



# Live Oak Adult Day Services Activity Schedule–September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>Sept 1</b> 10:00 Exercise w/ Elizabeth 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:30 Bingo
<b>4</b> CLOSED— LABOR DAY 	<b>5</b> 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:30 Puzzles 2:15 Stretch/Move	<b>6</b> 10:00 Tai Chi 11:00 Travel w/Arne 12:00 Lunch 1:30 Ring Toss	<b>7</b> 10:00 News, Daily Chronicle, Word Jumble 11:00 Bill Martin Music 12:00 Lunch 1:30 Coloring 2:15 Stretch/Move	<b>8</b> 10:00 Exercise w/ Gloria 11:00 Bingo 12:00 Lunch 1:30 Allen on the Piano
<b>11</b> 10:00 Exercise w/ Yanessa 11:00 Danny K. Music 12:00 Lunch 1:30 Bean Bag Toss	<b>12</b> 10:00 Word Jumble, News, Daily Chronicle 11:00 Bill Martin Music 12:00 Lunch 1:30 Art w/ Elizabeth 2:15 Exercise	<b>13</b> 10:00 Tai Chi 11:00 Bingo 12:00 Lunch 1:30 Scavenger Hunt	<b>14</b> 10:00 Trivia Contest 11:00 Bill Martin Music 12:00 Lunch 1:30 Movie Day 2:15 Exercise	<b>15</b> 10:00 Exercise w/ Julian 11:00 Marilyn Sander Music 12:00 Lunch 1:30 Line Dancers
<b>18</b> 10:00 Exercise w/ Yanessa 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:30 Margo – Storyteller	<b>19</b> 10:00 11:00 Bill Martin Music 12:00 Lunch 1:30 Word Jumble, News, Daily Chronicle 2:15 Stretch/Move	<b>20</b> 10:00 Tai Chi 11:00 Outburst 12:00 Lunch 1:30 C.C Culver – Spacetalk	<b>21</b> 10:00 Word Jumble, News, Daily Chronicle 11:00 Bill Martin Music 12:00 Lunch 1:30 Tailwaggers – Doggy Visit 2:15 Stretch/Move	<b>22</b> 10:00 Exercise w/ Elizabeth 11:00 Allen on the Piano 12:00 Lunch 1:30 Bingo
<b>25</b> 10:00 Exercise w/ Yanessa 11:00 Word Jumble, News, Daily Chronicle 12:00 Lunch 1:30 Bridg-O	<b>26</b> 10:00 Puzzles & Pondring 11:00 Bill Martin Music 12:00 Lunch 1:30 Art w/ Teresa 2:15 Exercise	<b>27</b> 10:00 Tai Chi w/ Bill 11:00 Mike Monroe 12:00 Lunch 1:30 Bob & Sue Travel Talk	<b>28</b> 10:00 11:00 Bill Martin Music 12:00 Lunch 1:30 Word Jumble, News, Daily Chronicle 2:15 Exercise	<b>29</b> 10:00 Exercise w/ Julian 11:00 Bingo 12:00 Lunch 1:30 Laptop—Travel Video

# September Lunch Menu

LS—Low Sodium W/G— Whole Grain				<b>Sept. 1</b> Turkey Meatball Soup w/ Carrot, Zucchini, Corn, & Celery W/G Dinner Roll Caeser Romaine Salad w/ Tom. Orange/Milk
<b>4</b>  <b>CLOSED</b>  —  <b>LABOR DAY</b>	<b>5</b> Chicken Tostada Spanish Rice Pinto Beans Shredded Lettuce, Tomato, Sour Cream Mandarin Oranges Milk	<b>6</b> Pork Chops w/ LS Gravy W/G Dinner Roll Mixed Vegetables Sweet Potatoes Pineapple Tidbits Milk	<b>7</b> Garlic Butter Shrimp Scampi Steamed Brown Rice Fresh Broccoli Green Salad w/ Red Bell Pepper Fruit Milk	<b>8</b> Baked Chicken Tenders Potato Fries Coleslaw Apple Milk
<b>11</b> Grilled Chicken Breast LS Gravy W/G Dinner Roll Mashed Potato Green Beans Orange/Milk	<b>12</b> Homemade Beef Stew w/ Carrots, Peas, Potatoes, & Onion W/G Roll Brocc. Raisin Salad Fruit/Milk	<b>13</b> Baked Salmon Tartar on the Side Sauteed Onion & Pep- pers Brown Rice Cauli. & Carrots Banana/Milk	<b>14</b> Soft Beef Taco Flour Tortilla Salsa & Sour Cream Refried Beans Shredded Lettuce Melon Cup Milk	<b>15</b> Vegetarian Pizza Flatbread w/ Spinach, Toma- to, Bell Peppers, & Onion Butternut Squash Soup JellO/Milk
<b>18</b> Chicken & Cheese Enchilada Refried Black Beans Tossed Salad w/ Broccoli Watermelon Cup Milk	<b>19</b> Spaghetti w/ Meat Sauce W/G Pasta Broccoli & Carrots Green Salad w/ Tomato Fruit/Milk	<b>20</b> BBQ Chicken W/G Roll Mashed Potatoes w/ Gravy Roasted Zucchini Corn Chowder Soup Tropical Fruit Cup Milk	<b>21</b> Battered Fish Tacos Tartar Sauce Pico de Gallo Primavera White Rice Cabbage Slaw Fresh Fruit Milk	<b>22</b> Chile Relleno Spanish Rice Refried Pinto Beans Romaine Salad w/ Carrots Mandarin Oranges Milk
<b>25</b> Philly Cheese Steak W/G Bun Sauteed Onions & Bell Peppers Potato Wedges Coleslaw Banana/Milk	<b>26</b> Teriyaki Chicken Veggie Chow Mein Steamed Broccoli Green Salad w/ Cucumbers Fruit Milk	<b>27</b> Chile Verde Spanish Rice Refried Pinto Beans Corn Tortilla Romaine Salad w/ Car- rots Orange/Milk	<b>28</b> Tilapia Fish Fillet Tartar on the Side Quinoa w/ Green Onions Steamed Carrots Tomato Soup Fruit/Milk	<b>29</b> Roasted Beef LS Gravy on the Side W/G Roll Steamed Spinach Baked Potato Tropical Fruit Cup Milk



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**Our Wish List: Bingo Prizes, Tennis Balls, Holiday  
Decorations (Any), Canned Fruit, Hot Chocolate,  
Jewelry Making Beads (Plastic)**

**\*\*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.**