



Live Oak Adult Day Services in Cupertino Activity Schedule July 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 News & Puzzles 11:00 Domino Challenge 1:00 Exercise w/ Tamara	3 10:00 News & Puzzles 11:00 4th of July Craft 1:00 Stretch & Exercise Game	4 HOLIDAY	5 Independence Day Celebration! Games, Puzzles, Trivia Declaration of Independence Special Lunch Music with Lizz Fischer	6 10:00 News & Puzzles 11:00 B'day Word Game "Tom" 1:00 Stretch 1:30 Bingo
9 10:00 News & Puzzles 10:45 Music with The Choraleers 1:00 Stretch & Cornhole Toss	10 10:00 News & Puzzles 11:00 Lei Nani Hula Dancers with the Pilo Ho'okone Band 1:00 B'day Word Game "Simmin" 2:00 Trivia	11 10:00 News & Puzzles 11:00 Arts & Crafts 1:00 Furry Friends Visit 1:30 Bridgo	12 10:00 News & Puzzles 11:00 Music with Danny K 1:00 Stretch & Exercise 2:00 Trivia	13 10:00 B'day Word Game "Hosun" 11:00 Music with Johnny Fabulous 1:00 Stretch 1:30 Bingo
16 10:00 News & Puzzles 11:00 Music with Craig B' day Word Game "Dan" Celebrating 100 Years!	17 10:00 News & Puzzles 11:00 Travels with Gayle 1:00 Stretch & Exercise	18 10:00 News & Puzzles 11:00 Exercise with Mimi B-Day Celebrations with Vic and Friends	19 10:00 News & Puzzles 11:00 Stretch & Exercise 12:30 Michi & Maryann 1:00 Music Jingo	20 10:00 News & Puzzles 11:00 Music with Henry 1:00 Stretch 1:30 Bingo
23 10:00 News & Puzzles 11:00 Exercise w/ Jackie 1:00 Music with Maddeline	24 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Calendar Art 2:00 Trivia	25 10:00 News & Puzzles 11:00 Exercise with Mimi Music with Lizz Fischer	26 10:00 News & Puzzles 11:00 Music with Bob's Gang "Christmas in July" with Danny K	27 10:00 News & Puzzles 11:00 Bingo 1:00 Exercise w/ Tamara
30 10:00 News & Puzzles 11:00 Exercise w/ Jackie 1:00 Art Project	31 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Music Jingo			

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Balsamic Glazed Chicken w/ Peaches Broccoli Garden Salad W.W. Roll	3 BBQ Pork Ribs Corn Potato Salad	4 Holiday	5 Hot Dogs Potato Salad Baked Beans Watermelon	6 Baked Fish w/ Lemon & Garlic Orzo Vegetable Mix Carrot Salad
9 Vegetarian Pasta Primavera w/ Broccoli, Squash & Onions Spinach Salad	10 Rosemary Chicken Farro Risotto Squash Medley Garden Salad	11 Cider Braised Pork w/ Onions Red Potatoes Vegetable Blend W.W. Roll	12 Cheese and Black Bean Quesadilla	13 Greek Chicken Pita Briami Vegetables Cucumber Salad
16 Cabbage Roll Caserole Mashed Potatoes W.W. Roll	17 Taco Al Pastor Pinto Beans Chuckwagon Corn	18 Chicken Curry Basmati Rice Carrots Bean Salad	19 Chicken Caesar Salad	20 Parmesan Fish Wild Rice Italian Vegetables Scalloped Tomatoes
23 Chinese Chicken Salad	24 Turkey Sandwich	25 Meatloaf w/ Gravy Mashed Potatoes Carrots W.W. Roll	26 Dijon Herb-Crusted Fish Wild Rice Garlic Spinach Cucumber Salad	27 Carne Asada Spanish Rice Black Beans & Corn Fiesta Slaw
30 Roasted Pork Tenderloin w/ Onion Gravy Sweet Potatoes Green Beans	31 Tilapia Vera Cruz Cilantro Rice Herbed Zucchini Carrot & Raisin 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.”

July 2018



We wish everyone a safe and happy 4th of July!

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, July 19th at 1:30 p.m. in the Fireside Room of the St. Jude's Church