

Live Oak Adult Day Services: Activity Calendar September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Art 2:00 Bingo Caregiver ZOOM Meeting 10:30 am	2 10:00 Morning News 10:30 Jumble/ Word Games 11:00 Jeopardy 12:00 Lunch 1:00 Exercise w/ Tania 2:00 Who I'm I?	3 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Puzzles 12:00 Lunch 1:00 Music w/ Danny Kennedy 2:00 Jinga	4 10:00 Morning News 10:30 Jumble/ Word Games 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Exercise w/ Mythri 2:00 Mad Lips
7 LABOR DAY CLOSED 	8 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 In Person Meeting 10:30 am Grief Support In Person 1:30 pm	9 10:00 Morning News 10:30 Jumble/ Word Games 11:00 Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Tania 2:00 Color by Number	10 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Art 12:00 Lunch 1:00 Music W/ Lizz 2:00 Dominos	11 10:00 Morning News 10:30 Jumble/ Word Games 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Exercise w/ Jeanne 2:00 Karaoke
14 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Volleyball 2:00 Draw and Pass	15 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Dancing W/ Lindsay Caregiver ZOOM Meeting 6:30 pm	16 10:00 Morning News 10:30 Match Game 11:00 Music W David Field 12:00 Lunch 1:00 Exercise w/ Tania 2:00 3 word Game	17 10:00 Morning News 10:30 Chair Exercise w/ Staff 11:00 Art 12:00 Lunch 1:00 Music w/ Danny Kennedy 2:00 Urban Myth	18 10:00 Morning News 10:30 Jumble/ Word Games 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Exercise w/ Mythri 2:00 Sing along
21 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Fall Jingo 12:00 Lunch 1:00 Story Telling W/Margo 2:00 Give me words	22 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 2:00 Balloon Toss (2 rows)	23 10:00 Morning News 10:30 Jumble/ Word Games 11:00 Card Game 12:00 Lunch 1:00 Exercise w/ Tania 2:00 Go Fish Card	24 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music W David Field 12:00 Lunch 1:00 Fall Collage 2:00 What's in the Box?	25 10:00 Morning News 10:30 Jumble/ Word Games 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Exercise w/Mythri 2:00 Group Cross word
28 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music w/ Bill Martin? 12:00 Lunch 1:00 Art 2:00 Guess Bigger (card)	29 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Travel Log w/ Iulia 12:00 Lunch 1:00 Horseshoe 2:00 State Trivia	30 10:00 Morning News 10:30 Chair Exercise w/Staff 11:00 Music W/ Don 12:00 Lunch 1:00 Exercise w/ Tania 2:00 Reading By Staff		

MEAL MENU September 2026

	1 Baked Tilapia w/ Veracruz WGR Tortilla Mexican Diced Potatoes Coleslaw LF Milk OVS Apples	2 Beef/Turkey Bibimbap Bowl WGR Brown Rice Sliced Carrots Sesame Green Beans LF Milk OVS Orange	3 Beef/Turkey Stroganoff WGR Egg Noodles WGR Roll 4-Way Veg. Blend Broccoli Salad LF Milk OVS Fruit	4 Turkey Sloppy Joe Sandwich WGR Hamburger Baked Beans Coleslaw Fruit LF Milk OVS Peach Crisp
7 Closed Labor Day 	8 Banh Mi Pork Sandwich WGR Hoagie Roll Cucumber Salad Cilantro Coleslaw LF Milk OVS Fruit	9 Coconut Curry Chicken Cabbage Soup WGR Brown Rice Whole Kernel Corn Spinach Salad LF Milk OVS Oranges	10 Beef/Pork Meatballs w/ Marinara Sauce WGR Penne Pasta Green Beans w/ Red Peppers 4-Way Veg. Blend LF Milk OVS Apple	11 Chicken Leg Quarter w/ Spinach Artichoke Sauce WGR Bread Roasted Sweet Potatoes Cauliflower LF Milk OVS Banana
14 Baked Tilapia w/ Salsa Verde Pico de Gallo Roasted Zucchini Pepper Slaw LF Milk OVS Oranges	15 Chicken Fettuccine Alfredo WGR Bread Italian Veg. Broccoli LF Milk Ovs Fruit	16 Tikka Masala Chicken Cream of Broccoli Soup Cilantro WGR Brown Rice Chickpea salad LF Milk OVS Oranges	17 Soy Ginger Pork Loin WGR Spaghetti Brussels Sprouts Carrots LF Milk OVS Fruit	18 Turkey Sloppy Joe WGR Hamburger Bun Fiesta Veg. Potato Wedges LF Milk OVS Tropical Fruit
21 Cannellini Bean Caciator WGR Roll Spinach Tossed Salad LF Milk OVS Mandarin Oranges	22 Orange Glazed Chicken Breast WGR Asian Brown Rice Broccoli Capri Veg. LF Milk OVS Tropical Fruit	23 Meatballs w/ Brown Gravy WGR Bread Whipped Potatoes Carrots LF Milk OVS Oranges	24 Breaded Pollock WGR Hamburger Bun Coleslaw 4-Way Veg Blend LF Milk OVS Fruit	25 Cuban Citrus Mojo Chicken Thigh WGR Brown Rice Green Beans w/ Red Peppers Fiesta Veg. LF Milk OVS Banana
28 Sweet & Sour Pork WGR Brown Rice Peas & Carrots Tossed Salad LF Milk OVS Tropical Fruit	29 Hawaiian Meatballs WGR Rotini Japanese Veg. w/ Broccoli Spinach LF Milk OVS Mandarin Oranges	30 Teriyaki Turkey Burger Cauliflower Cream Soup WGR Hamburger LF Milk OVS 4-Way Veg Blend Coleslaw	All meals served with whole grain bread	
ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL				



SEPTEMBER 2026



ZOOM CAREGIVER SUPPORT MEETING'S

Tuesday September 1st ZOOM @ 10:30am

Tuesday September 8th In Person @ 10:30am

Tuesday September 8th In Person Grief Support @ 1:30 pm

Tuesday September 15th 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 & Berenice with the updated information.**