

Live Oak Adult Day Services: Activity Calendar

JANUARY, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 CLOSED	4 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Category Word Game 12:00 Lunch 1:00 Bingo Caregiver Zoom Meeting 10:30am	5 10:00 Morning News, Game 11:00 Card Game 12:00 Lunch 1:00 Exercise w/ Tania	6 10:00 Morning News, Game 11:00 Music w/Danny 12:00 Lunch 1:00 Art w/ Staff	7 10:00 Morning News 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Exercise w/Mythri
10 10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/ Staff	11 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Puzzles & Games 12:00 Lunch 1:00 Bingo	12 10:00 Morning News, Game 11:00 Music w/Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Tania	13 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Volleyball 12:00 Lunch 1:00 Trivia w/ Staff	14 10:00 Morning News 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Exercise w/Mythri
17 CLOSED FOR MLK DAY	18 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Margo—Storyteller 12:00 Lunch 1:00 Bingo Caregiver Zoom Meeting 6:30pm	19 10:00 Morning News, Game 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/ Tania	20 10:00 Morning News, Game 11:00 Music w/Danny 12:00 Lunch 1:00 Bean Bag Toss	21 10:00 Morning News 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Exercise w/Mythri
24 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/ Staff	25 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Jeopardy w/ Staff 12:00 Lunch 1:00 Bingo	26 10:00 Morning News, Game 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/ Tania	27 10:00 Morning News, Game 11:00 Music w/Timo 12:00 Lunch 1:00 Trivia w/ Staff	28 10:00 Morning News 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Exercise w/Mythri
31 10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/ Mary				ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY.

JANUARY 2022 MEAL MENU

3 CLOSED	4 Baked Fish w/Red Pepper Sauce, Whole Wheat Roll, Mustard Greens, Corn w/Red Peppers, Fresh Seasonal Fruit	5 Beef & Turkey Chili Mac, Whole Wheat Roll, Cauliflower, Carrots, Fresh Seasonal Fruit	6 Szechuan Pork, Whole Wheat Garlic Noodles, Asian Vegetable Blend, Carrot Raisin Salad, Fresh Oranges	7 Coconut Curry Chicken, Brown Rice, Broccoli, San Francisco Vegetable Blend, Fresh Seasonal Fruit
10 Roast Pork w/Apple Chutney, Whole Wheat Roll, Broccoli, Carrots, Fresh Fruit	11 Sweet & Sour Pork, Brown Rice, Mustard Greens, Asian Coleslaw, Fresh Seasonal Fruit	12 Beef & Turkey Enchilada Casserole, Corn Tortilla, Zucchini, Green Beans, Mandarin Oranges	13 Chicken w/Ginger Scallion Sauce, Asian Brown Rice, Cabbage, Fresh Garden Salad, Fresh Fruit in Season	14 Meatballs w/ Marinara Sauce, Whole Grain Spaghetti, Peas, Italian Vegetable Blend, Fresh Orange
17 Martin Luther King Jr Birthday	18 Sweet & Sour Pork, Brown Rice, Mustard Greens, Asian Coleslaw, Fresh Seasonal Fruit	19 Beef & Turkey Enchilada Casserole, Corn Tortilla, Zucchini, Green Beans, Mandarin Oranges	20 Turkey Divan, Whole Wheat Penne Pasta, Capri Vegetable Blend, Copper Penny Marinated Carrot Salad, Fresh Orange	21 Arroz con Pollo, Brown Rice, Pinto Beans, Fresh Garden Salad w/Bell Peppers, Fresh Seasonal Fruit
24 Veggie Patty w/ Cuban Sauce, Brown Rice, California Vegetable Blend, Fresh Garden Salad, Fresh Fruit in Season	25 Baked Chicken w/ Creamy Tuscan Sauce, Whole Wheat Bread, Brussels Sprouts, Mashed Sweet Potatoes, Fresh Seasonal Fruit	26 Baked Fish w/Lemon Sauce, Whole Wheat Roll, Spinach, Broccoli & Cauliflower, Fresh Banana	27 BBQ Chicken Sandwich, Whole Wheat Hamburger Bun, Garden Vegetable Blend, Apple Cranberry Coleslaw, Tropical Fruit	28 Ginger Pepper Steak, Brown Rice, Stir Fry Vegetables, Broccoli, Fresh Seasonal Fruit
31 Egg Salad Sandwich w/Lettuce, Tomato, & Onion, Whole Wheat Bread, Fresh Orange			<i>All meals served with whole grain bread!</i>	**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**



JANUARY 2022



CLOSED

01/03/2022—New Year's Holiday

01/17/2022—Martin Luther King Jr. Day

ZOOM CAREGIVER SUPPORT MEETING

1/4/2022 Tuesday @ 10:30am

&

1/18/2022 Tuesday @ 6:30pm

****Live Oak Requires copies of the Prescription for medication administered here at the program.
Any changes to your Health History and/or Medication please notify Nicole or Moana with the update information.