

Live Oak Adult Day Services Activity Schedule–September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			September 1 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Scavenger Hunt 2:15 Exercise	2 10:00 News, Daily Chronicle, Word Jumble 11:00 Exercise 12:00 Lunch 1:15 Bingo
5 <div style="text-align: center;">CLOSED</div> <div style="text-align: center;">—</div> <div style="text-align: center;">LABOR DAY</div>	6 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Phil Laursen (G/S) 2:00 Exercise	7 10:00 Tai Chi 11:00 Travel w/ Arne 12:00 Lunch 1:15 Painting w/ Kids 2:00 Stretch/Move	8 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Bean Bag Toss 2:00 Exercise	9 10:00 News, Daily Chronicle, Word Jumble 11:00 Music with Allen 12:00 Lunch 1:15 Bingo 2:00 Stretch/Move
12 10:00 News, Daily Chronicle, Word Jumble 11:00 Music w/ Danny K. 12:00 Lunch 1:15 Movie Day 2:15 Exercise	13 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Jigsaw Puzzles	14 10:00 Tai Chi 11:00 News, Daily Chronicle, Word Jumble 12:00 Lunch 1:15 Music with Don 2:15 Exercise	15 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Margo (Story Teller) 2:15 Stretch/Move	16 10:00 News, Daily Chronicle, Word Jumble 11:00 Exercise w/ Julian 12:00 Lunch 1:15 Bingo
19 10:00 News, Daily Chronicle, Word Jumble 11:00 Ring Toss 12:00 Lunch 1:15 Clients Choice	20 10:00 Word Jumble, News, Daily Chronicle 11:00 Bill Martin Music 12:00 Lunch 1:15 Sue & Bob (G/S)	21 10:00 Tai Chi 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:15 C.C. Culver (Space Talk) 2:15 Stretch/Move	22 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Trivia Contest 2:15 Exercise	23 10:00 News, Daily Chronicle, Word Jumble 11:00 Music with Allen 12:00 Lunch 1:15 Bingo 2:15 Exercise
26 10:00 News, Daily Chronicle, Word Jumble 11:00 Marilyn S. Music 12:00 Lunch 1:15 Exercise	27 10:00 Exercise with Julian 11:00 Bill Martin Music 12:00 Lunch 1:15 News, Daily Chronicle, Word Jumble	28 10:00 Tai Chi 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:15 Puzzles & Pondering 2:15 Exercise	29 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 2:15 Exercise	30 10:00 News, Daily Chronicle, Word Jumble 11:00 Mike Monroe (G/S) 12:00 Lunch 1:15 Bingo 2:15 Exercise

September Meal Menu

			<p>Sept. 1</p> <p>Salmon Fillet Tartar on the Side Wheat Pasta Brussel Sprouts Butternut Squash Soup Fresh Fruit Milk</p>	<p>2</p> <p>Chicken Breast w/ Teriyaki Sauce Sliced Bread Steamed Brown Rice Sliced Carrots w/ Broccoli Fresh Fruit Milk</p>
<p>5</p> <p>CLOSED — LABOR DAY</p>	<p>6</p> <p>Beef & Cheese Lasagna Whole Grain Bread Roasted Carrots Hearty Veggie Soup Fresh Fruit in Season Milk</p>	<p>7</p> <p>Chicken Fajitas Sautéed Onions & Bell Peppers Salsa & Sour Cream Brown Rice Pinto Beans Gelatin with Mandarin Oranges / Milk</p>	<p>8</p> <p>Roast Beef Gravy on the Side Steamed Garlic Spinach Whole Grain Bread Baked Potato Tropical Fruit Cup Milk</p>	<p>9</p> <p>Fish Tacos (2) Tartar on the Side Steamed Brown Rice Peas & Carrots Cabbage & Carrot Coleslaw Banana Milk</p>
<p>12</p> <p>Chile Relleno Steamed Brown Rice Pinto Beans Romaine Salad w/ Shredded Carrots Mandarin Oranges Milk</p>	<p>13</p> <p>Baked Tilapia Tartar on the Side Brown Rice Caulif. & Carrots Roasted Onions & Bell Peppers Fresh Fruit Milk</p>	<p>14</p> <p>Baked Honey Lemon Chicken Whole Grain Pasta Garlic Roasted Squash & Zucchini Cook's Choice Soup Tropical Fruit Milk</p>	<p>15</p> <p>Shrimp Stir Fry w/ Broccoli, Bell Peppers, Carrots, & Onions Brown Rice Green Salad w/ Kale & Tomatoes Fruit / Milk</p>	<p>16</p> <p>Beef Stew w/ Carrots, Peas, Onion, & Red Potato Inside Broccoli Raisin Salad Whole Grain Biscuit Fresh Fruit Milk</p>
<p>19</p> <p>Spaghetti w/ Meaty Marinara Sauce Whole Grain Pasta Italian Blend Veggies Tossed Green Salad w/ Broccoli Tropical Fruit Milk</p>	<p>20</p> <p>Philly Cheese Steak Sandwich On Whole Grain Bun Potato Wedges Hearty Veggie Soup Banana Milk</p>	<p>21</p> <p>Salmon Fillet Tartar on the Side Quinoa w/ Green Onions & Diced Carrots w/ Thyme Spinach Salad w/ Cranberries Fruit / Milk</p>	<p>22</p> <p>Roasted Turkey & Gravy on the Side Whole Grain Roll Green Beans Sweet Potatoes Apple Pie Milk</p>	<p>23</p> <p>BBQ Pulled Pork Sandwich On Whole Grain Bun Potato Wedges Coleslaw w/ Pineapple Mandarin Oranges Milk</p>
<p>26</p> <p>Baked Chicken Gravy on the Side Brown Rice Broccoli Green Salad Fresh Fruit Milk</p>	<p>27</p> <p>Cheeseburger w/ Lettuce, Tomato, & Onion on Whole Grain Bun Baked Tater Tots Cook's Choice Soup Oranges / Milk</p>	<p>28</p> <p>Pork Chops Low Sodium Gravy Whole Grain Bread Mixed Veggies Sweet Potato Gelatin & Mandarin Oranges / Milk</p>	<p>29</p> <p>Meat Loaf Gravy on the Side Whole Grain Bread Steamed Carrots Mashed Potatoes Melon Cup Milk</p>	<p>30</p> <p>Baked Tilapia Fillet Tartar on the Side Herbed Brown Rice Garlic Spinach Sautéed Onions & Bell Peppers Fruit / Milk</p>



September 2022

Sept. 5—Labor Day

Live Oak Wish List: Reminisce Magazine Subscription, Movies, Rags, Stickers, Silverware Forks, Solid Color Gift Bags

****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.**