



Live Oak Adult Day Services in Cupertino Activity Schedule September 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day Holiday	3 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 Living with Wildlife w/Kim 2:00 Animal Trivia	4 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Bunko 2:00 Sing -A - Long	5 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Corn Row Toss 1:00 Travels with Gayle 2:00 French Trivia	6 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Bingo 2:00 Trivia
9 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with Lisa & Franz 2:00 Countries Trivia	10 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Making Words Game 2:00 Pictionary	11 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Lei Nani Hula Dancers & Pila Ho'okoni Band 1:00 Furry Friends Visit 1:15 Art with Larisa 2:00 Dog Trivia	12 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with Danny K 1:00 Space with CC Culver 2:00 Trivia	13 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with Johnny Fabulous 1:00 Bingo 2:00 Family Feud
16 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with Jazz Berry Jam 1:00 Stretch & Exercise 2:00 World Trivia	17 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Cooking with Apples 1:00 Stretch & Exercise 2:00 Trivia	18 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 B-Day Celebration with Vic & Friends 2:00 Music Trivia	19 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with The Star Geezers 1:00 Stretch & Exercise 2:00 Word Ladder	20 9:00 Word Games and Breakfast 10:00 News & Bingo 11:00 Music with Henry 1:00 Yoga with Tamara 2:00 Trivia
23 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Music with Maddeline 2:00 Trivia	24 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Calendar Art 2:00 State Capitals	25 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Corn Row Toss 1:00 Music with Lizz Fischer 2:00 Trivia	26 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with Craig 1:00 Ocean Bingo 2:00 Ocean Trivia	27 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Bingo 2:00 Readings from Reminisce
30 9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Exercise with Jackie 1:00 Crafts with Gayle 2:00 All About Rosh Hashanah				

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Holiday	3 Chili Turkey Dog Potato Wedges Coleslaw Chocolate Chip Cookie	4 Tandoori Chicken Quinoa Carrots Cucumber & Tomato Salad	5 Chicken Caesar Salad	6 Parmesan Fish Rice Pilaf Vegetable Blend Caprese Salad
9 Baked Fish with Mango Salsa Spanish Rice Vegetable Blend Fiesta Slaw	10 Chinese Chicken Salad	11 Honey Ginger Pork Garlic Noodles Green Peas Coleslaw	12 Chile Lime Chicken Cilantro Rice Vegetable Blend Garden Salad	13 Spaghetti & Meatballs Broccoli Florets Garden Salad
16 Chicken Adobo Pineapple Brown Rice Vegetable Blend	17 Pork with Chimichurri sauce Red Potatoes Herbed Carrots	18 Chicken Alfredo with Pasta Broccoli Garden Salad	19 Baked Fish with Dill Sauce Potato Wedges Coleslaw	20 Beef Shepard's Pie Mashed Potato Spinach Salad Wheat Roll
23 Chef Salad	24 Carne Asada Spanish Rice Black Beans & Corn Fiesta Slaw	25 Baked Fish with Roasted Red Bell Pepper Sauce Garlic Spinach Broccoli Salad	26 Pork Char Siu Brown Rice Vegetable Blend Asian Slaw	27 BBQ Chicken Baked Beans Garden Salad WW Breadstick
30 Beef & Turkey Lasagna Vegetable Blend Caprese Salad WW Breadstick				

*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."

September 2019



A Seed Hidden in the Heart of an Apple is an Orchard Invisible

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, September 19th at 1:30 p.m. in the Fireside Room of the St. Jude's Church