



Live Oak Adult Day Services in Cupertino Activity Schedule April 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Family Feud	2 10:00 Exercise with Kelly 11:00 B'day word Game "Bob" 1:00 <i>Art with Anjali</i>	3 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Bridgo	4 10:00 News & Puzzles 11:00 Stretch & Bowl 12:30 <i>Michi & Maryann</i> 1:00 B'Day Word Game "John B."	5 10:00 News & Puzzles 11:00 Bingo 1:00 Yoga with Tamara
8 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 B"day Word Game "Li"	9 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Travels with Gayle 2:00 Trivia	10 10:00 News & Puzzles 11:00 Exercise with Kelly 1:00 Furry Friends Visit 1:15 <i>Music with Henry</i>	11 10:00 News & Puzzles 11:00 <i>Music with Danny K</i> 1:00 Space with CC Culver 2:00 Trivia	12 10:00 News & Puzzles 11:00 <i>Music with Johnny Fabulous</i> 1:00 Bingo
15 10:00 News & Puzzles 11:00 <i>Music with Jazzberry Jam</i> 1:00 Stretch & Exercise Game	16 10:00 News & Puzzles 11:00 St Andrew's students: 9-11:30am 1:00 <i>Art with Anjali</i>	17 10:00 News & Puzzles 11:00 Easter Egg Coloring 1:00 <i>B-Day Celebrations with Vic & Friends</i>	18 10:00 News & Puzzles 11:00 <i>Lei Nani Hula Dancers & The Pilo Ho'okani Band</i> 12:30 <i>Michi & Maryann</i> 1:00 B'Day Word Game "Greg"	19 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Bingo
22 10:00 News & Puzzles 11:00 Earthday Activity 1:00 <i>Music with Maddeline</i>	23 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 All About Passover	24 10:00 News & Puzzles 11:00 Exercise with Mimi 1:00 <i>Music with Lizz Fischer</i>	25 10:00 News & Puzzles 11:00 <i>Music with Bob's Gang</i> 1:00 B'Day Word Game "Jack T."	26 10:00 News & Puzzles 11:00 Bingo 1:00 Yoga with Tamara 2:00 Arbor Day Trivia
29 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Bunco / Yahtzee	30 10:00 Exercise with Kelly 11:00 Jingo 1:00 Calendar Art			

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lemon Herbed Chicken Zucchini Broccoli & Cauliflower	2 Balsamic Glazed Pork Herbed Carrots Broccoli	3 Meat Lasagna Vegetable Blend Caprese Salad Breadsticks	4 Soup & Chicken Barley Salad	5 Turkey Sandwich & Salad
8 Roast Beef with Au Jus Baked Potato Broccoli	9 Teriyaki Chicken Brown Rice Vegetable Stir Fry	10 Diced Pork & Noodles Green Peas & Carrots Garden Salad	11 Beef & Turkey Cabbage Bake Cauliflower Carrot & Raisin Salad	12 Vegetarian Pasta Primavera with Broccoli, Carrots & Tomato Garden Salad
15 Soup & Chinese Chicken Salad	16 Swedish Meatballs with Pasta Broccoli Garden Salad	17 Honey Mustard Chicken Wild Rice Herbed Carrots Garden Salad	18 Roast Pork with Gravy Roasted Potatoes Vegetable Blend Apple Crisp	19 Baked Fish with Bell Pepper Sauce Garlic Spinach Garden Salad
22 Pork Fried Rice Brown Rice Peas & Carrots Vegetable Blend	23 Soup & Chicken Caesar Salad	24 Spaghetti & Meatballs Diced Carrots Garlic Green Beans	25 Baked Fish with Dill Sauce Rice Pilaf Vegetable Blend Coleslaw	26 Cheese Enchilada Fiesta Vegetables Golden Corn
29 BBQ Chicken Vegetable Blend Potato Salad Bread Stick	30 Meatloaf with Gravy Mashed Potatoes Glazed Carrots Wheat 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.”

April 2019

*Spring is when life's
alive in everything*

Christina Rosetti



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