

Live Oak Adult Day Services Activity Schedule—January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan. 2</p> <p style="text-align: center;">CLOSED —</p>	<p>3 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Ring Toss 2:15 Exercise</p>	<p>4 10:00 Tai Chi 11:00 Travel with Arne 12:00 Lunch 1:15 News, Daily Chronicle, Word Jumble 2:15 Stretch/Move</p>	<p>5 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Puzzles & Pondering 2:15 Exercise</p>	<p>6 10:00 News, Daily Chronicle, Word Jumble 11:00 Laptop Videos 12:00 Lunch 1:15 Bingo 2:15 Stretch/Move</p>
<p>9 10:00 News, Daily Chronicle, Word Jumble 11:00 Danny K. Music 12:00 Lunch 1:15 Trivia Contest 2:15 Stretch/Move</p>	<p>10 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Picture Memory Game 2:15 Exercise</p>	<p>11 10:00 Tai Chi 11:00 News, Daily Chronicle, Word Jumble 12:00 Lunch 1:15 Clients Choice 2:15 Stretch/Move</p>	<p>12 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Exercise with Elizabeth 2:15</p>	<p>13 10:00 News, Daily Chronicle, Word Jumble 11:00 Allen B. on the Piano 12:00 Lunch 1:15 Bingo 2:15 Stretch/Move</p>
<p>16</p> <p style="text-align: center;">CLOSED —</p>	<p>17 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Craft with Staff 2:15 Stretch/Move</p>	<p>18 10:00 Tai Chi 11:00 News, Daily Chronicle, Word Jumble 12:00 Lunch 1:15 C.C Culver (Space Talk) 2:15 Exercise</p>	<p>19 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Outburst 2:15 Stretch/Move</p>	<p>20 10:00 News, Daily Chronicle, Word Jumble 11:00 Scavenger Hunt 12:00 Lunch 1:15 Bingo 2:15 Exercise</p>
<p>23 10:00 News, Daily Chronicle, Word Jumble 11:00 Exercise with Joseph 12:00 Lunch 1:15 Movie—Documentary</p>	<p>24 10:00 Word Jumble, News, Daily Chronicle 11:00 Bill Martin Music 12:00 Lunch 1:15 Sue & Bob 2:15 Exercise</p>	<p>25 10:00 Tai Chi 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:15 Bingo 2:15 Stretch/Move</p>	<p>26 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Jigsaw Puzzles 2:15 Exercise</p>	<p>27 10:00 News, Daily Chronicle, Word Jumble 11:00 Mike Monroe G/S 12:00 Lunch 1:15 Allen B on the Piano 2:15 Exercise</p>
<p>30 10:00 Word Jumble, News, Daily Chronicle 11:00 Bean Bag Toss 12:00 Lunch 1:15 Margo H. — Story Teller 2:15 Exercise</p>	<p>31 10:00 Word Jumble, News, Daily Chronicle 11:00 Bill Martin Music 12:00 Lunch 1:15 Memory Game w/ Tray Items 2:15 Stretch/Move</p>			

January Lunch Menu

<p>Jan. 2</p> <p>CLOSED</p> <p>—</p>	<p>3</p> <p>Beef & Cheese Lasagna Whole Grain Bread Steamed Broccoli Romaine Salad Banana Milk</p>	<p>4</p> <p>Roast Beef with Gravy Whole Grain Roll Mixed Veggies Bake Potato Fresh Orange Milk</p>	<p>5</p> <p>Baked Tilapia Tartar on the Side Steamed Brwn Rice Peas and Carrots Apple Coleslaw Fruit Milk</p>	<p>6</p> <p>Baked Turkey Gravy & Cranb. Whole Grain Roll Mashed Potato Green Beans Jell-O w/ Peaches Milk</p>
<p>9</p> <p>Chicken Stir Fry w/ Broccoli, Bell Pepper & Sugar Snap Peas Brown Rice Cook's Choice Soup Fresh Fruit Milk</p>	<p>10</p> <p>Homemade Beef Stew w/ Carrots, Peas, Potatoes, On- ion Broccoli Raisin Salad Whole Grain Roll Fresh Fruit Milk</p>	<p>11</p> <p>Baked Orange Chckn W/G Parsley Nood- les SF Blend Veggies Corn Chowder Tropical Fruit Cup Milk</p>	<p>12</p> <p>Baked Salmon Tartar on the Side Quinoa Cauliflower & Carrot Sauteed Onion & Peppers Fresh Fruit Milk</p>	<p>13</p> <p>Chile Relleno Brown Rice Pinto Beans Romine Salad with Carrots Mandarin Oranges Milk</p>
<p>16</p> <p>CLOSED</p> <p>—</p> <p>MLK DAY</p>	<p>17</p> <p>Homemade Chckn Enchiladas Salsa/ Sour Cream Whole Black Beans Shredded Lettuce Apple Milk</p>	<p>18</p> <p>Parmesan Baked Tilapia Tartar on the Side Seasoned Quinoa Carrots w/ Thyme Spinach Salad w/ Cranb. Tropical Cup/Milk</p>	<p>19</p> <p>Homemade Pork Chile Verde Spanish Rice Pinto Beans Green Salad with Carrots Orange Milk</p>	<p>20</p> <p>BBQ Chicken Gravy on the Side Baked Potato Cauli. & Carrots w/ Thyme W/G Dinner Roll Mandarin Oranges Milk</p>
<p>23</p> <p>Roast Pork w/ Gravy On the Side Mixed Vegetables Sweet Potatoes Whole Grain Roll Fresh Orange Milk</p>	<p>24</p> <p>Fish Tacos (2) Tartar on the Side White Rice w/ Bell Peppers Fresh Salsa Cabbage Cole Slaw Pineapple/Milk</p>	<p>25</p> <p>Cheeseburger on Whole Wheat Bun Baked Potato Fries Lettuce, Tomato, Onion Cooks Choice Soup Fruit/ Milk</p>	<p>26</p> <p>Chicken Teriyaki w/ Teriyaki Sauce Chow Mein Noodles Steamed Broccoli Green Salad w/ Carr. JellO w/ Oranges Milk</p>	<p>27</p> <p>Meat Loaf & Gravy w/ Diced Peppers, Celery, & Onion Baked Potato W/G Roll Banana Milk</p>
<p>30</p> <p>Baked Salmon Fillet Tartar on the Side Seasoned Quinoa Roasted Asparagus Lentil Soup Fresh Orange Milk</p>	<p>31</p> <p>Italian Herbed Chckn Gravy on the Side Brown Rice Pilaf Steamed Carrots Broccoli Raisin Salad Mandarin Oranges Milk</p>			



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Closed Jan. 16 — M.L.K Day

Our Wish List: Coffee Mugs, Acrylic Paint (White, Black, Red, Green, Yellow, Blue), Bingo Prizes, Holiday Decorations (Any), Folding Table

**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.