



Happy Valentine's Day

Live Oak Adult Day Services in Cupertino Activity Schedule February 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 News & Puzzles 11:00 Hillbrook Kids 12:30 <i>Michi & Maryann</i> 1:00 Stretch & Exercise Game	2 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Bingo
5 10:00 News & Puzzles 11:00 Art Project 1:00 Stretch & Exercise Game	6 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music Jingo 2:00 Trivia	7 10:00 News & Puzzles 11:00 Exercisize w/ Mimi 1:00 Furry Friends 1:30 Bridgo	8 10:00 News & Puzzles 11:00 Music with Danny K. 1:00 Stretch & Exercise Game 2:00 Trivia	9 10:00 News & Puzzles 11:00 Music with Johnny Fabulous 1:00 Stretch 1:00 Bingo
12 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music w/ the Stargeezers	13 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Arts and Crafts	14 10:00 News & B-day Word Game "Ann" 11:00 Lei Nani Hula Dancers 1:00 Valentine & B'Day Celebrations with Vic & Friends	15 10:00 News & Puzzles 11:00 Exercise with Jackie 12:30 <i>Michi & Maryann</i> 1:00 B'Day Word Game "Nick"	16 10:00 News & Puzzles 11:00 Music with Henry 1:00 Stretch 1:30 Bingo
19 Holiday	20 10:00 News & Puzzles 11:00 Stretch & Basketball 1:00 Calendar Art 2:00 Trivia	21 10:00 News & Puzzles 11:00 Exercize w/ Mimi 1:00 Bunco/Yahtzee 2:00 Sing-a-long	22 10:00 News & Puzzles 11:00 Music with Craig 1:00 Stretch & Exercise Game	23 10:00 News & Puzzles 11:00 Exercise with Karley 1:00 Bingo
26 10:00 News & Puzzles 11:00 SJC Students 1:00 Music with Maddaline	27 10:00 News & Puzzles 11:00 B'Day Word Game "Anna" 1:00 Stretch & Bowl 2:00 Sing-a-long	28 10:00 News & Puzzles 11:00 SJC Students 1:00 Music with Lizz Fischer 2:00 Trivia		

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Korean Chicken Steamed Rice Broccoli Spears Romaine Salad	2 Cider Braised Pork w/ Onions Glazed Carrots Brussel Sprouts
5 Braised Beef Mashed Potatoes Broccoli Spears W.W. Roll	6 Chicken Cacciatore Pasta Peas & Carrots Tossed Salad	7 BBQ Pulled Pork Sandwich Corn on the Cob Coleslaw	8 Shoyu Chicken White Rice Stir Fry Veggies	9 Spinach Quiche Roasted Red Potatoes Whole Grain Bread
12 Mediterranean Chicken Wild Rice Herbed Squash Spinach Salad	13 Tomato Soup & Turkey Sandwich	14 Herb Chicken w/ Mushroom Gravy Parmesan Orzo Roasted Carrots Garden Salad	15 Sweet & Sour Pork White Rice Oriental Vegetables	16 Mongolian Beef White Rice Broccoli Spears Garden Salad
19 Holiday	20 Teriyaki Chicken Brown Rice Stir Fry Veggies	21 Pork w/ Baked Ziti Peas & Carrots Romaine Salad	22 Beef Stuffed Cabbage Rolls Roasted Cauliflower Carrot Raisin Salad WW Roll	23 Puffed Pastry w/ Spinach, Cheese & Mushrooms California Veggies Tossed Salad
26 Chicken Curry Basmati Rice Roasted Cauliflower Carrot Raisin Salad	27 Swedish Meatballs WW Penne Pasta Broccoli Spears Tossed Salad	28 Honey Mustard Chicken Wild Rice Herbed Carrots Tossed 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.”

February 2018



Happy Valentine's Day!

Send a letter to Someone you Love!

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, February 15th at 1:30 p.m. in the Fireside Room of the St. Jude's Church