



Live Oak Adult Day Services in Cupertino Activity Schedule March 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 News & Puzzles 11:00 Stretch & Bowl 12:30 <i>Michi & Maryann</i> 1:00 Bunco/Yahtzee	2 10:00 News & Puzzles 11:00 Exercise with Karley 1:00 Birthday Celebration “Tsuruko” 102 years old!
5 10:00 News & Puzzles 11:00 SJC students-Collage 1:00 Exercise with Jackie 2:00 Sing-a-long	6 10:00 News & Puzzles 11:00 Stretch & Bean Bag Toss 1:00 Music Jingo	7 10:00 News & Puzzles 11:00 SJC Students-Jingo 1:00 Stretch & Exercise Game	8 10:00 News & Puzzles 11:00 Hillbrook Kids-Craft 1:00 Travel Show 2:00 Trivia	9 10:00 News & Puzzles 11:00 Music with Johnny Fabulous 1:00 Stretch 1:30 Bingo
12 10:00 News & Puzzles 11:00 B'Day Word Game “Wei-Shan” 1:00 Exercise with Jackie	13 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 St. Patrick's Day Art /Craft Project 2:00 Sing-a-long	14 10:00 News & Puzzles 11:00 Exercise w/ Mimi 1:00 Furry Friends Visit 1:30 Bridgo	15 10:00 News & Puzzles 11:00 Music with Danny K. 12:30 <i>Michi & Maryann</i> 1:00 Stretch & Exercise	16 10:00 News & Puzzles 11:00 Music with Henry 1:00 St Patrick's Day Celebration 1:30 Bingo
19 10:00 News & Puzzles 11:00 Exercise with Karley 1:00 Bridgo	20 10:00 News & Puzzles 11:00 Lei Nani Hula Dancers 1:00 Bunco/Yahtzee	21 10:00 News & Puzzles 11:00 Art 1:00 B-Day Celebrations with Vic and Friends	22 10:00 News & Puzzles 11:15 Music with Craig: Clarinet 1:00 Stretch & Exercise Game	23 10:00 News & Puzzles 11:00 Music with The Goldentones 1:00 Stretch 1:30 Bingo
26 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Animal Assisted Happiness	27 10:00 News & Puzzles 11:00 Calendar Art 1:00 Music with Maddaline 2:00 Trivia	28 10:00 News & Puzzles B”day Word Game “Angela” 11:00 Exercise with Mimi 1:00 Music with Lizz Fischer	29 10:00 News & Puzzles 11:00 Music with Bob's Gang 1:00 Stretch & Parachute	30 10:00 News & Puzzles 11:00 B'Day Word Game “Jose” 1:00 Stretch 1:30 Bingo

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chinese Chicken Salad & Noodle Soup	2 Baked Fish w/ Bell Pepper Sauce Pasta Spinach
5 Pork Fried Rice Peas & Carrots Asian Vegetables	6 Lemon Chicken Zucchini Broccoli & Raisin Salad Garlic Bread	7 Beef Pot Roast Potatoes Carrots & Celery Green Beans WW Roll	8 Baked Fish w/ Dill Sauce Rice Pilaf Vegetable Mix Coleslaw	9 Cheese Enchilada Chuckwagon Corn Fiesta Vegetables
12 BBQ Chicken Capri Veggies Romaine Salad Corn Bread	13 Beef and Turkey Meatloaf Mashed Potatoes Glazed Carrots	14 Sesame Pork Brown Rice Veg. Stir Fry Asian Slaw	15 Chicken w/ Paprika Cream Sauce WW Pasta Zucchini Spinach Salad	16 Corned Beef Boiled Potatoes Steamed Carrots & Cabbage
19 Turkey w/ Peas & Carrot Casserole Garden Salad Biscuit	20 Roast Pork w/ Honey Apple Sauce Sweet Potatoes Green Beans	21 Turkey Cheese Wrap & Tomato Soup	22 Beef Chili Colorado w/ Corn Tortilla Pinto Beans Fiesta Slaw	23 Herbed Salmon Wild Rice Glazed Carrots Garden Salad
26 Braised Beef Mash Potatoes Broccoli Spears WW Roll	27 Chicken Cacciatore Pasta Peas & Carrots Green Salad	28 BBQ Pulled Pork Sandwich Corn Coleslaw	29 Shoyu Chicken White Rice Stir Fry Broccoli, Bell Peppers & Onion	30 Chicken Pasta Salad & Tomato Soup

*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.”

March 2018

“In like a lion, out like a lamb”



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