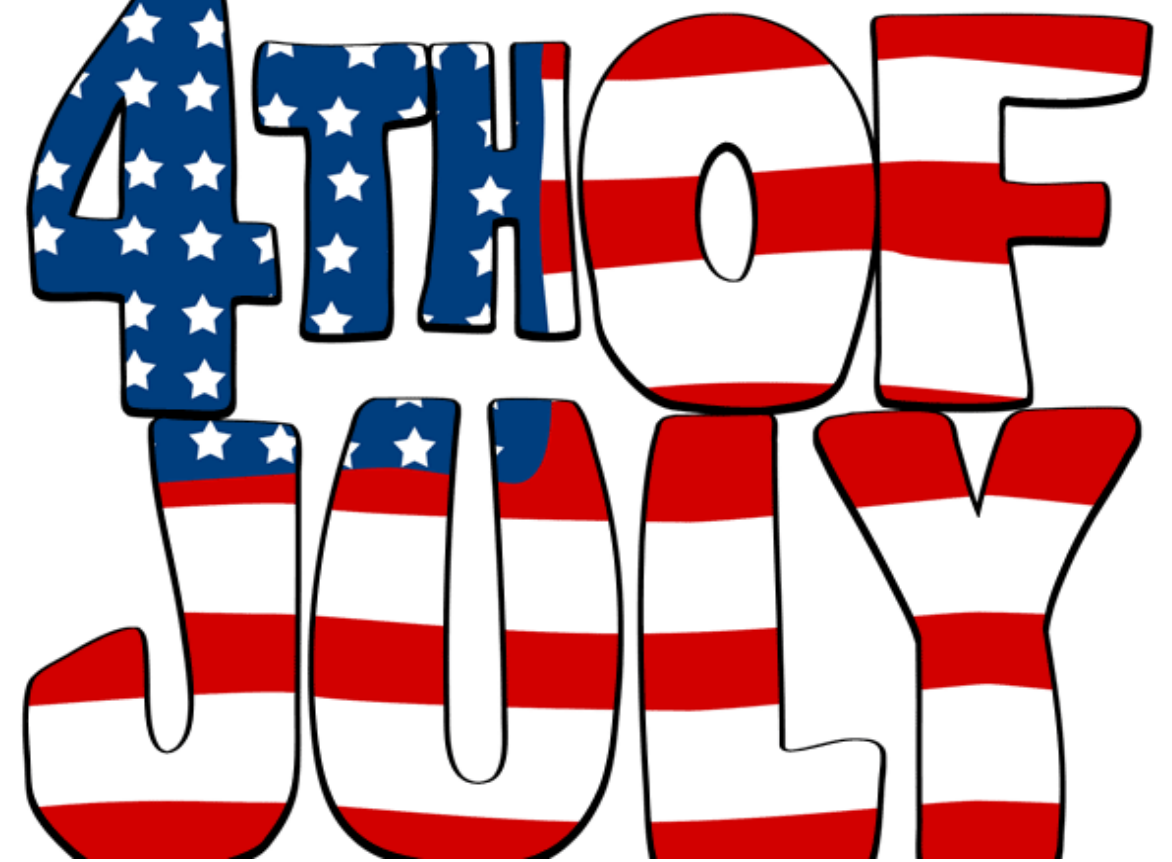


Live Oak Adult Day Services Activity Schedule–July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				July 1 10:00 News, Daily Chronicle, Word Jumble 11:00 Outburst 12:00 Lunch 1:15 Bingo 2:00 Stretch/Move
4 <div style="text-align: center;"><i>CLOSED</i></div> <div style="text-align: center;">—</div>	5 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Memory Game 2:00 Exercise	6 10:00 Tai Chi 11:00 Travel with Arne (Guest Speaker) 12:00 Lunch 1:15 Side By Siders 2:00 Stretch/Move	7 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Margo (Story Teller) 2:00 Exercise	8 10:00 News, Daily Chronicle, Word Jumble 11:00 Allen B. on the Piano 12:00 Lunch 1:15 Bingo 2:00 Stretch/Move
11 10:00 News, Daily Chronicle, Word Jumble 11:00 Danny K. Music 12:00 Lunch 1:15 Movie/Documentary 2:00 Exercise	12 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Bean Bag Toss 2:15 Stretch/Move	13 10:00 Tai Chi 11:00 News, Daily Chronicle, Word Jumble 12:00 Lunch 1:15 Art Project 2:15 Exercise	14 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Puzzles/Pondering 2:15 Stretch/Move	15 10:00 News, Daily Chronicle, Word Jumble 11:00 Mike Monroe (G/S) 12:00 Lunch 1:15 Bingo 2:15 Exercise
18 10:00 News, Daily Chronicle, Word Jumble 11:00 Trivia Contest 12:00 Lunch 1:15 Scavenger Hunt 2:15 Stretch/Move	19 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Family Feud 2:15 Exercise	20 10:00 Tai Chi 11:00 Mike Monroe G/S 12:00 Lunch 1:15 C.C. Culver (Guest Speaker) 2:15 Stretch/Move	21 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Bingo 2:15 Exercise	22 10:00 News, Daily Chronicle, Word Jumble 11:00 Marilyn S. on the Piano 12:00 Lunch 1:15 Jan Shriner 2:15 Exercise
25 10:00 News, Daily Chronicle, Word Jumble 11:00 12:00 Lunch 1:15 Painting 2:15 Exercise	26 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Bridge-O 2:15 Exercise	27 10:00 Tai Chi 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:15 Jigsaw Puzzles 2:15 Exercise	28 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Category Word Game 2:15 Exercise	29 10:00 News, Daily Chronicle, Word Jumble 11:00 Allen B. on the Piano 12:00 Lunch 1:15 Bingo 2:15 Stretch/Move

