

Live Oak Adult Day Services - August Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Breakfast, News, Word Games 10:30 Exercise w/staff 11:00 What's in the bag? 12:00 Lunch 1:00 Bowling 2:15 Name 10 Things	4 9:00 Breakfast, News, Word Games 10:30 Exercise w/ Staff 11:00 Scavenger Hunt 12:00 Lunch 1:00 Exercise w/Tania 2:15 Family Feud <i>Happy Birthday Lin!</i>	5 9:00 Breakfast 10:15 Chair Dance w/Donna 11:15 News, Word Games 12:00 Lunch 1:00 Music w/ David 2:15 Coloring	6 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Art Project: Vacation collage 12:00 Lunch 1:00 Music w/ Maddaline 2:15 Hangman	7 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Music w/ Bill Martin 12:00 Lunch 1:00 Bingo 2: 00 Puzzles <i>Happy Birthday Man! (8/9)</i>
10 9:00 Breakfast, News, Word Games 10:30 Exercise w/staff 11:00 Jazzberry Jam 12:00 Lunch 12:45 Love on a Leash 1:00 Card Game 2:15 Name 10 Things	11 9:00 Breakfast, News, Word Games 10:30 Music Ball Toss 11:00 Art Project: Flowers stencil 12:00 Lunch 1:00 Exercise w/Tania 2:00 Dominos <i>Happy Birthday Matileti!</i>	12 9:00 Breakfast, News, Word Games 10:30 Sudoku/Work Search 11:00 Chi Kung exercise and Tibetan singing bowl meditation w/ Kin-Wah 12:00 Lunch 1:00 Wooden Nickel Game 2:15 Coloring	13 9:00 Breakfast, News, Word Games 10:30 Memory Game 11:00 Exercise w/ Anita 12:00 Lunch 1:00 Music Bingo 2:15 Pictionary	14 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Music w/ Bill Martin 12:00 Lunch 1:00 Travelogue::Japan 2: 00 Family Feud
17 9:00 Breakfast, News, Word Games 10:30 Exercise w/staff 11:00 Art Project: Bracelet making 12:00 Lunch 1:00 Music w/Danny Kennedy 2:15 Coloring	18 9:00 Breakfast, News, Word Games 10::30 Memory Game 11:30 Food Jingo 12:00 Lunch 1:00 Exercise w/Tania 2:15 A-Z Game	19 9:00 Breakfast 10:15 Chair Dance w/ Donna 11:15 News, Word Games 12:00 Lunch 1:00 Music with Lizz Fischer 2:15 Puzzles	20 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Hula Dancers 12:00 Lunch 1:00 Card Game 2:15 Hangman	21 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Music w/ Bill Martin 12:00 Lunch 1:00 Picture Bunco 2: 00 Family Feud
24 9:00 Breakfast, News, Word Games 10:30 Exercise w/staff 11:00 Basketball 12:00 Lunch 1:00 Birthday Jingo 2:15 Word Games <i>Happy Birthday James F. & Diana C!</i>	25 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Bean Bag Trivia 12:00 Lunch 1:00 Music w/ David 2:15 Family Feud	26 9:00 Breakfast, News, Word Games 10:30 Cornhole 11:00 Chi Kung exercise and Tibetan bowl meditation w/ Kin-Wah 12:00 Lunch 1:00 Card Game 2:15 Wacky Words	27 9:00 Breakfast, News, Word Games 10:30 Person, Vegetable, or Bird? 11:00 Exercise w/Tania 12:00 Lunch 1:00 Art Project: Board decoration 2:15 Dominoes	28 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Music w/ Bill Martin 12:00 Lunch 1:00 Tabletop Volleyball 2: 00 Puzzles
31 9:00 Breakfast, News, Word Games 10:30 Exercise w/staff 11:00 Cornhole 12:00 Lunch 1:00 Bingo 2:00 Pictionary				****ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, AGE, GENDER, SEXUAL ORIENTATION OR DISABILITY****

AUGUST 2026 LUNCH MENU

3 Chicken Fajita w/ Picante Sauce, Black Beans& Corn, Fruit, LF Milk	4 Banh Mi Pork Sandwich, Cu- cumber Salad, Cilantro Coleslaw, Fruit, LF Milk	5 Coconut Curry Chicken, Cabbage Soup, Brown Rice, Corn, Spinach Sal- ad, Fruit, LF Milk	6 Beef/Pork Meatballs w/ Marinara Sauce, Penne Pasta, Green Beans, Veggie Blend, Fruit, LF Milk	7 Chicken Leg Quar- ter w/ Spinach Arti- choke Sause, Sweet Potatoes, Cauliflow- er, Fruit, LF Milk
10 Baked Tilapia w/ Salsa Verde, Zuc- chini, Pepper Slaw, Fruit, LF Milk	11 Chicken Fettucine Alfredo, Italian Vegetables, Broc- coli, Fruit, LF Milk	12 Tikka Masala Chick- en, Cream of Broc- coli Soup, Brown Rice, Veggie Blend, Chickpea Salad, Fruit, LF Milk	13 Soy Ginger Pork Loin, Spaghetti, Brussel Sprouts, Carrots, Fruit, LF Milk	14 Turkey Sloppy Joe, Fiesta Vegetables, Potato Wedges, Fruit, LF Milk
17 Cannellini Bean Cacciatore, Spin- ach, Tossed Sal- ad, Fruit, LF Milk	18 Orange Glazed Chicken Breast, Brown Rice, Broc- coli, Capri Vege- tables, Fruit, LF Milk	19 Meatballs w/Brown Gravy, Red Pepper Bisque Soup, Whipped Potatoes, Carrots, Fruit, LF Milk	20 Breaded Pollock, Coleslaw, Vegetable Blend, Fruit, LF Milk	21 Cuban Citrus Mojo, Brown Rice, Green Beans, Fiesta Vege- tables, Fruit, LF Milk
24 BBQ Chicken Leg Quarter, Pasta Salad, Corn, Spin- ach Salad, Fruit, LF Milk	25 Hawaiian Meat- balls, Rotini, Japa- nese Vegetables, Broccoli, Spinach, Fruit, LF Milk	26 Teriyaki Turkey Burger, Cauliflower Cream Soup, Vege- table Blend, Cole- slaw, Fruit, LF Milk	27 Greek Chicken Thigh, Rice Pilaf, Pita Bread, Cucumber Salad, Fruit, LF Milk	28 Breaded Pollock, Spanish Brown Rice, Corn, Spinach Salad, Fruit, LF Milk
31 Turkey Tetrizzini, Spaghetti, Califor- nia Vegetables, Tossed Salad, Fruit, LF Milk				



AUGUST 2026



ZOOM CAREGIVER SUPPORT MEETINGS

- Tuesday, August 4, 2026 at 10:30 AM
- Tuesday, August 18, 2026 at 6:30 PM
(link to be provided by email)

CAREGIVER SUPPORT GROUPS (in person)

Sponsored by the Alzheimer's Association

- Tuesday, August 11, 2026 at 10:30AM
Live Oak Willow Glen 1147 Minnesota Ave.
- Thursday, August 20, 2026 at 1:00-2:30 PM
St. Jude's Episcopal Church, Fireside Room

***Live Oak requires copies of any prescription for medication administered at the program.**

***If there have been any changes to your health history and/or medication please notify the Program Director with the updated information. THANK YOU!**