

Live Oak Adult Day Services Activity Schedule–March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		March 1 10:00 Tai Chi 11:00 Travel with Arne 12:00 Lunch 1:15 News, Daily Chronicle, Word Jumble 2:15 Stretch/Move	2 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Category Word Game 2:15 Exercise	3 10:00 News, Daily Chronicle, Word Jumble 11:00 Bowling 12:00 Lunch 1:15 Bingo 2:15 Stretch/Move
6 10:00 News, Daily Chronicle, Word Jumble 11:00 Painting/Coloring 12:00 Lunch 1:15 Jigsaw Puzzles 2:15 Stretch/Move	7 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Travel Video 2:15 Exercise	8 10:00 Exercise 11:00 News, Daily Chronicle, Word Jumble 12:00 Lunch 1:15 Music with Don 2:15 Clients Choice	9 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Trivia Contest 2:15 Exercise	10 10:00 News, Daily Chronicle, Word Jumble 11:00 Allen on the Piano 12:00 Lunch 1:15 Bingo 2:15 Stretch/Move
13 10:00 News, Daily Chronicle, Word Jumble 11:00 Danny K. Music 12:00 Lunch 1:15 Exercise 2:15 St. Patrick's Day History	14 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Ring Toss 2:15 Stretch/Move	15 10:00 Tai Chi 11:00 News, Daily Chronicle, Word Jumble 12:00 Lunch 1:15 C.C Culver Space Talk 2:15 Exercise	16 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Tailwaggers 2:15 Stretch/Move	17 10:00 News, Daily Chronicle, Word Jumble 11:00 St. Patrick's Day Craft 12:00 Lunch 1:15 Bingo 2:15 Exercise
20 10:00 News, Word Jumble, Daily Chronicle 11:00 Outburst 12:00 Lunch 1:15 Bean Bag Toss 2:15 Stretch/Move	21 10:00 Word Jumble, News, Daily Chronicle 11:00 Bill Martin Music 12:00 Lunch 1:15 Puzzles & Pondering 2:15 Exercise	22 10:00 Tai Chi 11:00 Mike Monroe (Guest Sp.) 12:00 Lunch 1:15 Word Jumble, News, Daily Chronicle 2:15 Stretch/Move	23 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:15 Bingo 2:15 Exercise	24 10:00 News, Daily Chronicle, Word Jumble 11:00 Allen on the Piano 12:00 Lunch 1:15 Line Dancers 2:15 Exercise
27 10:00 Word Jumble, News, Daily Chronicle 11:00 Memory Game 12:00 Lunch 1:15 Art Project w/ Joseph 2:15 Exercise	28 10:00 Word Jumble, News, Daily Chronicle 11:00 Bill Martin Music 12:00 Lunch 1:15 Margo H. (Storyteller) 2:15 Stretch/Move	29 10:00 Tai Chi 11:00 Marilyn Sander Music 12:00 Lunch 1:15 Bob & Sue (Travel Talk) 2:15 Exercise	30 10:00 Word Jumble, News, Daily Chronicle 11:00 Bill Martin 12:00 Lunch 1:15 Movie Day – National Geogr. 2:15 Stretch/Move	31 10:00 Word Jumble, News, Daily Chronicle 11:00 Scavenger Hunt 12:00 Lunch 1:15 Bingo 2:15 Exercise

March Lunch Menu

		March 1 Chicken Teriyaki Vegetable Chow Mein Steamed Broccoli Green Salas & Carrots Gelatin w/ Oranges Milk	2 Meat Loaf w/ Gravy Steamed Carrots Diced Peppers, Celery, Onions in Entrée Baked Potato Whole Grain Bread Banana Milk	3 Tuna Salad Plate Onion & Celery in Entrée Potato Fries Whole Grain Bread Vegetable Soup Fresh Fruit Milk
6 Meatball Soup w/ Zucchini, Carrots, Celery, Corn, Onion Romaine Salad w/ Cherry Tomatoes Whole Grain Roll Fruit Milk	7 Herbed Chicken Gravy on the Side Brown Rice Pilaf Steamed Carrots Broccoli Raisin Salad Mandarin Oranges Milk	8 Beef Stroganoff w/ Mushrooms Whole Grain Noodles Brussel Sprouts Vegetable Soup Orange Milk	9 BBQ Pulled Pork Sandwich Whole Grain Bun Corn Kernels Potato Salad Cantaloupe Milk	10 Baked Salmon Fillet Tartar on the Side Seasoned Quinoa Asparagus Vegetable Soup Peach Cup Milk
13 Chicken Alfredo Whole Grain Pasta Garden Blend Vegetables Cream of Brocc Soup Pineapple Chunks Milk	14 Roast Beef Gravy on the Side Mixed Vegetables Baked Potato Whole Grain Roll Sour Cream Orange/Milk	15 Beef and Cheese Lasagna Steamed Broccoli Romaine Salad w/ Seasonal Veggies Whole Grain Bread Banana/Milk	16 Baked Turkey w/ Gravy & Cranberry Mashed Potato Green Beans Whole Grain Roll Jell-O w/ Peaches Milk	17 Corned Beef Mustard Sauce Cabbage & Carrots Red Potatoes Whole Grain Roll Green Apple Milk
20 Shrimp Stir Fry w/ Broccoli, Bell Peppers, Onions Brown Rice Vegetable Soup Fruit Milk	21 Homemade Beef Stew w/ Carrots, Peas, Potatoes, Onion Brocc. Raisin Salad Whole Grain Roll Fruit/Milk	22 Roasted Chicken Drumstick Brown Rice SF Blend Vegetables Corn Chowder Soup Fruit Milk	23 Baked Salmon Fillet Tartar on the Side Seasoned Quinoa Steamed Cauliflower Carrots Sauteed Onion & Peppers Fruit/Milk	24 Chile Relleno Spanish Rice Pinto Beans Romaine Green Salad w/ Carrots Mandarin Oranges Milk
27 Philly Cheese Steak Sandwich w/ Sauteed Onion & Bell Pepper Potato Wedges Veggie Soup Fruit/Milk	28 Chicken Enchiladas Salsa & Sour Cream Black Beans Salad w/ Broccoli Apple Milk	29 Parmesan Baked Tilapia/ Tartar Seasoned Quinoa Carrots w/ Thyme Spinach Salad w/ Cranb. Fruit/ Milk	30 Pork Chile Verde Steamed Brown Rice Pinto Beans Romaine Salad w/ Carrots Orange Milk	31 SURPRISE LUNCH (:



March 2023

March 17th—St. Patrick's Day

Our Wish List: 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.