



Live Oak Adult Day Services in Cupertino Activity Schedule August 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 News & Puzzles 11:00 Bunco and Yahtzee 1:00 Exercise with Jackie	2 10:00 News & Puzzles 11:00 Music with Craig-saxophone 12:30 Michi & Maryann 1:00 Stretch & Exercise	3 10:00 News & Puzzles 11:00 Music with Lisa and Franz 1:00 Celebrate "Ros" 1:30 Bingo
6 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Visiting France with Ann	7 10:00 News & Puzzles 11:00 US Jingo 1:00 Exercise with Kelly 2:00 Trivia	8 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 Furry Friends Visit 1:30 Art Project	9 10:00 News & Puzzles 10:30 Music with Danny K 1:00 Stretch & Exercise 2:00 Trivia	10 10:00 News & Puzzles 11:00 Music with Johnny Fabulous 1:00 Stretch 1:30 Bingo
13 10:00 News & Puzzles 11:00 Music Jingo 1:00 Exercise with Jackie	14 10:00 News & Puzzles 11:00 Stretch & Basketball 1:00 Art	15 10:00 News & Puzzles 11:00 Exercise with Mimi 1:00 B-Day Celebrations with Vic and Friends	16 10:00 News & Puzzles 11:00 Music with Will Michi & Maryann 12:30 Michi & Maryann 1:00 B-Day Word Game "Henry"	17 10:00 News & Puzzles 11:00 Music with Henry 1:00 Stretch 1:30 Bingo
20 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Art Project: Hawaiian Decorations	21 Hawaiian Luau! with Lei Nani Hula Dancers & Pilo Ho'okone Band 12:00 Luau Luncheon 2:00 Hawaiian Trivia	22 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Music with Lizz Fischer	23 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 Craft with Gayle	24 10:00 News & Puzzles 11:00 Bingo 1:00 Yoga with Tamara 2:00 Trivia
27 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with Maddeline	28 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Calendar Art 2:00 TV Trivia	29 10:00 News & Puzzles 11:00 Exercise with Mimi 1:00 Bridgo	30 10:00 News & Puzzles 11:00 Music with Bob Yee's Gang 1:00 Stretch & Exercise	31 10:00 News & Puzzles 11:00 Exercise with Karley 1:00 Visiting Italy - Video 1:30 Bingo

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Alfredo w/ Pasta Broccoli	2 Beef Shepard's Pie Mashed Potatoes Spinach Salad	3 Chicken Adobo Brown Rice Vegetable Stir Fry
6 Chef Salad	7 Pork Char Siu Brown Rice Vegetable Blend Asian Slaw	8 Cheese Enchilada Casserole Pinto Beans Corn	9 BBQ Chicken Baked Beans Tossed Salad	10 Spaghetti & Meatballs Vegetable Blend Mixed Salad
13 Beef Lasagna Italian Vegetables Caprese Salad	14 BBQ Chicken Salad	15 Crispy Chicken Capri Vegetables Mixed Salad W.W. Roll	16 Hungarian Beef Goulash Peas & Carrots Tossed Salad	17 Pork Chili Verde Spanish Rice Herbed Zucchini Corn Salad
20 Balsamic Glazed Chicken Broccoli Garden Salad	21 Luau Luncheon Teriyaki Chicken Rice Fruit Salad	22 Chicken Pasta Salad	23 Chicken Mole Spanish Rice Pinto Beans Broccoli Slaw	24 Baked Fish w/ Aioli Sauce Orzo Vegetable Blend Carrot Salad
27 Vegetarian Pasta Primavera with Broccoli, Squash & Onions Spinach Salad	28 Rosemary Chicken Farro Risotto Squash Medley Garden Salad	29 Caprese Chicken Sandwich	30 Fish Sandwich w/ Tartar Sauce Potato Wedges Coleslaw	31 Greek Chicken Pita Vegetables Cucumber 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.”




Hawaiian Luau!

August 2018



You are all invited to join us!
Tuesday, August 21st.
Lei Nani Hula Dancers and Pilo Ho'okone Band at 11am.
Lunch Served at 12:00. Please RSVP with the staff

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, August 16, at 1:30 p.m. in the Fireside Room of the St. Jude's Church