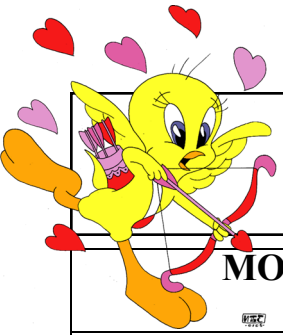

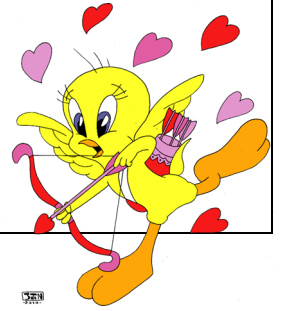


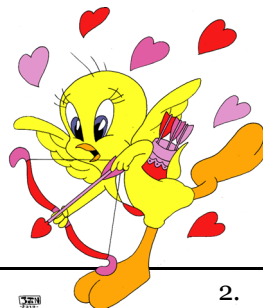
Live Oak Adult Day Services in Willow Glen February, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY		1. 10:30 Morning News 11:00 Card Game 12:00 Lunch 1:00 Art w/ Lauren *Happy Birthday Nicole	2. 10:30 Trivia w/ Iuliana 11:30 Morning News 12:00 Lunch 1:00 Bingo
5. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Chair Yoga w/Jackie	6. 10:30 Morning News 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/Lauren *Memories in the Making	7. 10:30 Morning News 11:00 Linda on Keyboard 12:00 Lunch 1:00 Exercise w/Tania	8. 10:30 Morning News 11:00 Ukulele w/Dorene 12:00 Lunch 1:00 Art w/ Lauren	9. 10:30 Trivia w/ Iuliana 11:30 Morning News 12:00 Lunch 1:00 Johnny Fabulous
12. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Chair Yoga w/Jackie	13. 10:30 Morning News 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/Lauren *Happy Birthday Allan *Memories in the Making	14. 10:30 Morning News 11:00 Timo—Steel Drums 12:00 Lunch 1:00 Exercise w/Tania *SHFB—Brown Bag	15. 10:30 Morning News 11:00 CC Culver 12:00 Lunch 1:00 Art w/ Lauren	16. 10:15 Golden Tones—Singing 11:00 Trivia w/ Iuliana 12:00 Lunch 1:00 Chair Yoga w/Jackie
19. 	20. 10:30 Morning News 11:00 Audubon—Kelsey 12:00 Lunch 1:00 Art w/Lauren Vic & friends Accordion *Memories in the Making	21. 10:30 Morning News 11:00 Jazzberry Jam 12:00 Lunch 1:00 Exercise w/Jeanne *Caregivers Meeting	22. 10:30 Morning News 11:00 Gloria 12:00 Lunch 1:00 Art w/Lauren	23. 10:30 Trivia w/ Iuliana 11:00 Young @ Heart 12:00 Lunch 1:00 Bingo 1:30 WG After School *Happy Birthday Connie
26. 10:30 Morning News 11:00 Volley Ball 12:00 Lunch 1:00 Travel Talk w/Renette	27. 10:30 Morning News 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/Lauren Happy Birthday Marilyn *Memories in the Making	28. 10:30 Morning News 11:00 Musical Jingo 12:00 Lunch 1:00 Exercise w/Jeanne 2:00 Evergreen Singers		



FEBRUARY MEAL MENU



			1. Korean Crisp Chicken, Steamed Rice, Broccoli Spears, Fresh Romaine Salad, Fresh Fruit	2. Cider Braised Pork, Glazed Carrots, Roasted Brussel Sprouts, Tropical Fruit Cup
5. Braised Beef, Mashed Potatoes, Broccoli Spears, Whole Wheat Roll, Fresh Fruit	6. Chicken Cacciatore Pasta, Peas & Carrots, Tossed Salad, Fresh Oranges	7. BBQ Pulled Pork Sandwich, Corn on the Cob, Whole Wheat Hamburger Bun, Coleslaw, Fresh Bananas	8. Oriental Shoyu Chicken, White Rice, Stir Fry Broccoli, Bell Peppers & Onions, Fresh Fruit	9. Spinach Quiche, Whole Grain Bread, Spinach & Onions, Roasted Red Potatoes, Fruited Gelatin with Topical Fruit
12. Mediterranean Style Chicken, Wild Rice, Herbed Summer Squash, Spinach Salad, Fresh Apples	13. Balsamic Glazed Pork Chop, Whole Wheat Roll, Baked Sweet Potato, Broccoli Spears, Fresh Fruit	14. Herb Roasted Chicken w/ Mushroom Gravy, Parmesan Orzo, Roasted Carrots, Garden Salad, Fresh Oranges	15. Sweet & Sour Pork, White Rice, Sauteed Bell Peppers & Onions, Oriental Blend Vegetables, Fruit Cocktail	16. Mongolian Beef, White Rice, Broccoli Spears, Onions & Bell Peppers, Tossed Salad, Fresh Fruit
19. CLOSED PRESIDENTS DAY 	20. Teriyaki Chicken, Brown Rice, Bell Peppers, Onions & Bok Choy, Pineapple Chunks	21. Pork Ragu with Baked Ziti Pasta, Peas & Carrots, Romaine Salad, Fresh Oranges	22. Beef Stuffed Cabbage Rolls, Whole Wheat Roll, Roasted Cauliflower, Carrot & Raisin Salad, Fresh Fruit	23. Puffed Pastry with Spinach, Mushrooms & Cheese, California Blend Vegetables, Tossed Salad, Fresh Fruit
26. Chicken Curry, Basmati Rice, Roasted Cauliflower, Carrot & Raisin Salad, Fresh Apple	27. Swedish Meatballs, Whole Wheat Penne Pasta, Broccoli Spears, Tossed Salad, Fresh Fruit	28. Honey Mustard Chicken, Wild Rice, Herbed Carrots, Tossed Salad w/Mandarins, Fresh Bananas	All meals served with whole grain bread!	
		ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY		

Happy February 2018



"All you need is love. But a little chocolate now and then doesn't hurt"

Charles M Schultz

Families & Friends

- Please join us for the Caregiver Workshop on **Wednesday, February 21, 2018 @ 9:00 a.m.** at Willow Glen. There will be a special presentation @ 10am by Janeen Pratt MA of Interim Healthcare.
- Please note that Memories in the Making Art Program is on Tuesday for the month of February.

Live Oak CLOSED

- **Monday, Feb 19, 2018 - Presidents Day**



****If there are changes to Health History and/or Medication please notify Junelle or Nicole with the updated information.**