



## Live Oak Adult Day Services in Cupertino Activity Schedule February 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Bingo
4 10:00 News & Puzzles 11:00 <b>Exercise with Jackie</b> 1:00 <b>Music with Lisa &amp; Franz</b>	5 10:00 News & Puzzles 11:00 <b>Exercise with Kelly</b> 1:00 <b>Art with Anjali</b> 2:00 US Trivia	6 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Furry Friends Visit 1:30 Bridgo	7 10:00 News & Puzzles 10:30 <b>Lei Nani Hula Dancers &amp; Ho'okone Band</b> 1:00 Stretch & Exercise 2:00 Trivia	8 10:00 News & Puzzles 11:00 <b>Music with Johnny Fabulous</b> 1:00 Stretch 1:30 Bingo
11 10:00 News & Puzzles 11:00 <b>St. Joseph's Students</b> 1:00 <b>Exercise with Jackie</b> 2:00 <b>Sing-a-long</b>	12 10:00 News & Puzzles 11:00 <b>Exercise with Kelly</b> 1:00 <b>Dancing Shamrocks</b> 2:00 Trivia	13 10:00 News & Puzzles 11:00 <b>St. Joseph's Students</b> 1:00 Stretch and Exercise Game 2:00 Music Trivia	14 10:00 B'Day Word Game "Ann" 11:00 <b>Music with Danny K</b> 12:30 <b>Michi &amp; Maryann</b> 1:00 <b>Space with CC Culver</b>	15 10:00 News & Puzzles 11:00 <b>Music with Henry</b> 1:00 Bingo
18  <b>Holiday</b>	19 10:00 News & Puzzles 11:00 <b>Exercise with Kelly</b> 1:00 Music Jingo 2:00 Presidential Trivia	20 10:00 News & Puzzles 11:00 <b>Exercise with Mimi</b> 1:00 <b>B-Day Celebrations with Vic and Friends</b>	21 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 <b>Music with Craig : Clarinet</b> 2:00 Animal Trivia	22 10:00 News & Puzzles 11:00 Bingo 1:00 <b>Yoga with Tamara</b> 2:00 Sing-a-Long
25 10:00 News & Puzzles 11:00 <b>St. Joseph's Students</b> 1:00 <b>Music with Maddaline</b>	26 10:00 News & Puzzles 11:00 <b>Exercise with Kelly</b> 1:00 <b>Art with Anjali</b> 2:00 Chinese New Year	27 10:00 News & Puzzles 11:00 <b>St. Joseph's Students</b> 1:00 <b>Music with Lizz Fischer</b>	28 10:00 News & Puzzles 11:00 <b>Music with Bob's Gang</b> 1:00 B'Day Word Game "Anna"	

# February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 DC Pork & Noodles Peas & Carrots Tossed Salad with Broccoli
4 Beef Burgundy Mashed Potatoes Broccoli W.W. Sticks	5 Chicken Pastina W.W. Pasta Peas & Carrots Garden Salad	6 BBQ Pulled Pork Sandwich Golden Corn Coleslaw	7 Shoyu Chicken Brown Rice Stir Fry Vegetables	8 Broccoli & Cheese Frittata with Onions Roasted Potatoes
11 Lemon & Herb Chicken Zucchini Broccoli & Cauliflower	12 Balsamic Glazed Pork Diced Carrots Broccoli	13 Meat Lasagna Vegetable Blend Caprese Salad W.W. Breadsticks	14 Sweet & Sour Pork Brown Rice Vegetable Blend Pineapple Tidbits	15 Soup & Chicken Barley Salad
18 Holiday	19 Teriyaki Chicken Brown Rice Stir Fry Veggies	20 Soup & Chicken Santa Fe Salad	21 Stuffed Cabbage Cauliflower Carrot & Raisin Salad	22 Vegetarian Pasta Primavera with Broccoli & Carrots Garden Salad
25 Chicken Curry Rice Pilaf Roasted Cauliflower Carrot & Pineapple Slaw	26 Swedish Meatballs with Pasta Broccoli Garden Salad	27 Honey Mustard Chicken Wild Rice Herbed Carrots Garden Salad	28 Soup & Chinese Chicken 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.”**

## February 2019



*A friend is one that knows you as you are,  
understands where you have been,  
accepts what you have become,  
and still, gently allows you to grow*  
*William Shakespeare*

### **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, February 21st, at 1:30 p.m. in the Fireside Room of the St. Jude's Church