinach Lasagna, Caribbean Blend Vegetables, Fresh Garden Salad, Fresh Bananas	9. Chicken & Rice Casserole, White Rice, Sautéed Spinach, Fresh Cucumber, Tomato and Onion Salad, Mandarin Oranges	10. <b>CLOSED FOR VETERANS DAY</b>
13. Roast Pork w/ Apple Sauce, Spinach & Onions, Broccoli & Cauliflower Florets, Fresh Fruit in Season	14. Beef Enchiladas, Spanish Rice, Fiesta Blend Vegetables, Fresh Carrot and Pineapple Salad, Fresh Apples	15. Chicken Scaloppini, Whole Wheat Pasta, Fresh Herbed Carrots, Broccoli Spears, Fresh Fruit in Season	16. Beef Hamburger w/Cheese, Whole Wheat Bun, Potato Wedges, Fresh Garden Salad, Tropical Fruit	17. Vietnamese Chicken, Vermicelli Noodles, Stir Fry Green Beans, Shredded Radish & Carrot Salad, Fresh Oranges
20. BBQ Chicken, Whole Wheat Roll, California Blend Vegetables, Potato Salad, Fresh Fruit in Season	21. Pork Marsala, Pasta, Italian Blend Vegetables, Spinach Salad w/ Cranberries, Citrus Fruit cup	22. Meatloaf w/Gravy, Whole Grain Rye Bread, Corn, Whipped Potatoes, Fresh Oranges	23. <b>CLOSED FOR THANKS GIVING</b>	24. <b>CLOSED FOR THANKS GIVING</b>
27. Stir Fry Pork w/ Broccoli, Brown Rice, Fresh Herbed Carrots, Fresh Fruit in Season	28. Lemon Herbed Chicken Breast, Fresh Baked Sweet Potatoes, Fresh Tossed Green Salad, Fresh Fruit in Season	29. Ginger Glaze Fish, Steamed White Rice, Capri Blend Vegetables, Fresh Coleslaw, Fresh Bananas	30. Spaghetti w/ Meatballs, Italian Blend Vegetables, Fresh Caesar Salad, Fresh Oranges	All meals served with whole grain bread!



Live Oak will be **CLOSED** on

**Friday, November 10, 2016 for Veterans Day & Thursday & Friday, November 23rd & 24th for Thanksgiving Holiday.**

*Save Date:*

- **Thursday, November 9th**—Come celebrate our *Veterans*. Please join us for a special ceremony and program to honor our Veterans who served in all 5 branches of the military at 10:30am. A light luncheon will be served.
- **Thursday, November 16**—Come join us for the *Live Oak Family & Friends Caregiver Potluck Supper, 4pm-6pm*.