



Live Oak Adult Day Services Activity Schedule March, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**</p>			<p>1. 10:30 Morning News 11:00 Ukulele w/Dorene 12:00 Lunch 1:00 Art w/ Lauren</p>	<p>2. 10:30 Trivia w/ Iuliana 11:30 Bernard on Piano 12:00 Lunch 1:00 Star Geezers</p>
<p>5. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Jengo</p>	<p>6. 10:30 Morning News 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/ Lauren 2:00 WG Children visit **Memories in the Making</p>	<p>7. 10:30 Morning News 11:00 Linda—Keyboard 12:00 Lunch 1:00 Exercise w/Tania Happy Birthday Maria Chavez</p>	<p>8. *10-12n Ann w/HearWell Audiology 10:30 Morning News 11:00 Crossword 12:00 Lunch 1:00 Art w/ Lauren</p>	<p>9. 10:30 Trivia w/ Iuliana 11:30 Bernard on Piano 12:00 Lunch 1:00 Johnny Fabulous</p>
<p>12. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 St Patrick's Day Craft Happy Birthday Rena</p>	<p>13. 10:30 Morning News 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/ Lauren 2:00 WG Children visit **Memories in the Making</p>	<p>14. 10:30 Morning News 11:00 Timo—steel drums 12:00 Lunch 1:00 Exercise w/Tania **SHFB—Brown Bag</p>	<p>15. 10:30 Morning News 11:00 C.C. Culver 12:00 Lunch 1:00 Art w/ Lauren</p>	<p>16. 10:30 Trivia w/ Iuliana 11:30 Morning News 12:00 Lunch 1:00 Bingo Happy Birthday Lorna</p>
<p>19. 10:30 Bill Martin—Music 11:00 Musical Jingo 12:00 Lunch 1:00 Chair Yoga w/Jackie</p>	<p>20. 10:30 Morning News 11:00 Card Game 12:00 Lunch 1:00 Art w/ Lauren Vic & friends **Memories in the Making</p>	<p>21. 10:30 Morning News 11:00 Jazzberry Jam 12:00 Lunch 1:00 Exercise w/Jeanne **Caregivers Support Group</p>	<p>22. 10:30 Morning News 11:00 Table Balloon Toss 12:00 Lunch 1:00 Art w/ Lauren</p>	<p>23. 10:30 Trivia w/ Iuliana 11:00 Young @ Heart-Music 12:00 Lunch 1:00 Bingo</p>
<p>26. 10:30 Morning News 11:00 Travel Talk w/Renette 12:00 Lunch 1:00 Chair Yoga w/Jackie</p>	<p>27. 10:30 Morning News 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Easter Duck Craft 2:00 WG Children visit **Memories in the Making</p>	<p>28. 10:30 Morning News 11:00 Sing-A-Long 12:00 Lunch 1:00 Exercise w/Jeanne</p>	<p>29. 10:30 Morning News 11:00 Volleyball 12:00 Lunch 1:00 Evergreen Singers</p>	<p>30. 10:30 Sudoku 11:30 Morning News 12:00 Lunch 1:00 Bingo</p>

MARCH MEAL MENU

<i>All meals served with whole grain bread!</i>	**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**		1. Roast Pork w/ Gravy, Whole Wheat Roll, Roasted Red Potatoes, Malibu Blend Vegetables, Apple Crisp	2. Baked Fish w/ sauce, Pasta, Spinach w/minced garlic, Garden Salad w/Broccoli, Fresh Fruit
5. Pork Fried Rice, Green Peas & Carrots, Asian Blend Vegetables, Fresh Apples	6. Lemon & Herb Chicken, Garlic Bread, Herbed Zucchini, Broccoli & Raisin Slaw, Fresh Fruit	7. Beef Pot Roast, Whole Wheat Roll, Potatoes, Carrots & Celery, Garlic Green Beans, Fresh Oranges	8. Baked Fish w/ Lemon & Dill Sauce, Brown Rice Pilaf, Coleslaw, Ambrosia Salad w/ Mandarin Oranges & Pineapple Chunks	9. Cheese Enchilada, Corn Tortilla, Chuckwagon Corn, Fresh Fruit
12. BBQ Chicken, Cornbread, Capri Blend Vegetables, Romaine Salad, Fresh Fruit	13. Beef and Turkey Meatloaf, Whole Wheat Roll, Mashed Potatoes, Glazed Carrots, Mandarin Oranges	14. Sesame Pork, Brown Rice, Stir Fry Broccoli, Bell Peppers & Onions, Asian Slaw, Fresh Fruit	15. Chicken with Paprika Cream Sauce, Whole Wheat Pasta, Zucchini, Spinach Salad, Fresh Bananas	16. Corn Beef, Whole Wheat Rye Bread, Boiled Red Potatoes, Steamed Cabbage and Carrots, Fresh Fruit
19. Turkey & Vegetable Casserole, Biscuit, Peas & Carrots, Garden Salad, Fresh Fruit	20. Roast Pork w/ Honey Apple Sauce, Whole Wheat Roll, Garlic Green Beans, Baked Sweet Potatoes,	21. Chicken Chop Suey, Brown Rice, Bell Pepper, Onions, Mushrooms, & Water chestnuts, Tossed Salad, Fresh Oranges	22. Beef Chili Colorado, Corn Tortilla, Cooked Pinto Beans, Fiesta Slaw, Fresh Bananas	23. Herbed Salmon, Wild Rice, Glazed Petite Carrots, Garden Salad, Fresh Oranges, Carrot Cake
26. Braised Beef, Whole Wheat Roll, Mashed Potatoes, Broccoli Spears, Fresh Fruit	27. Chicken Cacciatore Pasta, Peas & Carrots, Tossed Salad, Fresh Oranges	28. BBQ Pulled Pork Sandwich, Whole Wheat Hamburger Bun, Corn, Coleslaw, Fresh Bananas	29. Oriental Shoyu Chicken, White Rice, Stir Fry Broccoli, Bell Peppers & Onions, Fresh Fruit	30. Spinach Quiche, Whole Grain Bread, Spinach & Onions, Roasted Red Potatoes, Tropical Fruit Cups



Happy March 2018

- Please join us for a Caregiver Workshop on Wednesday, March 21st at 9:00 a.m. in the Live Oak Library. Chris Braun from Honor will be our keynote speaker.
- Daylight Savings—begins Sunday March 11 so don't forget to turn your clocks forward!
- St Patrick's Day—Saturday, March 17th.

"A good friend is like a four-leaf clover, hard to find and lucky to have"



- 1st Day of Spring—Tuesday, March 20th.
- Good Friday—March 30th.



****Live Oak Requires copies of the Prescription for medication administered here at the program.
Any changes to your Health History and/or Medication please notify Junelle or Nicole with the updated information.