






Live Oak Adult Day Services in Cupertino

Activity Schedule December 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with R.T. Carr	4 9:00-11:30: St Andrew's School Students B'Day Word Game "Stanley" Christmas Craft 11:00 Exercise with Kelly 1:00 Music with Maddeline	5 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 Furry Friends Visit 1:30 Art Project	6 10:00 News & Puzzles 11:00 Music with Bob's Gang  Michi & Maryann 12:30 Celebrate Hanukkah 1:00 Stretch & Exercise	7 10:00 News & Puzzles 11:00 Bingo 1:00 Yoga with Tamara
10 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with Peter and Joe	11 10:00 News & Puzzles 11:00 US Jingo 1:00 Stretch & Exercise Game 2:00 Trivia	12 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Furry Friends Visit 1:15 Music with Lizz Fischer	13 10:00 News & Puzzles 10:30 Music with Danny K 1:00 Space with CC Culver 2:00 Trivia	14 10:00 News & Puzzles 11:00 Music with Johnny Fabulous 1:00 Stretch 1:30 Bingo
17 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with Craig: Clarinet	18 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Calendar Art 2:00 Trivia	19  Holiday Celebration Day! 10:00 Music and Gifts with Santa, Laura & Allison 11:00 Exercise with Mimi 1:00 Music with Vic and Friends	20 10:00 News & Puzzles 11:00 Music with Lei Nani Hula Dancers & Pilo Ho'okone Band 12:30 Michi & Maryann 1:00 B'Day Word Game "Jiwu"	21 10:00 News & Puzzles 11:00 Music with Henry 1:00 Yoga with Tamara
24 <p style="text-align: center;">Holiday</p>	25 <p style="text-align: center;">Christmas </p>	26 <p style="text-align: center;">Holiday</p>	27 <p style="text-align: center;">Holiday</p>	28 <p style="text-align: center;">Holiday</p>
31 <p style="text-align: center;">Holiday</p>				

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Soup and Chef Salad	4 Cider Braised Pork Sweet Potatoes Green Beans	5 Fish Baked Florentine Brown Rice Spinach	6 Chicken Parmesan with Pasta Vegetable Blend Garden Salad	7 Beef & Turkey Salisbury Steak with Gravy Mashed Potatoes
10 Greek Chicken Salad	11 Rotisserie Chicken Glazed Carrots Broccoli & Raisin Salad	12 Teriyaki Beef & Turkey Meatballs Brown Rice Vegetable Blend Asian Slaw	13 Vegetarian Chili Carrot & Raisin Salad W.W. Roll	14 DC Pork & Noodles Peas & Carrots Tossed Salad
17 Honey Mustard Chicken Broccoli Diced Carrots	18 Soup And Chicken Ceasar Salad	19 Vegetarian Pasta Primavera With Broccoli, Onions & Tomato Garden Salad	20 Roast Beef Mashed Potatoes Creamed Spinach Christmas Cookie	21 Baked Fish with Red Bell Pepper Sauce Cauliflower Garlic Spinach
24 Holiday	25 Christmas	26 Holiday	27 Holiday	28 Holiday
31 Holiday				

*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.”



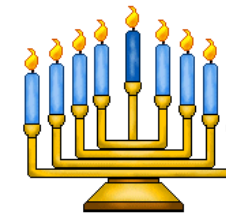
December 2018



Happy Hanukkah!

Merry Christmas!

Happy Holidays!



We hope you have a Joyful holiday filled with Light and Love!

**Please note that Live Oak will be closed from
Monday, December 24th through Tuesday, January 1st**

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, December 20th, at 1:30 p.m. in the Fireside Room of the St. Jude’s Church