



Live Oak Adult Day Services in Cupertino Activity Schedule January 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Holiday	2 10:00 News & Puzzles 11:00 B'day word game "Jean" 1:00 Calendar Art 2:00 Sing-a-long	3 10:00 News & Puzzles 11:00 Stretch & Exercise 12:30 Michi & Maryann 1:00 Music Jingo	4 10:00 News & Puzzles 11:00 Bingo 1:00 Exercise with Tamara 2:00 Trivia
7 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with Maddaline	8 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Music Jingo 2:00 Trivia	9 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Furry Friends Visit 1:30 Bridgo	10 10:00 News & Puzzles 10:30 Music with Danny K 1:00 Speaker: Space with CC Culver	11 10:00 News & Puzzles 11:00 Music with Johnny Fabulous 1:00 Stretch 1:30 Bingo
14 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with Craig: Saxophone 2:00 Trivia	15 10:00 Exercise with Kelly 11:00 Speaker: Cupertino Historical Society 1:00 Art With Anjali	16 10:00 News & Puzzles 11:00 Exercise with Mimi 1:00 B-Day Celebrations with Vic & Friends	17 10:00 News & Puzzles 11:00 Jingo 12:30 Michi & Maryann 1:00 Stretch & Exercise Game	18 10:00 News & Puzzles 11:00 Music with Henry 1:00 Bingo
21 Holiday	22 10:00 News & Puzzles 11:00 Stretch and Exercise 1:00 Bunco/Yahtzee	23 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Music with Liz Fischer	24 10:00 News & Puzzles 11:00 Video: Owl Power 1:00 B'Day Word Game "Chip" 2:00 Sing-a-long	25 10:00 News & Puzzles 11:00 Exercise with Tamara 1:00 Bingo
28 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Animal Assisted Happiness	29 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 B'Day Word Game : "Pauline"	30 10:00 News & Puzzles 11:00 Stretch and Exercise Game 1:00 B'Day Word Game "Sally" 2:00 Sing-a-long	31 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 Calendar Art	

January 2019

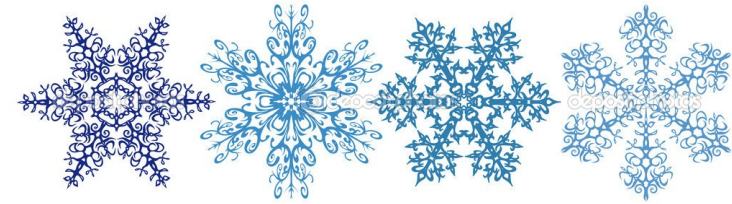
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Holiday	2 Shoyu Chicken Brown Rice Vegetable Blend Tossed Salad	3 Broccoli & Cheddar Quiche Roasted Potatoes Bell Peppers	4 Herb Roasted Pork with Gravy Red Potatoes Glazed Carrots
7 Chicken Cacciatore with Pasta Broccoli Garden Salad	8 Baked Fish with Chimichurri Sauce Brown Rice Herbed Carrots Three Bean Salad	9 Asian Braised Pork Brown Rice Vegetable Blend Asian Slaw	10 Beef Stew with Carrots, Potatoes & Onions Cauliflower W.W. Roll	11 Meatloaf with Gravy Mashed Potatoes Vegetable Blend
14 Roasted Pork Loin with Apple Sauce Baked Potato Glazed Carrots	15 Soup & Chinese Chicken Salad	16 Beef & Turkey Shepherd's Pie Broccoli Spears W. W. Roll	17 Baked Fish Brown Rice Garlic Spinach Garden Salad	18 Chicken Enchilada Casserole Pinto Beans Fiesta Slaw
21 Holiday	22 Cider Braised Pork with Onions Sweet Potatoes Garlic Green Beans	23 Soup & Chef Salad	24 Chicken Parmesan with Pasta Vegetable Blend Garden Salad	25 Salisbury Steak with Gravy Mashed Potatoes Broccoli Spears
28 Soup & Greek Chicken Salad	29 Rotisserie Chicken Glazed Carrots Broccoli & Raisin Salad	30 Teriyaki Meatballs Brown Rice Vegetable Blend Asian Slaw	31 Vegetarian Chili with Cheese Carrot & Raisin Salad W.W. Roll	

*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."

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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, January 17, at 1:30 p.m. in the Fireside Room of the St. Jude's Church