



Live Oak Adult Day Services Activity Schedule– June 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 Volley Ball 12:00 Lunch 1:00 Bingo</p>
<p>4. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Chair Yoga w/Jackie</p>	<p>5. 10:30 Morning News 11:00 Exercise w/Live Oak 12:00 Lunch 1:00 Readers Abroad</p>	<p>6. 10:30 Morning News 11:00 Lynda on Keyboard 12:00 Lunch 1:00 Exercise w/ Tania</p>	<p>7. 10:30 Ukulele with Dorene 11:00 Morning News 12:00 Lunch 1:00 Puzzles</p>	<p>8. 10:30 Morning News 11:00 Evergreen Singers 12:00 Lunch 1:00 Johnny Fabulous</p>
<p>11. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Ana—Drums</p>	<p>12. 10:30 Morning News 11:00 Exercise w/ Live Oak 12:00 Lunch 1:00 Bowling w/Live Oak</p>	<p>13. 10:30 Morning News 11:00 Timo on Steel Drums 12:00 Lunch 1:00 Exercise w/ Tania **SHFB Brown Bag</p>	<p>14. 10:30 Morning News 11:00 Sudoku 12:00 Lunch 1:00 Bingo</p>	<p>15. 10:30 Vintage Car 11:00 Fathers Day Celebration  12:00 Lunch 1:00 Storyteller—Margo Happy Birthday Esther</p>
<p>18. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Chair Yoga w/Jackie</p>	<p>19. 10:30 Morning News 11:00 Exercise w/ Mythri 12:00 Lunch 1:30 Vic & Friends—Accordion</p>	<p>20. 10:30 Morning News 11:00 Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Jeanne **Caregiver support Group</p>	<p>21. 10:30 Morning News 11:00 CC Culver—Stars 12:00 Lunch 1:00 Live Oak Swing Band</p>	<p>22. 10:30 Morning News 11:00 Young @ Heart 12:00 Lunch 1:00 Bingo</p>
<p>25. 10:30 Morning News 11:00 Travel Talk—Renette 12:00 Lunch 1:00 Bean Bag Toss</p>	<p>26. 10:30 Morning News 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Volley Ball</p>	<p>27. 10:30 Morning News 11:00 Coco—Singing 12:00 Lunch 1:00 Exercise w/ Jeanne</p>	<p>28. 10:30 Morning News 11:00 Gloria—Presentation 12:00 Lunch 1:00 Art w/Live Oak</p>	<p>29. 10:30 Morning News 11:00 Crossword 12:00 Lunch 1:00 Bingo Happy Birthday Juan</p>

JUNE MEAL MENU

<p>**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**</p>					<p>1. Puffed Pastry w/ Spinach, Mushrooms, Cheese, California Blend Vegetables, Tossed Salad, Fresh Fruit</p>
<p>4. Chicken Parmesan Pasta, Broccoli, Fresh Mixed Salad, Fresh Fruit</p>	<p>5. Pork Pad Thai, Rice Noodles, Cabbage, Green Onions, and Cilantro, Tossed Salad, Fresh Fruit</p>	<p>6. Turkey & Beef Meatloaf, Whole Wheat Roll, Mashed Potatoes, Diced Carrots, Fresh Oranges</p>	<p>7. Dijon Herb Crusted Fish, Wilde Rice, Garlic Spinach, Dilled Cucumber Salad, Ambrosia w/ Pineapples & Mandarins</p>	<p>8. Carne Asada, Spanish Brown Rice, Black Beans & Corn, Fiesta Slaw, Fresh Banana</p>	
<p>11. Roasted Pork Tenderloin w/ Onion Gravy, Baked Sweet Potatoes, Garlic Green Beans, Fresh Fruit</p>	<p>12. Tilapia Vera Cruz, Cilantro Brown Rice, Herbed Zucchini, Carrot Raisin Salad, Fresh Orange</p>	<p>13. Chicken Alfredo Pasta, Broccoli, Garden Salad, Fresh Fruit</p>	<p>14. Holiday Menu Beef Tri Tip Sandwich w/Au Jus Sauce, Roasted Red Potatoes, Coleslaw, Fresh Fruit, Cheesecake</p>	<p>15. Chicken Adobo, Brown Rice, Stir Fry Bell Peppers, Onions, Cabbage, & Broccoli, Fresh Fruit</p>	
<p>18. Baked Fish w/Sauce, Wild Rice, Broccoli Sunflower Seed Salad, Fresh Fruit</p>	<p>19. Pork Char Siu, Brown Rice, Oriental Blend Vegetables, Asian Slaw, Fresh Fruit</p>	<p>20. Cheese Enchilada Casserole, Corn Tortilla, Cooked Pinto Beans, Mexican "Street" Corn on the Cob Fresh Cantaloupe</p>	<p>21. BBQ Chicken, Cornbread, Baked Beans, Tossed Salad, Fresh Fruit</p>	<p>22. Spaghetti & Meatballs, California Blend Vegetables, Mixed Salad, Peach Crisp</p>	
<p>25. Beef Lasagna, Italian Blend Vegetables, Caprese Salad, Fresh Cantaloupe</p>	<p>26. Breaded Fish Taco w/Mango Salsa, Corn Tortilla, Cooked Pinto Beans, Fiesta Slaw, Pineapple Chunks</p>	<p>27. Crispy chicken, Whole Wheat Roll, Capri Blend Vegetables, Mixed Salad w/oranges Fresh Banana</p>	<p>28. Hungarian Beef Goulash, Macaroni Noodles, Peas & Carrots, Tossed Salad, Fresh Melon</p>	<p>29. Pork Chile Verde, Spanish Brown Rice, Herbed Zucchini, Mexican Corn Salad, Fresh Orange</p>	



Save the DATE:

- **Fathers Day**—Actual Sunday June 17th, 2018.
- **Caregivers Support Meeting with Dr Parrish DrPH, MPH, LCSW , LifeCourse Strategies** - Wednesday June 20th 2018.
 - * All are welcome to join us for the Caregiver Workshop at Live Oak in the Library @ 9:00 am—10:30 am.
 - * We really need your support and would like as many as possible to attend so if you could free up your schedule we would really, really, really appreciate it!
 - * Live Oak is offering **FREE CARE** for caregivers for the duration of the meeting!



Saturday, October 13th

Go to: www.alz.org/walk

Join us for The Walk to End Alzheimer's which is a fundraising, as well as an awareness, raising event that supports the Alzheimer's Association.

****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.**