





Live Oak Adult Day Services Activity Schedule– August 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 Lynda on Keyboard 12:00 Lunch 1:00 Exercise w/Jeanne</p> <p>*Child Disc. Museum: Marie</p>	<p>2. 10:30 Morning News 11:00 Family Feud 12:00 Lunch 1:00 Art w/ Lauren</p>	<p>3. 10:30 Trivia w/ Iuliana 11:30 Morning News 12:00 Lunch 1:00 Bingo</p>
<p>6. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Chair Yoga w/ Jackie Happy Birthday Allen C</p> 	<p>7. 10:30 Morning News 11:00 Exercise w/Tania 12:00 Lunch 1:00 Art w/ Lauren **Memories in Making</p>	<p>8. 10:30 Morning News 11:00 Timo on Steel Drums 12:00 Lunch 1:00 Exercise w/Jeanne **SHFB Brown Bag Happy Birthday Mina</p> 	<p>9. 10:30 Ukulele w/Dorene 11:00 Morning News 12:00 Lunch 1:00 Art w/ Lauren</p>	<p>10. 10:30 Trivia w/ Iuliana 11:30 Morning News 12:00 Lunch 1:00 Johnny Fabulous Happy Birthday Colleen</p> 
<p>13. 10:30 Bill Martin-Music 11:30 Morning News 12:00 Lunch 1:00 Ana—Drums</p>	<p>14. 10:30 Morning News 11:00 Exercise w/Live Oak 12:00 Lunch 1:00 Art w/ Lauren 1:30 Vic & friends **Memories in Making Art</p>	<p>15. 10:30 Morning News 11:00 Jazzberry Jam 12:00 Lunch 1:00 Exercise w/Jeanne **Caregiver support Group *Bellarmine 10-2</p>	<p>16. 10:30 Earthquake/FireDrill 11:00 Volley ball 12:00 Lunch 1:00 Art w/ Lauren Live Oak Swing Band</p>	<p>17. 10:30 Trivia w/ Iuliana (end date 8/17) 11:30 Morning News 12:00 Lunch 1:00 Bingo</p>
<p>20. 10:30 Bill Martin-Music 11:00 Morning News 12:00 Lunch 1:00 Chair Yoga w/Jackie</p>	<p>21. 10:30 Morning News 11:00 Exercise w/Tania 12:00 Lunch 1:00 Art w/ Lauren (end date 8/21) **Memories in Making Art</p>	<p>22. 10:30 Morning News 11:00 Story Telling w/Margo 12:00 Lunch 1:00 Exercise w/Jeanne</p>	<p>23. 10:30 Morning News 11:00 CC Culver—Int'l Stars 12:00 Lunch 1:00 Art w/ Lauren (end date 8/23)</p>	<p>24. 10:30 Morning News 11:00 Young @ Heart 12:00 Lunch 1:00 Bingo</p>
<p>27. 10:30 Morning News 11:00 Travel Talk w/Rennette 12:00 Lunch 1:00 Exercise w/Live Oak</p>	<p>28. 10:00 Ice Cream w/Charlie 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/ Live Oak **Memories in Making Art</p>	<p>29. 10:30 Morning News 11:00 Music Jengo 12:00 Lunch 1:00 Exercise w/Tania</p>	<p>30. 10:30 Morning News 11:00 Gloria Presentation 12:00 Lunch 1:00 Art w/ Live Oak</p>	<p>31. 10:30 Morning News 11:30 Sudoku 12:00 Lunch 1:00 Bingo</p>  <p>Happy Birthday Bonnie</p>

