

Live Oak Adult Day Services: Activity Calendar July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Morning News 10:30 Dominos / Card Games 11:00 America Jingo 12:00 Lunch 1:00 Exercise w/ Tania	2 10:00 Morning News 10:30 Crossword Puzzle 11:00 Art (4th of July) 12:00 Lunch 1:00 Music with Danny Kennedy	3 CLOSED
6 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art (Picnic)	7 10:00 Morning New 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Music w/ Mr. Allen Caregiver ZOOM Meeting 10:30am	8 10:00 Morning News 10:30 Puzzles 11:00 Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Tania	9 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Summer Jingo 12:00 Lunch 1:00 Music w/ Lizz	10 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Exercise with Mythri
13 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art (Summer Fruit)	14 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Darts Caregiver In Person Meeting 10:30am	15 10:00 Morning News 10:30 Match Game 11:00 Bean Bag toss 12:00 Lunch 1:00 Exercise w/ Tania	16 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Collage 12:00 Lunch 1:00 Music with Danny Kennedy	17 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Exercise with Mythri
20 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Music w/ Bill Martin 12:00 Lunch 1:00 Art (flower)	21 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Music w/ Mr. Allen Caregiver ZOOM Meeting 6:30pm	22 10:00 Morning News 10:30 Hangman 11:00 Bingo 12:00 Lunch 1:00 Exercise w/ Tania	23 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/ David Field 12:00 Lunch 1:00 Basketball	24 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log With Iulia 12:00 Lunch 1:00 Exercise with Mythri
27 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music with Bill Martin 12:00 Lunch 1:00 ART (Continue the Picture)	28 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Travel Log with Iulia 12:00 Lunch 1:00 Dancing w/ Lindsay	29 10:00 Morning News 10:30 Dominos 11:00 Music w/ Don 12:00 Lunch 1:00 Exercise w/ Tania	30 10:00 Morning News 10:30 Coloring 11:00 Music w/ David Field 12:00 Lunch 1:00 Painting	31 10:00 Morning News 10:30 Match Game 11:00 Travel Log With Iulia 12:00 Lunch 1:00 Exercise with Mythri

MEAL MENU July 2026

All meals served with whole grain bread	**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL	1 Coconut Curry Chicken Cabbage Soup WGR Brown Rice Whole Kernel Corn Spinach Salad Oranges	2 Beef/ Pork Meatballs w/ Marinara Sauce WGR Penne Pasta Green Beans w/ Red Peppers 4-way Veg. Blend Apples	3 Closed
6 Baked Tilapia w/ Salsa Verde WGR Tortilla Roasted Zucchini Pepper Slaw Oranges	7 Chicken Fettucine Alfredo WGR Bread Italian veg Broccoli Fruit	8 Tikka Masala Chicken Cream of Broccoli Soup WGR Brown Rice 4-Way Veg Blend Chickpea Salad Orange	9 Soy Ginger Pork Loin WGR Spaghetti Brussels Sprouts Carrots Fruit	10 Turkey Sloppy Joe WGR Hamburger Bun Fiesta Veg Potato Wedges Tropical Fruit
13 Cannellini Bean Cacciatore WGR Roll Spinach Tossed salad Mandarin Oranges	14 Orange Glazed Chicken Breast WGR Asian Brown Rice Broccoli Capri Veg Tropical Fruit	15 Meatballs w/ Brown Gravy WGR Bread Whipped Potatoes Carrots Oranges	16 Breaded Pollock WGR Hamburger Bun Coleslaw 4-Way veg Blend Fruit	17 Cuban Citrus Mojo Chicken Thigh WGR Brown Rice Green Beans w/ Red Pepper Fiesta Veg Bananas
20 Sweet & Sour Pork WGR Brown Rice Peas & carrots Tossed salad Tropical Fruit	21 Hawaiian Meatballs WGR Rotini Japanese Veg w/ Broccoli Mandarin Oranges	22 Teriyaki Turkey Burger Cauliflower Cream Soup WGR Hamburger Bun 4-Way Veg Blend Coleslaw Fruit	23 Greek Chicken Thigh WGR Rice Pilaf WGR Pita Creamy Cucumber Salad Apples	24 Breaded Pollock w/ Romesco Sauce WGR Spanish Brown Rice Whole Kernel Corn Spinach Salad Oranges
27 Turkey Tetrizzini WGR Spaghetti Cali Veg Tossed Salad Fruit	28 Baked Tilapia w/ Vera Cruz Sauce WGR Tortilla Mexican Diced Potatoes Apples	29 Beef/ Turkey Bibimbap Bowl Asian Veg Soup WGR Brown Rice Sliced Carrots Sesame Green Beans Oranges	30 Beef/Turkey Stroganoff WGR Egg Noodles WGR Roll 4-Way Veg Blend Broccoli Salad Fruit	31 Pork Loin w/ Chimichurri Sauce WGR Brown Rice Pilaf Whole Kernel Corn Garden Veg Mandarin Oranges



JULY 2026



ZOOM CAREGIVER SUPPORT MEETING'S

Tuesday, July 7th ZOOM @ 10:30am

Tuesday, July 14th In Person @ 10:30am

Tuesday, July 21st ZOOM @ 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 Monse or Berenice with the updated information.**