






Live Oak Adult Day Services in Cupertino Activity Schedule November 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 News & Puzzles 11:00 Bunco/Yahtzee 12:30 <i>Michi & Maryann</i> 1:00 Stretch & Exercise Game	2 10:00 News & Puzzles 11:00 Bingo 1:00 Yoga with Tamara 2:00 Trivia
5 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 <i>Music with Lisa and Franz</i>	6 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Bridgo 2:00 Trivia	7 10:00 News & Puzzles 11:00 Exercise with Karley 1:00 Veteran's Day Celebration Card-Making and Presentations 2:00 Sing-a-long	8 10:00 News & Puzzles 10:30 <i>Music with Danny K</i> 1:00 Space with CC Culver 2:00 Trivia	9 10:00 News & B-day Word Game "William" 11:00 <i>Music with Johnny Fabulous</i> 1:00 Stretch 1:30 Bingo
12  VETERAN'S DAY	13 10:00 News & Puzzles 11:00 Stretch & Basketball 1:00 Arts and Crafts 2:00 Sing-a-long	14 10:00 News & B-day Word Game "John W" 11:00 Exercise with Kelly 1:00 Furry Friends Visit 1:20 <i>Music with Vic & Friends</i>	15 10:00 News & Puzzles 11:00 November Cooking 12:30 <i>Michi & Maryann</i> 1:00 Stretch and Exercise Game	16 10:00 News & Puzzles 11:00 <i>Music with Henry</i> 1:00 Yoga with Tamera
19 10:00 <i>Music with the Choraliers</i> 11:00 Exercise with Jackie 1:00 Art Project 2:00 Trivia	20 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 <i>Music with Lei Nani Hula Dancers & Pilo Ho'okone Band</i>	21 10:00 News & Puzzles 11:00 Exercise with Mimi 1:00 Music Jingo 2:00 Trivia	22 	23  HOLIDAY
26 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 <i>Music with Maddeline</i>	27 10:00 News & Puzzles 11:00 Audubon Society Speaker Kelsey 1:00 Stretch and B-day Word Game "Jack M."	28 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 <i>Music with Lizz Fischer</i>	29 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Calendar Art 2:00 Sing-a-long	30 10:00 News & Puzzles 11:00 Exercise with Karley 1:00 Bingo 2:00 Trivia

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Caesar Salad	2 Baked Fish w/ Roasted Bell Pepper Sauce Cauliflower Garlic Spinach
5 Sweet & Sour Pork Brown Rice Vegetable Blend	6 Chicken Milano with Pasta Italian Veggies Caprese Salad	7 Baked Fish w/ Lemon & Garlic Brown Rice Green Beans Spinach Salad	8 BBQ Ribs Baked Beans Glazed Carrots W.W. Roll	9 Beef Stroganoff with Pasta Broccoli Herbed Carrots
12 Holiday	13 BBQ Chicken Salad	14 Shoyu Chicken Brown Rice Vegetable Blend Tossed Salad	15 Special Thanksgiving Meal!	16 Herb Roasted Pork with Gravy Red Potatoes Glazed Carrots
19 Chicken Cacciatore w/ Pasta Broccoli Garden Salad	20 Baked Fish w/ Chimichurri Sauce Brown Rice Herbed Carrots Three Bean Salad	21 Asian Braised Pork Brown Rice Vegetable Blend Asian Slaw	22 Holiday	23 Holiday
26 Chinese Chicken Salad	27 Stir Fry Chicken Brown Rice Sauted Cabbage	28 Beef & Turkey Shepherd's Pie Broccoli Spears W.W. Roll	29 Baked Fish w/ Tarter Sauce Brown Rice Garden Salad	30 Chicken Enchilada Casserole Pinto Beans Fiesta Slaw

*All meals include milk and wholegrain or enriched bread.

*All meals are low salt, low fat and contain no added sugar.

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NOVEMBER, 2018



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, November 15, at 1:30 p.m. in the Fireside Room of the St. Jude's Church