



Live Oak Adult Day Services: Activity Calendar



October 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Group Game	10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Bingo Caregiver Zoom Meeting 10:30am	10:00 Morning News, Game 10:30 Group Game 11:00 Storytelling with Margo 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News, Game 10:30 Chair Exercise w/Staff 11:00 Music with Danny 12:00 Lunch 1:00 Art	10:00 Morning News 10:30 Group Game 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Exercise w/Mythri
10	11	12	13	14
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Group Game	10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Bingo	10:00 Morning News, Game 10:30 Matching Game 11:00 Music w/Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Music with Star Geezers 12:00 Lunch 1:00 Art	10:00 Morning News 10:30 Group Game 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Exercise with Jeanne
17	18	19	20	21
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Group Game	10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Bingo Caregiver Zoom Meeting 6:30pm	10:00 Morning News, Game 10:30 Matching Game 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Music with Danny 12:00 Lunch 1:00 Art	10:00 Morning News 10:30 Group Game 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Exercise with Jeanne
24	25	26	27	28
10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Group Game	10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Bingo	10:00 Morning News, Game 10:30 Trivia Game 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News, Game 10:30 Chair Exercise w/Staff 11:00 Music with Timo 12:00 Lunch 1:00 Art	10:00 Morning News 10:30 Group Game 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Exercise w/Mythri Claire R. Birthday 
31				
10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Halloween Fun				ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY.

October 2022 MEAL MENU

3 Chicken w/ Ginger Garlic Noodles Cabbage Garden Salad Fresh Pear	4 Meatballs with Curry Sauce Brown Rice Cauliflower Spinach Tropical Fruit	5 Turkey Vegetable Stew Whole Wheat Bread Vegetables Sweet Potatoes Fresh orange	6 Roast Pork Whole Wheat Roll Whipped Potatoes Broccoli Fresh Fruit	7 Rosemary Chicken Brown Rice Corn Coleslaw Banana
10 Beef/ Turkey Meatloaf Whole Wheat Roll Whipped Potatoes Carrots Fresh Orange	11 Sweet / Sour Pork Garlic Noodles Spinach/Kale Coleslaw Fresh Banana	12 Pollo a la Crema Whole Wheat Tortilla Pinto Beans Mixed Squash Mandarin Oranges	13 Fish Vera Cruz Brown Rice Broccoli Corn Seasoned Fruit	14 Beef / Turkey Enchilada Casserole Corn Tortilla Green Beans Vegetable Blend Fresh Fruit
17 Bean Stew Brown Rice Vegetable Blend Carrots & Spinach Fresh Pear	18 Baked Chicken Whole Wheat Bread Brussels Sprouts Sweet Potatoes Fresh Fruit	19 Beef and Turkey Chili Mac Whole Wheat Roll Broccoli Garden Salad Fresh Fruit	20 Chicken Sandwich Garden Vegetables Coleslaw Banana	21 Baked Fish Brown Rice Carrots Green Beans Tropical Fruit
24 Shepard's Pie Whole Wheat Bread Whipped Potatoes Broccoli & Carrots Fresh Pear	25 Fish Sandwich Spinach Coleslaw Banana	26 Arroz con Pollo Brown Rice Pinto Beans Garden Salad Fresh Orange	27 Pork Char Siu Garlic Noodles Carrots Asian Vegetable Blend Fresh Fruit	28 Calabacitas con Pollo Brown Rice w/ Beans Zucchini / Corn Vegetable Blend Pineapple
31 Cheese Lasagna Whole Wheat Bread Vegetable Blend Garden Salad Fresh Pear			<i>All meals served with whole grain bread!</i>	**ALL PERSONS AGED 60 OR ABOVE ARE ELIGI- BLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISA- BILITY**

“ And all at once, summer collapsed Into fall”

ZOOM CAREGIVER SUPPORT MEETING
 Tuesday October 4th. @ 10:30am
 &
 Tuesday October 18th. @ 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 Diane with the update information.*