



Live Oak Adult Day Services in Cupertino Activity Schedule March 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Yoga with Jackie 1:00 Music Jingo 2:00 Word Search</p>	<p>3</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Yoga with Jyothi 1:00 Art 2:00 Where in the World</p>	<p>4</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Bridgo 2:00 Word Ladder</p>	<p>5</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with Johnny Fabulous 1:00 Space with CC Culver 2:00 Space Trivia</p>	<p>6</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Bingo 2:00 Trivia</p>
<p>9</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Yoga with Jackie 12:45 Furry Friends Visit 1:15 Bird Feeder Craft 2:00 Word Search</p>	<p>10</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Yoga with Jyothi 1:00 Travels with Gayle 2:00 Trivia</p>	<p>11</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Lei Nani Hula Dancers & Pila Ho'okani Band 1:00 Bunko 2:00 Pictionary</p>	<p>12</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with Danny K 1:00 B'Day Word Game Wei-Shan 2:00 Trivia</p>	<p>13</p> <p>9:00 Word Games and Breakfast 10:00 Stretch & Exercise 11:00 B'Day Word Game "Li" 1:00 Bingo 2:00 Family Feud</p>
<p>16</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with Jazz Berry Jam 1:00 Birthday Word Game "Parvathi" 2:00 Trivia</p>	<p>17</p> <p>9:00 Word Games and Breakfast 10:00 St. Patrick's Day 11:00 AAH Animal Visit 1:00 Music with The Star Geezers 2:00 Word Games</p>	<p>18</p> <p>9:00 Word Games and Breakfast 10:00 B'Day Word Game "Ai Joong" 11:00 Exercise with Mimi 1:00 B-Day Celebration with Vic & Friends 2:00 Trivia</p>	<p>19</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Bowl 1:00 Kids Say the Darndest Things Video 2:00 Trivia</p>	<p>20</p> <p>9:00 Word Games and Breakfast 10:00 Stretch & Exercise 11:00 Music with The Golden Tones 1:00 Bingo 2:00 Opposites</p>
<p>23</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Yoga with Jackie 1:00 Music with Maddeline 2:00 Capitals</p>	<p>24</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Yoga with Mari 1:00 Calendar Art 2:00 Trivia</p>	<p>25</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Music with Lizz Fischer 2:00 Family Feud</p>	<p>26</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Music with Bob's Gang 1:00 Stretch & Exercise 2:00 Word Ladder</p>	<p>27</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 Bingo 2:00 Family Feud</p>
<p>30</p> <p>9:00 Word Games and Breakfast 10:00 News & Puzzles 11:00 Stretch & Exercise Game 1:00 Music with Lisa & Franz 2:00 Pictionary</p>	<p>31</p> <p>9:00 Word Games and Puzzles 10:00 News & Puzzles 11:00 Stretch & Exercise 1:00 B'day Word Game "Bob" 2:00 Word Search</p>			

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Shepherd's Pie Mashed Potatoes Garden Salad	3 Lemon/Herb Chicken Broc /Cauliflower Carrot Slaw	4 Turkey Ragu Stew w/mixed Vegetables Garden Salad	5 Soup Chicken Club Sandwich w/bacon	6 Sesame Ginger Pork over Wh. Wh. Noodles Broccoli Glazed Carrots
9 Chicken Teriyaki Brown Rice Garden Vegetable Blend Sugar Snap Peas	10 Vegetarian Bean Chili Cornbread Capri Veg. Blend Garden Salad	11 Baked Fish Sandwich Sweet Potatoes Coleslaw	12 Roasted Pork w/Gravy Herbed Carrots Broccoli	13 Swedish Meatballs Wh. Wh. Pasta Green Beans Garden Salad
16 Southwest Omelet Wh. Wh. Biscuit Green Beans Corn	17 Meatloaf w/Gravy Mashed Potatoes Peas & Carrots	18 Sweet & Sour Pork Brown Rice Cauliflower Garden Salad	19 Italian Fish Quinoa Garlic Spinach 3 Bean Salad	20 Chile Relleno Brown Rice Chuckwagon Corn Fiesta Slaw
23 Parmesan Crusted Fish Sweet Potatoes Broccoli	24 Turkey Pastina Casserole Italian Vegetables Garden Salad	25 Chicken Fajita w/Peppers and Onions Pinto Beans	26 Pork Fried Rice Broc/Cauliflower Asian Slaw	27 Pot Roast w/Gravy Mashed Potatoes Herbed Carrots
30 Shoyu Chicken Brown Rice Green Beans Pineapple Slaw	31 Soup Roast Beef Sandwich 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."

March 2020



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