

Live Oak Adult Day Services Activity Schedule–August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
August 1 10:00 News, Daily Chronicle, Word Jumble 11:00 Puzzles/Pondering 12:00 Lunch 1:15 Bean Bag Toss 2:15 Stretch/Move	2 10:00 Exercise with Julian 11:00 Bill Martin 12:00 Lunch 1:15 News, Daily Chronicle, Word Jumble	3 10:00 Tai Chi 11:00 Travel with Arne 12:00 Lunch 1:15 News, Daily Chronicle, Word Jumble 2:15 Exercise	4 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Clients Choice 2:15 Exercise	5 10:00 News, Daily Chronicle, Word Jumble 11:00 Allen on the Piano 12:00 Lunch 1:15 Bingo 2:00 Stretch/Move
8 10:00 News, Daily Chronicle, Word Jumble 11:00 Danny Kennedy Music 12:00 Lunch 1:15 Category Word Game 2:15 Stretch/Move	9 10:00 Exercise with Julian 11:00 Bill Martin Music 12:00 Lunch 1:15 News, Daily Chronicle, Word Jumble	10 10:00 Tai Chi 11:00 Art Project with Kids 12:00 Lunch 1:15 Word Jumble, Daily Chronicle, News 2:00 Stretch/Move	11 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Name the Presidents 2:00 Exercise	12 10:00 News, Daily Chronicle, Word Jumble 11:00 Trivia Contest 12:00 Lunch 1:15 Bingo 2:00 Stretch/Move
15 10:00 News, Daily Chronicle, Word Jumble 11:00 Outburst 12:00 Lunch 1:15 Exercise	16 10:00 Exercise with Julian 11:00 Bill Martin Music 12:00 Lunch 1:15 News, Daily Chronicle, Word Jumble	17 10:00 Tai Chi 11:00 News, Daily Chronicle, Word Jumble 12:00 Lunch 1:15 C.C. Culver 2:15 Exercise	18 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Movie Day 2:15 Stretch/Move	19 10:00 News, Daily Chronicle, Word Jumble 11:00 Linda Tarver (Ukelele) 12:00 Lunch 1:15 Bingo 2:15 Exercise
22 10:00 News, Daily Chronicle, Word Jumble 11:00 Exercise 12:00 Lunch 1:15 Jane w/ Barny the Owl	23 10:00 Exercise with Julian 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:15 Bob & Sue	24 10:00 Tai Chi 11:00 Marilyn S. Music 12:00 Lunch 1:15 Jan Shriner (Park Ranger) 2:15 Stretch/Move	25 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Bingo 2:15 Exercise	26 10:00 News, Daily Chronicle, Word Jumble 11:00 Mike Monroe 12:00 Lunch 1:15 Allen on the Piano 2:15 Exercise
29 10:00 News, Daily Chronicle, Word Jumble 11:00 Memory Game 12:00 Lunch 1:15 Ring Toss 2:15 Exercise	30 10:00 Exercise with Julian 11:00 Bill Martin Music 12:00 Lunch 1:15 News, Daily Chronicle, Word Jumble	31 10:00 Tai Chi 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:15 Art Project 2:15 Exercise		

August Meal Menu

<p>August 1</p> <p>Beef & Cheese Lasagna Whole Grain Bread Roasted Carrots LS Hearty Veg Soup Fresh Fruit in Season Milk</p>	<p>2</p> <p>Chicken Fajitas Sauteed Onion & Bell Peppers Whole Wheat Tortilla/Sour Cream/Pinto Beans Spanish Rice/Gelatin Mandarin Oranges/ Milk</p>	<p>3</p> <p>Roasted Turkey & LS Gravy on the Side Cranberry Sauce Whole Grain Roll Green Beans Mashed Potatoes Oranges Milk</p>	<p>4</p> <p>Fish Tacos (2) Tartar on the Side Steamed Brown Rice Peas and Carrots Cabbage & Carrots Slaw Banana Milk</p>	<p>5</p> <p>Roast Beef Low Sodium Gravy Whole Grain Bread Spinach & Sauteed Onion Baked Potato Tropical Fruit Milk</p>
<p>8</p> <p>Shrimp Stir Fry Steamed Brown Rice Broccoli, Bell Peppers, Onions, & Carrots Green Salad w/ Kale & Tomatoes Fruit Milk</p>	<p>9</p> <p>Beef Stew Whole Grain Biscuit Carrots, Peas, Red Potatoes, and Onion in Stew Broccoli Raisin Salad Fresh Fruit Milk</p>	<p>10</p> <p>Baked Honey Glazed Chicken Whole Grain Noodles/Garlic Roasted Squash & Zucchini LS Cook's Choice Soup Tropical Fruit/Milk</p>	<p>11</p> <p>Salmon Filet Tartar on the Side Rice Pilaf Carrots & Caulif. Sauteed Onion & Bell Peppers Fresh Fruit Milk</p>	<p>12</p> <p>Chile Relleno Steamed Brown Rice Pinto Beans Romaine Salad & Shredded Carrots Mandarin Oranges Milk</p>
<p>15</p> <p>Homemade Chicken & Cheese Enchiladas Corn Tortilla Refried Black Beans Tossed Salad & Broccoli Tropical Fruit/Milk</p>	<p>16</p> <p>Philly Cheese Steak Sandwich Whole Grain Bun Potato Wedges LS Hearty Vegetable Soup Banana/Milk</p>	<p>17</p> <p>Baked Tilapia Tartar on the Side Seasoned Brwn Rice Roasted Carrots w/ Thyme— Spinach Salad with Cranb. Oranges/Milk</p>	<p>18</p> <p>Homemade Pork Chile Verde Spanish Brown Rice Pinto Beans Green Salad w/ Carrots Mandarin Oranges/ Milk</p>	<p>19</p> <p>Chicken Breast in Marsala Creamy Sauce w/ Mushrooms Whole Grain Penne Pasta Peas & Carrots Fresh Fruit/Milk</p>
<p>22</p> <p>Salmon Filet Sauteed Onions & Bell Peppers Tartar on the Side Rice Pilaf Garlic Spinach Pineapple Tidbits Milk</p>	<p>23</p> <p>Pork Chops Low Sodium Gravy Whole Grain Bread Mixed Vegetables Sweet Potatoes Gelatin & Mandarin Oranges/Milk</p>	<p>24</p> <p>Cheeseburger Whole Grain Bun Baked Tater Tots Lettuce, Tomato, Onion LSCooks Choice Soup Oranges/Milk</p>	<p>25</p> <p>Paprika Chicken LS Gravy on the Side Whole Grain Dinner Roll Steamed Broccoli Mashed Potato Fruit Cup/Milk</p>	<p>26</p> <p>BBQ Pork Ribs Garlic Bread Potato Wedges Baked Beans Coleslaw Fruit Milk</p>
<p>29</p> <p>Chicken Pasta Primavera Whole Grain Pasta Asparagus, Peas, Brocc, & Tomatoes Green Salad Peach Cup/Milk</p>	<p>30</p> <p>Meatball Soup Whole Grain Bread Carrots, Zucchini, Celery, and Onion in ntree Caesar Salad Mandarin Oranges</p>	<p>31</p> <p>Baked BBQ Chicken Drumsticks Whole Grain Roll Mixed Vegetables Garlic Mashed Potatoes/Orange/Milk</p>	<p>** LS — Low Sodium</p>	



August 2022

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

****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.**