



LIVE OAK ADULT DAY SERVICES
August 2026 ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Breakfast, News, Word Games 10:30 ABC Game 11:00 Exercise w/ Tania 12:00 Lunch 1:00 Music w/ Bill Martin 2:15 Snack & Word Games	4 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 August Wall Art w/ Jen 12:00 Lunch 1:00 Bowling 2:15 Snack & Word Games	5 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Bean Bag Toss 12:00 Lunch 1:00 Music w/ Maddaline 2:15 Snack & Word Games	6 9:00 Breakfast, News, Word Games 10:30 Bingo 11:30 Chair Tai Chi 12:00 Lunch 1:00 Chair Volleyball 2:15 Snack & Word Games	7 9:00 Breakfast, News, Word Games 10:30 Word Mining 11:00 Exercise w/ Jeanne 12:00 Lunch 1:00 Music w/ Danny Kennedy 2:15 Snack & Word Games
10 9:00 Breakfast, News, Word Games 10:30 Word Ladder 11:00 Exercise w/ Tania 12:00 Lunch 1:00 Art w/ Jen 2:15 Snack & Word Games	11 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Bingo 12:00 Lunch 1:00 Music w/ Lizz 2:15 Snack & Word Games	12 9:00 Breakfast, News, Word Games 10:30 Exercise w/staff 11:00 Music w/Dave 12:00 Lunch 1:00 Magic show w/ Ayra 2:15 Snack & Word Games	13 9:00 Breakfast, News, Word Games 10:30 Card Game 11:30 Chair Tai Chi 12:00 Lunch 1:00 Music Bingo 2:15 Snack & Word Games	14 9:00 Breakfast, News, Word Games 10:30 ABC Game 11:00 Exercise w/ Jeanne 12:00 Lunch 1:00 Chair Volleyball 2:15 Snack & Word Games Sarah's Leaving Party
17 9:00 Breakfast, News, Word Games 10:30 Name 10 11:00 Exercise w/ Tania 12:00 Lunch 1:00 Music w/ Bill Martin 2:15 Snack & Word Games	18 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Card Game 12:00 Lunch 1:00 Music w/Dave 2:15 Snack & Word Games	19 9:00 Breakfast, News, Word Games 10:30 Family Feud 11:00 Music w/ Linda 12:00 Lunch 1:00 Exercise w/staff 2:15 Snack & Word Games	20 9:00 Breakfast, News, Word Games 10:30 Music Bingo 11:30 Chair Tai Chi 12:00 Lunch 1:00 Bean Bag Toss 2:15 Snack & Word Games	21 9:00 Breakfast, News, Word Games 10:30 Word Ladder 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Bingo 2:15 Snack & Word Games
24 9:00 Breakfast, News, Word Games 10:30 Family Feud 11:00 Music w/ Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Tania 2:15 Snack & Word Games	25 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Bean Bag Toss & Memory Game 12:00 Lunch 1:00 Travelog w/ Iuliana 2:15 Snack & Word Games	26 9:00 Breakfast, News, Word Games 10:30 Exercise w/staff 11:00 Bowling 12:00 Lunch 1:00 Music w/ Marilyn 2:15 Snack & Word Games	27 9:00 Breakfast, News, Word Games 10:30 Scattergories 11:30 Chair Tai Chi 12:00 Lunch 1:00 Bowling 2:15 Snack & Word Games	28 9:00 Breakfast, News, Word Games 10:30 ABC Game 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Trivia Game 2:15 Snack & Word Games
31 9:00 Breakfast, News, Word Games 10:30 Word Mining 11:00 Exercise w/ Tania 12:00 Lunch 1:00 Jingo 2:15 Snack & Word Games				**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, AGE, GENDER, OR DISABILITY**

August 2026 LUNCH MENU



3 Shepherd's Pie, Mashed Potatoes, Green Beans, Pineapple LF Milk OvS	4 Lasagna w/ Pork Broccoli, Cauliflower, Carrots, Cantaloupe LF Milk OvS	5 Angus Hamburger, Spinach Salad, Orange LF Milk OvS	6 Baked Chicken w/ Gravy, Mashed Sweet Potatoes, Broccoli, Fruit of the Day LF Milk OvS	7 Honey Ginger Tilapia, Brown Rice, Squash, Carrot, Sweet Potatoes, Mandarin Orange LF Milk OvS
10 Cilantro Lime Chicken, Pinto Beans, Squash & Carrots Pineapple LF Milk OvS	11 Beefy Mac Bake, Broccoli, Cauliflower, Carrots, Fruit of the Day LF Milk OvS	12 Turkey Meat Loaf, Mashed Potatoes, Glazed Carrots, Orange LF Milk OvS	13 Chicken & Cheese Enchilada Casserole, Cauliflower, Romaine Salad, Fruit of the Day LF Milk OvS	14 Chicken & Bean Burrito, Pinto Beans, Romaine Salad, Mandarin Orange LF Milk OvS
17 Salmon Teriyaki, Brown Rice, Asian Vegetable Blend, Mandarin Orange LF Milk OvS	18 Vegetable Frittata, Broccoli, Zucchini, & Red Pepper, Roasted Red Potatoes, Fruit of the Day LF Milk OvS	19 Turkey Chili, Baked Potato, Spinach Salad, Pineapple LF Milk OvS	20 Chicken Pesto Pasta, Carrots & Zucchini, Orange LF Milk OvS	21 Angus Hamburger, Lettuce & Tomato Garnish, Cabbage Slaw, Cantaloupe LF Milk OvS
24 General Tso Chicken, Chow Mein Noodles, Asian Veg Blend, Cantaloupe LF Milk OvS	25 Korean Beef, Brown Rice, Asian Veg Blend, Orange LF Milk OvS	26 Brat Sausage w/ Mashed Potatoes, Baby Carrots, Cantaloupe LF Milk OvS	27 Turkey Taco Bowl, Brown Rice, Spinach Salad, Melon LF Milk OvS	28 Veggie Chow Mein, Asian Veg Blend, Glazed Carrots Mandarin Oranges LF Milk OvS
31 French Toast Sticks, Eggs, Turkey Sausage, Spinach Salad Banana LF Milk OvS			**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX, AGE OR DISABILITY**	All meals served with one whole grain item! This institution is an equal opportunity Provider.



August 2026

“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”
—F. Scott Fitzgerald, The Great Gatsby



(Zoom) CAREGIVER SUPPORT GROUP

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

(In-Person) CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer's Association

- Tuesday August 11th, 2026 at 10:30 AM- NOON
at Live Oak Adult Day Services, 1147 Minnesota Ave, San Jose, CA

*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!