




Live Oak Adult Day Services in Cupertino Activity Schedule October 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00 News & Puzzles 11:00 Animal Assisted Happiness! 1:00 Stretch & Exercise Game</p>	<p>2</p> <p>10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Art</p>	<p>3</p> <p>10:00 News & Puzzles 11:00 Exercise with Karley 1:00 Bridgo</p>	<p>4</p> <p>10:00 News & Puzzles 11:00 Steven's Creek Ramblers 1:00 Stretch & Exercise Game</p>	<p>5</p> <p>10:00 News & Puzzles 11:00 Bingo 1:00 Yoga with Tamara 2:00 Sing-A-Long</p>
<p>8</p> <p>10:00 News & Puzzles 10:30 Music with Craig 11:30 Stretch & Exercise Game 1:00 Art</p>	<p>9</p> <p>10:00 News & Puzzles 11:00 US Jingo 1:00 Stretch & Exercise Game 2:00 Trivia</p>	<p>10</p> <p>10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Furry Friends Visit 1:30 Music Jingo</p>	<p>11</p> <p>10:00 News & Puzzles 10:30 Music with Danny K 1:00 Stretch & Exercise 2:00 Trivia</p>	<p>12</p> <p>10:00 News & Puzzles 11:00 Music with Johnny Fabulous 1:00 Stretch 1:30 Bingo</p>
<p>15</p> <p>10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with Peter & Joe 2:00 Trivia</p>	<p>16</p> <p>10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 October Cooking</p>	<p>17</p> <p>10:00 News & B-day Word Game "Maureen" 11:00 Exercise with Mimi 1:00 B-Day Celebrations with Vic and Friends</p>	<p>18</p> <p>10:00 News & Puzzles 11:00 Stretch & Exercise 12:30 Michi & Maryann 1:00 California Jingo</p>	<p>19</p> <p>10:00 News & Puzzles 11:00 Music with Henry 1:00 Stretch 1:30 Bingo</p>
<p>22</p> <p>10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Music with Maddeline</p>	<p>23</p> <p>10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Calendar Art</p>	<p>24</p> <p>10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Bunco /Yahtzee</p>	<p>25</p> <p>10:00 News & Puzzles 11:00 Music with Bob's Gang 1:00 A Murder of Crows</p> <div style="text-align: center;">  </div>	<p>26</p> <p>10:00 News & Puzzles 11:00 Bingo 1:00 Yoga with Tamara 2:00 Trivia</p>
<p>29</p> <p>10:00 News & Puzzles 11:00 PUMPKIN CARVING WITH THE CUPERTINO ROTARY 1:00 Exercise with Jackie</p>	<p>30</p> <p>10:00 News & Puzzles 11:00 Lei Nani Hula Dancers & Pilo Ho'okone Band 1:00 B-day Word Game "George" 2:00 Halloween Trivia</p>	<p>31</p> <p>10:00 HALLOWEEN FUN WITH THE VILLA MONTESSORI SCHOOL! 1:00 Spooky Music with Lizz Fischer</p>		

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Cacciatore with Pasta Broccoli Garden Salad	2 Baked Fish with Chimichurri Sauce Brown Rice Herbed Carrots Bean Salad	3 Turkey And Barley Salad	4 Beef Stew with Potatoes, Carrots & Onions Roasted Cauliflower W.W. Roll	5 Meatloaf with Gravy Mashed Potatoes Vegetable Blend W.W. Bread
8 Chinese Chicken Salad	9 Stir Fry Chicken w/Celery, Mushrooms, Carrots & Bell Peppers Brown Rice Cabbage	10 Beef Shepard's Pie with Mashed Potatoes Broccoli W.W. Roll	11 Baked Fish with Tartar Sauce & Lemon Brown Rice Garlic Spinach Garden Salad	12 Chicken Enchilada Casserole Pinto Beans Fiesta Slaw
15 Beef Tips with Orange Sauce Vegetable Blend Carrot & Pineapple Slaw	16 Chef Salad	17 Fish Baked Florentine with Spinach Brown Rice Scalloped Tomatoes	18 Chicken Parmesan with Pasta Vegetable Blend Garden Salad	19 Salisbury Steak with Gravy Mashed Potatoes Broccoli
22 Greek Chicken Salad	23 Rotisserie Chicken Glazed Carrots Broccoli & Raisin Salad W.W. Roll	24 Teriyaki Meatballs Brown Rice Vegetable Blend Asian Slaw	25 Vegetarian Chili with Cheese Carrot & Raisin Salad W.W. Roll	26 DC Pork & Noodles Peas & Carrots Tossed Salad
29 Honey Mustard Chicken Broccoli Diced Carrots	30 Beef Goulash Pasta Fresh Garden Salad	31 Vegetarian Pasta Primavera with Cheese Garden 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."

OCTOBER 2018

Please join us for our *Annual Fundraiser* on Saturday October 6, 2018
5:30 to 8:00pm
Cost: \$50.00 per person,
St. Jude's Episcopal Church, 20920 McClellan Rd.
Dinner, Dancing, Raffles, and Auctions!

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, October 18th, at 1:30 p.m. in the Fireside Room of the St. Jude's Church