July Meal Menu

				July 1 Fish Tacos (2) Tartar Sauce on the Side Steamed Brown Rice Peas and Carrots Cabbage & Carrot Slaw Banana/Milk
4 CLOSED —	5 BBQ Pulled Pork Sandwich Whole Grain Bun French Fries Creamy Coleslaw Watermelon Milk	6 Orange Chicken Whole Grain Noodles Garlic Roasted Yellow Squash & Zucchini Cooks Choice Soup Fruit/Milk	7 Tilapia Fillet Sauteed Onion & Green Bell Pepper Tartar on the Side Whole Grain Pesto Pasta Carrots/Cauliflower Fruit/Milk	8 Chile Relleno Brown Rice Pinto Beans Romaine Salad & Shredded Carrots Mandarin Oranges Milk
11 Homemade Chicken & Cheese Enchiladas Corn Tortilla Refried Black Beans Tossed Salad & Broccoli Tropical Fruit Cup Milk	12 Philly Cheesesteak Sandwich Whole Grain Bun Potato Salad Coleslaw with Carrots Banana Milk	13 Baked Salmon Tartar Sauce on the Side Seasoned Quinoa Roasted Carrots Spinach Salad w/ Cranberries Orange/Milk	14 Chicken Stir Fry Seasoned Brown Rice Broccoli, Bell Peppers, Carrots & Onion Veggie Soup Fruit/Milk	15 Homemade Pork Chile Verde Steamed Brown Rice Pinto Beans Green Salad with Carrots Mandarin Oranges Milk
18 Chicken Breast in Marsala Creamy Sauce With Mushrooms Whole Grain Penne Pasta Steamed Broccoli Fresh Fruit Milk	19 Pork Roast Low Sodium Gravy Whole Grain Bread Mixed Vegetables Sweet Potatoes Pineapple Tidbits Milk	20 Cheeseburger Whole Grain Bun Baked Tater Tots Lettuce, Tomato, Onion Cook's Choice Soup Fresh Orange Milk	21 Mustard Tilapia Sauteed Onions & Bell Pepper Tartar on the Side Rice Pilaf Garlic Spinach Gelatin with Mandarin Oranges/ Milk	22 Meatloaf Gravy on the Side Whole Grain Bread Steamed Carrots Mashed Potatoes Melon Cup Milk
25 Herb Chicken Gravy on the Side Seasoned Brown Rice Cauliflower Green Salad w/ Bell Peppers Peach Cup / Milk	26 Spaghetti with Meat Sauce Whole Grain Pasta Veggies Caesar Salad w/ Cherry Tomatoes Mandarin Oranges Milk	27 BBQ Pulled Pork Sandwich Whole Grain Bun Corn Kernels Potato Salad Orange Milk	28 Chicken Breast in Alfredo Sauce Whole Grain Noodles Steamed Carrots, Broccoli, Raisin, Cranberry Salad Fresh Fruit/Milk	29 Baked Salmon Tartar on the Side Herbed Brown Rice Roasted Brussel Sprouts Butternut Squash Soup Fruit/Milk



July 2022

Happy Fourth of July - July 4th

Live Oak Wish List: Bingo Prizes, Canned Fruit, Hot Cocoa, Teaspoons, Decaf Tea Bags, Magazines, Tennis Balls

****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 Yanessa or Gloria with the updated information.**