



LIVE OAK ADULT DAY SERVICES

September 2026 ACTIVITY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, AGE, GENDER, OR DISABILITY	1 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Bean Bag Toss 12:00 Lunch 1:00 Music Bingo 2:15 Snack & Word Games	2 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Music w/Maddaline 12:00 Lunch 1:00 Card Game 2:15 Snack & Word Games	3 9:00 Breakfast, News, Word Games 10:30 Dice Game 11:30 Chair Tai Chi 12:00 Lunch 1:00 Jingo 2:15 Snack & Word Games	4 9:00 Breakfast, News, Word Games 10:30 Name 10 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Music w/Danny Boy 2:15 Snack & Word Games
7 LABOR DAY CLOSED	8 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Card game 12:00 Lunch 1:00 Music w/ Lizz 2:15 Snack & Word Games	9 9:00 Breakfast, News, Word Games 10:30 ABC Game 11:00 Exercise w/Tania 12:00 Lunch 1:00 Bean Bag Toss 2:15 Snack & Word Games	10 9:00 Breakfast, News, Word Games 10:30 Card Game 11:30 Chair Tai Chi 12:00 Lunch 1:00 Chair Volleyball 2:15 Snack & Word Games	11 9:00 Breakfast, News, Word Games 10:30 Word Mining 11:00 Exercise w/Jeanne 12:00 Lunch 1:00 September Wall Art Project 2:15 Snack & Word Games
14 9:00 Breakfast, News, Word Games 10:30 ABC Game 11:00 Exercise w/ Tania 12:00 Lunch 1:00 Scavenger Hunt 2:15 Snack & Word Games	15 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Bingo 12:00 Lunch 1:00 Love On a Leash 2:15 Snack & Word Games	16 9:00 Breakfast, News, Word Games 10:30 Word Mining 11:00 Music w/Linda 12:00 Lunch 1:00 Exercise w/staff 2:15 Snack & Word Games	17 9:00 Breakfast, News, Word Games 10:30 Jingo 11:30 Chair Tai Chi 12:00 Lunch 1:00 Music w/ Dave 2:15 Snack & Word Games	18 9:00 Breakfast, News, Word Games 10:30 Memory Game 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Bingo 2:15 Snack & Word Games
21 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	22 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Bingo 12:00 Lunch 1:00 Art Project 2:15 Snack & Word Games	23 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Jingo 12:00 Lunch 1:00 Bowling 2:15 Snack & Word Games	24 9:00 Breakfast, News, Word Games 10:30 Music Bingo 11:30 Chair Tai Chi 12:00 Lunch 1:00 Card Game 2:15 Snack & Word Games	25 9:00 Breakfast, News, Word Games 10:30 ABC Game 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Music w/ Dave 2:15 Snack & Word Games
28 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	29 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Card Game 12:00 Lunch 1:00 Travelog w/Iuliana 2:15 Snack & Word Games	30 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Bingo 12:00 Lunch 1:00 Music w/ Marilyn 2:15 Snack & Word Games		

September 2026 LUNCH MENU

All meals served with one whole grain item! This institution is an equal opportunity Provider.	1 Arroz con Pollo Black Beans, Mixed Veggies, Pineapple, LF Milk OvS	2 Baked Ziti w/ Beef, Carrots, Orange, LF Milk OvS	3 Roasted Pork w/ Gravy, Mashed sweet potatoes, Brussel Sprouts, Fruit of the Day LF Milk OvS	4 Pasta Marinara w/ meatballs, Sauteed Garlic Spinach, Carrots, Mandarin Orange LF Milk OvS
7 CLOSED	8 Lasagna w/ Ground Pork, Broccoli, Cauliflower, Carrot Medley, Cantaloupe LF Milk OvS	9 Angus Hamburger. Lettuce & Tomato Garnish, Spinach Salad, Orange LF Milk OvS	10 Baked Chicken w/ Gravy, Mashed sweet potato, Steamed Broccoli, Fruit of the Day LF Milk OvS	11 Honey Ginger Tilapia w/ Brown Rice, Roasted squash, carrot, sweet potato medley, Mandarin Orange LF Milk OvS
14 Cilantro Lime Chicken, Pinto Beans, Squash & Carrots, Pineapple LF Milk OvS	15 Beefy Mac Bake, Steamed Broccoli, Cauliflower, Carrot Medley, Fruit of the Day LF Milk OvS	16 Turkey meatloaf, Glazed Carrots, Mashed Potatoes, Orange LF Milk OvS	17 Chicken & Cheese Enchilada Casserole, Cauliflower, Romaine Salad, Fruit of the Day LF Milk OvS	18 Grilled Chicken & Pinto Bean Burrito, Romaine Salad, Mandarin Orange LF Milk OvS
21 Salmon Teriyaki, Brown Rice, Asian Vegetable Blend, Mandarin Orange, LF Milk OvS	22 Vegetable Fritata, Roasted Red Potatoes, Fruit of the Day, LF Milk OvS	23 Turkey Chili, Baked Potato, Spinach Salad, Pineapple, LF Milk OvS	24 Chicken Pesto Pasta, Carrots, Zucchini, Orange, LF Milk OvS	25 Angus Hamburger, Lettuce & Tomato Garnish, Cabbage Slaw, Cantaloupe, LF Milk OvS
28 General Tso Chicken, Chow Mein Noodles, Asian Blend Veg, Cantaloupe, LF Milk OvS	29 Korean Beef, Brown Rice, Sauteed Garlic Spinach & Red Bell Peppers, Orange LF Milk OvS	30 Brat Sausage w/ Mashed Potatoes, Baby carrots, Cantaloupe, LF Milk OvS	<i>If you would like to donate, we would be happy to receive:</i>	<i>Peanut Butter, Graham Crackers, Applesauce, Whipped Cream, Or Apple Juice.</i> <i>Thank you!</i>

September 2026

"Life starts all over again when it gets crisp in the fall." — F. Scott Fitzgerald

(Zoom) CAREGIVER SUPPORT GROUP

- Tuesday September 1st, 2026 at 10:30 AM
- Tuesday September 15th, 2026 at 6:30 PM

(link to be provided by email)

(In-Person) CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer’s Association

- Tuesday September 8th, 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!