



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10:00 <i>Music with The Choraliers</i> 11:00 <b>Exercise with Jackie</b> 1:00 California State Parks Video	<b>4</b> 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Arts & Crafts	<b>5</b> 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Bridgo	<b>6</b> 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 USA Jingo	<b>7</b> 10:00 News & Puzzles 11:00 Bingo 1:00 Yoga w/ Tamara
<b>10</b> 10:00 B'day Word Game "Silvia" 11:00 <b>Exercise with Jackie</b> 1:00 <i>Music with Lisa &amp; Franz</i>	<b>11</b> 10:00 Exercise w/ Kelly 11:00 Current Events 1:00 B-day Game "Mary" 2:00 Trivia	<b>12</b> 10:00 News & Puzzles 11:00 <b>Exercise with Mimi</b> 1:00 Furry Friends Visit 1:15 Father's Day Cards	<b>13</b> 10:00 News & Puzzles 11:00 <i>Music with Danny K</i> 1:00 <b>Space with CC Culver</b> 2:00 Trivia	<b>14</b> 10:00 News & Flag Day Trivia 11:00 <i>Music with Johnny Fabulous</i> 1:00 Bingo
<b>17</b> 10:00 News & Puzzles 11:00 <i>Music with Jazzberry Jam</i> 1:00 <b>Father's Day Celebration Cool Cars w/ Paul Anderxon</b>	<b>18</b> 10:00 Exercise with Kelly 11:00 Current Events 1:00 Music Jingo	<b>19</b> 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 <i><b>B-Day Celebrations with Vic &amp; Friends</b></i>	<b>20</b> 10:00 News & Puzzles 10:30 <i>Music with Craig</i> 1:00 Stretch & Cornrow Toss	<b>21</b> 10:00 B'Day Word Game "Mai" 11:00 <i>Music with Henry</i> 1:00 Bingo
<b>24</b> 10:00 B'day Word Game "Gayle" 11:00 Stretch & Exercise 1:00 <i>Music with Maddeline</i>	<b>25</b> 10:00 News & Puzzles 10:30 <b>County Fair with Animal Assisted Happiness</b> 1:00 <i>Art with Anjali</i>	<b>26</b> 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 <i>Music with Lizz Fischer</i>	<b>27</b> 10:00 News & Puzzles 11:00 <i>Music with Bob's Gang</i> 1:00 B-day Word Game "Craig"	<b>28</b> 10:00 News & Puzzles 11:00 Bingo 1:00 Yoga w/ Tamara

# June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Fish with Mango Sauce Brown Rice Vegetable Blend Fiesta Slaw	4 Falafel Pita Sandwich Herbed Carrots Cucumber & Tomato Salad	5 Honey Ginger Pork Loin WW Noodles Green Peas Slaw	6 Chile Lime Chicken Brown Rice Vegetable Blend Garden Salad	7 WW Spaghetti & Meatballs Broccoli Garden Salad
10 Chicken Adobo Pineapple Brown Rice Vegetable Blend	11 Pork with Chimichurri Sauce Red Potato Herbed Carrots	12 Chicken Alfredo WW Pasta Broccoli Garden Salad	13 Fish with Dill Sauce Potato Wedges Coleslaw WW Breadsticks	14 Beef Shepherd's Pie Mashed Potato Spinach Salad WW roll
17 Chile Relleno Casserole WW Tortilla Herbed Zucchini Corn	18 Carne Asada Spanish Rice Black Beans & Corn Fiesta Slaw	19 Baked Fish with Red Bell Pepper Sauce Rice Pilaf Garlic Spinach Broccoli Salad	20 Pork Char Siu Brown Rice Vegetable Blend Asian Slaw	21 BBQ Chicken Baked Beans Garden Salad WW Breadsticks
24 Lasagna Vegetable Blend Caprese Salad WW Breadsticks	25 Dijon Herb Crusted Fish Wild Rice Spinach Vegetable Blend	26 Crispy Chicken Vegetable Blend Garden Salad WW Roll	27 Hungarian Beef Goulash Carrots & Peas Garden Salad WW Breadsticks	28 Roasted Pork with Balsamic Glaze Mashed Potatoes Vegetable Blend WW Bread

\*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.”**

## Happy Father's Day



**Please join us Monday, June 17th as we celebrate Father's Day!  
Root Beer Floats and Classic Cars  
1:00 pm - 3:00 pm**

### **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, June 20th at 1:30 p.m. in the Fireside Room of the St. Jude's Church