

Live Oak Adult Day Services: Activity Calendar

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY</p>		1 10:00 Morning News 10:30 Matching Game 11:00 Volleyball 12:00 Lunch 1:00 Exercise w/ Jeanne	2 10:00 Morning News 10:30 Crossword Puzzle 11:00 Music with Danny 12:00 Lunch 1:00 Exercise with Jeanne	3 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Art
	6 10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Card Game	7 10:00 Morning News, Game 10:30 Chair Exercise w/staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Bingo Caregiver Zoom Meeting 10:30am	8 10:00 Morning News 10:30 Crossword Puzzle 11:00 Music w/Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Jeanne	9 10:00 Morning News, Game 10:30 Word Categories 11:00 Music w/Stargeezers 12:00 Lunch 1:00 Exercise with Jeanne
13 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Group Game	14 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Bingo	15 10:00 Morning News 10:30 Hangman 11:00 Music with Don 12:00 Lunch 1:00 Exercise w/ Jeanne	16 10:00 Morning News, Game 10:30 Matching Game 11:00 Music with Danny 12:00 Lunch 1:00 Exercise with Jeanne	17 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Storytelling w/ Margo 
20 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Puzzles	21 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Bingo Caregiver Zoom Meeting 6:30pm	22 10:00 Morning News 10:30 Card Game 11:00 Dancing with Lindsey 12:00 Lunch 1:00 Exercise w/ Jeanne	23 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Word Scramble 12:00 Lunch 1:00 Art	24 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Exercise with Mythri
27 10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Crossword Puzzle	28 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Volleyball 11:00 12:00 Lunch 1:00 Bingo	29 10:00 Morning News 10:30 Trivia 11:00 Dancing with Lindsey 12:00 Lunch 1:00 Exercise w/ Jeanne	30 10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Music with Timo 12:00 Lunch 1:00 Art	31 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Video Memories 12:00 Lunch 1:00 Exercise with Mythri

March MEAL MENU

<i>All meals served with whole grain bread</i>	**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**	1 Pork Fried Rice Asian Vegetable Soup Brown Rice Green Peas Asian Slaw Apple	2 Beef & Turkey Tacos Pinto Beans Zucchini Fresh Oranges	3 Fish Sandwich Sweet Potatoes Cole Slaw Fresh Banana
	6 Pepper Casserole Whole Wheat Bread Tomatoes & Bell Peppers Brussels Sprouts Fresh Fruit	7 Chicken Curry Brown Rice Steamed Zucchini Broccoli Salad Fresh Fruit	8 Potato Crusted Fish Tomato Soup Macaroni & Cheese Green Beans Garden Salad Fresh Orange	9 Turkey Sandwich Whole Wheat Bread Whipped Potatoes Vegetable Blend Tropical Fruit
	10 Sesame Ginger Pork Whole Wheat Garlic Noodles Broccoli Spinach Greens Fresh Pears	13 Chicken Stir Fry Brown Rice Stir Fry Vegetables with Carrots Fresh Orange	14 Spaghetti w/ Meat Sauce Vegetable Blend Green Beans Fresh Banana	15 Lime Chicken Black Bean Soup Whole Grain Corn Tortilla Roasted Potatoes Fresh Fruit
	16 Bean Chili Whole Wheat Bread Brussels Sprouts Garden Salad Fresh Fruit	17 Cabbage Roll Casserole Whole Wheat Roll Glazed Carrots Red Potatoes Fresh Orange	20 Meatballs w/ Gravy Whole Grain Garlic Bread Stick Whipped Potatoes Green Beans w/Red Bell Peppers Fresh Pears	21 Chicken Alfredo Pasta Broccoli Carrots Fresh Fruit
	22 Lemon Pepper Fish Brown Rice Vegetable Blend Garden Salad w/ Carrots Fresh Orange	23 Dijon Pork Whole Wheat Roll Sweet Potatoes Brussels Sprouts Fresh Fruit	24 Sloppy Joe Sandwich Whole Wheat Bun Green Peas Steamed Squash Mandarin Oranges	27 Vege Southwest Pasta Spinach Greens Vegetable Blend Tropical Fruit
28 Beef & Turkey Lettuce Wrap Brown Rice Vegetable Blend Bok Choy Fresh Fruit	29 Fiesta Chicken Vegetable Soup Whole Wheat Tortilla Vegetable Blend Cilantro Slaw Fresh Orange	30 Fish w/Roasted Red Pepper Sauce Whole Wheat Roll Vegetable Blend Broccoli Fresh Fruit	31 Ginger Pepper Beef Whole Wheat Garlic Noodles Steamed Cabbage Garden Salad Fresh Banana	



MARCH 2023

“May your pockets be heavy and your heart be light. May good luck pursue you each morning and night.”

-Irish Blessing



ZOOM CAREGIVER SUPPORT MEETING

Tuesday March 7th. @ 10:30am

&

Tuesday March 21st. @ 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.