

Live Oak Adult Day Services: Activity Calendar

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Art	10:00 Morning News 10:30 Hangman 11:00 Bingo 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News 10:30 Color by Number 11:00 Music with Danny 12:00 Lunch 1:00 Exercise with Jeanne	10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Volleyball
7	8	9	10	11
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Crossword Mary's Birthday 	10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Jingo	10:00 Morning News 10:30 New Game 11:00 Music w/Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News, 10:30 Chair Exercise w/ Staff 11:00 Music with Don 12:00 Lunch 1:00 Exercise with Jeanne Bernice Birthday 	10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Art
14	15	16	17	18
10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art	10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Juliana 12:00 Lunch 1:00 Category Game Caregiver Zoom Meeting 6:30pm	10:00 Morning News 10:30 Word Game 11:00 Card Game 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News 10:30 Match Game 11:00 Music with Danny 12:00 Lunch 1:00 Exercise with Jeanne	10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Travel Log with Juliana 12:00 Lunch  1:00 Bingo Sachi Birthday
21	22	23	24	25
10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Bean Bag Toss	10:00 Morning News, Game 10:30 Chair Exercise w/ Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Match Game	10:00 Morning News 10:30 Crossword 11:00 Dancing with Lindsey 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News 10:30 Storytime 11:00 Music with Timo 12:00 Lunch 1:00 Exercise with Jeanne	10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 Art
28	29	30	31	ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Fishing	10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log with Juliana 12:00 Lunch 1:00 I love Lucy	10:00 Morning News 10:30 Word Game 11:00 Dancing with Lindsey 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Corn Hole 12:00 Lunch 1:00 Storytelling with Margo	

August 2023 MEAL MENU

<p>**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**</p>	<p>1 Bean & Cheese Burrito Corn & Peppers Garden Salad Fresh Orange</p>	<p>2 Citrus Spiced Chicken Brown Rice Brussels Sprouts Carrot Raisin Salad Fresh Fruit</p>	<p>3 Meatloaf w/ Gravy Minestrone Soup Whole Wheat Bread Diced Carrots Whipped Potatoes Tropical Fruit</p>	<p>4 Pork Fried Rice Green Beans Cauliflower Fresh Fruit</p>
<p>7 Chicken Mole Whole Wheat Tortilla Pinto Beans Peas & Carrots Fresh Orange</p>	<p>8 Baked Fish Cauliflower Soup Whole Wheat Breadstick Brussels Sprouts Sweet Potatoes Fresh Fruit</p>	<p>9 Asian Tomato Beef Red Rice Spinach Greens Bell Peppers and Onions Banana</p>	<p>10 BBQ Pork Riblet Corn Potato Salad Orange</p>	<p>11 Mushroom Chicken Gravy Whole Wheat Pasta Broccoli Diced Beets Fresh Fruit</p>
<p>14 Pork with Chimichurri Sauce Brown Rice Cauliflower Diced Carrots Fresh Fruit</p>	<p>15 Calypso Chicken Black Bean Soup Brown Rice Green Peas Coleslaw Banana</p>	<p>16 Omelet w/ Cheese Whole Wheat Bread Potatoes Spinach Mandarin Oranges</p>	<p>17 Creole Chicken Brown Rice Red Beans Carrot / Raisin Salad Orange</p>	<p>18 Salisbury Steak Whole Wheat Roll Broccoli Whipped Potatoes Fresh Fruit</p>
<p>21 Orange Glazed Chicken Brown Rice Green Peas Asian Slaw Fresh Fruit</p>	<p>22 Taco Al Pastor Whole Wheat Tortilla Pinto Beans Diced Carrots Tropical Fruit</p>	<p>23 Turkey Pot Pie Whole Wheat Biscuit Corn Spinach Greens Orange</p>	<p>24 Baked Fish Vegetable Soup Whole Wheat Pasta Brussels Sprouts Garden Salad Fresh Fruit</p>	<p>25 Garlic Rosemary Chicken Whole Wheat Bread Roasted Tomatoes Potato Wedges Mandarin Oranges</p>
<p>28 Baked Fish Brown Rice Broccoli Coleslaw Fresh Fruit</p>	<p>29 Turkey while Bean Chili Whole Wheat Bread Baked Potato Garden Salad Fresh Fruit</p>	<p>30 Glazed Pork Vegetable Soup Whole Wheat Garlic Noodles Zucchini Carrot Raisin Salad Orange</p>	<p>31 BBQ Chicken Sandwich Sweet Potatoes O'Brien Corn Banana</p>	<p><i>All meals served with whole grain bread</i></p>



AUGUST 2023



ZOOM CAREGIVER SUPPORT MEETING

Tuesday August 1st @ 10:30am

&

Tuesday August 15th @ 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 Program Director with the updated information.