AUGUST MEAL MENU

<p>**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**</p>		<p>1. Chicken Alfredo Pasta, Fresh Broccoli, Garden Salad, Fresh Fruit in Season</p>	<p>2. Beef Shepherds Pie, Mashed Potato, Fresh Spinach Salad w/Tomatoes, Fruited Gelatin w/ Oranges</p>	<p>3. Chicken Adobo, Brown Rice, Stir Fry Bell Peppers, Onions, Cabbage & Broccoli, Fresh Fruit</p>
<p>6. Baked Fish w/ Roasted Red Bell Pepper Sauce, Wild Rice, Broccoli Sunflower Seed Salad, Fresh Fruit</p>	<p>7. Pork Char Siu, Brown Rice, Oriental Blend Vegetables, Asian Slaw w/Carrots, Fresh Fruit</p>	<p>8. Cheese Enchilada Casserole, Cooked Pinto Beans, Mexican "Street" Corn on the Cob, Fresh Cantaloupe</p>	<p>9. BBQ Chicken, Cornbread, Baked Beans, Tossed Salad, Fresh Fruit</p>	<p>10. Spaghetti & Meatballs, Pasta, California Blend Vegetables, Mixed Salad, Peach Crisp</p>
<p>13. Beef Lasagna, Italian Blend Vegetables, Fresh Caprese Salad, Fresh Cantaloupe</p>	<p>14. Breaded Fish Taco w/Mango Salsa, Cooked Pinto Beans, Fiesta Slaw, Pineapple Chunks</p>	<p>15. Crispy Chicken, Capri Blend Vegetables, Mixed Salad w/oranges, Fresh Bananas</p>	<p>16. Hungarian Beef Goulash w/ Macaroni Noodles, Peas & Carrots, Tossed Salad, Fresh Banana</p>	<p>17. Pork Chile Verde, Spanish Brown Rice, Herbed Zucchini, Mexican Corn Salad, Fresh Oranges</p>
<p>20. Balsamic Glazed Chicken w/ Peaches, Broccoli, Garden Salad, Fresh Fruit</p>	<p>21. BBQ Pulled Pork Sandwich, Baked Beans, Corn on the Cob, Fresh Oranges</p>	<p>22. Breakfast for Lunch, Turkey Sausage, Waffle, Roasted Red Potatoes w/Bell Peppers, Fresh Cantaloupe</p>	<p>23. Chicken Mole, Spanish Brown Rice, Baked Pinto Beans, Broccoli Slaw, Fresh Whole Fruit</p>	<p>24. Baked Fish w/ Lemon & Garlic Aioli Sauce, Mixed Vegetables, Carrot & Pineapple Salad, Fruited Gelatin w/ Oranges</p>
<p>27. Vegetarian Pasta Primavera, Spinach Salad, Fresh Fruit</p>	<p>28. Rosemary Chicken, Fresh Squash Medley, Garden Salad, Fresh Oranges</p>	<p>29. Cider Braised Pork Loin w/ Caramelized Onions Roasted Garlic Red Potatoes, Vegetables,</p>	<p>30. Fish Sandwich, Potato Wedges, Fresh Coleslaw w/ Carrots, Tropical Fruit</p>	<p>31. Greek Chicken Pita, Fresh Stewed Vegetables, Marinated Cucumber, Tomato, Red Onion Salad, Fresh Cantaloupe</p>



Families & Friends

- **CAREGIVER SUPPORT GROUP MEETING**—Wednesday, August 15th at 9:30 am in Live Oak Library. We will have a presentation from Gayle Akins, M.S.—Outreach Specialist
- **WESTERN NIGHT FUNDRAISER**—*Note Changed Date ...* **OCTOBER 6, 2018, 5:30 pm - 8:00 pm.** Fundraiser to benefit our four centers, located in Cupertino, Gilroy, Los Gatos & Willow Glen. All donations are fully tax-deductible. Western Attire & Cowboy Hats are encouraged
- **“WALK TO END ALZHEIMERS”** The 2018 Silicon Valley Walk to End Alzheimer’s is on **Saturday, October 13th.** Thank you for your support!!
- **SENIOR RESOURCE & WELLNESS FAIR**—**October 16th, 9:30-12:30, San Jose City Hall.** More than 50 agencies will be on-site to provide Community Resources for Seniors, Family Members & Caregivers.

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