



LIVE OAK ADULT DAY SERVICES
October 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 Jingo 11:30 Chair Tai Chi 12:00 Lunch 1:00 Bean Bag Toss 2:15 Snack & Word Games	2 9:00 Breakfast, News, Word Games 10:30 ABC Game 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Music w/ Danny Boy 2:15 Snack & Word Games
5 9:00 Breakfast, News, Word Games 10:30 Name 10 11:00 Exercise w/ Jeanne 12:00 Lunch 1:00 Music w/ Bill Martin 2:15 Snack & Word Games	6 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Bingo 12:00 Lunch 1:00 Music w/Dave 2:15 Snack & Word Games	7 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Card Game 12:00 Lunch 1:00 Music w/ Maddaline 2:15 Snack & Word Games	8 9:00 Breakfast, News, Word Games 10:30 Dice Game 11:30 Chair Tai Chi 12:00 Lunch 1:00 Scavenger Hunt 2:15 Snack & Word Games	9 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
12 9:00 Breakfast, News, Word Games 10:30 Memory Game 11:00 Exercise w/ Jeanne 12:00 Lunch 1:00 Music Bingo 2:15 Snack & Word Games	13 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Card Game 12:00 Lunch 1:00 Music w/ Lizz 2:15 Snack & Word Games	14 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Bowling 12:00 Lunch 1:00 Jingo 2:15 Snack & Word Games	15 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	16 9:00 Breakfast, News, Word Games 10:30 Word Mining 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Art Project 2:15 Snack & Word Games
19 9:00 Breakfast, News, Word Games 10:30 Family Feud 11:00 Exercise w/ Jeanne 12:00 Lunch 1:00 Music w/ Bill Martin 2:15 Snack & Word Games	20 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Love On A Leash 12:00 Lunch 1:00 Music w/ Dave 2:15 Snack & Word Games	21 9:00 Breakfast, News, Word Games 10:30 Exercise w/ staff 11:00 Music w/ Linda 12:00 Lunch 1:00 Bean Bag Toss 2:15 Snack & Word Games	22 9:00 Breakfast, News, Word Games 10:30 Card Game 11:30 Chair Tai Chi 12:00 Lunch 1:00 Bowling 2:15 Snack & Word Games	23 9:00 Breakfast, News, Word Games 10:30 ABC Game 11:00 Exercise w/ Mythri 12:00 Lunch 1:00 Music Bingo 2:15 Snack & Word Games
26 9:00 Breakfast, News, Word Games 10:30 Word Mining 11:00 Music w/ Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Jeanne 2:15 Snack & Word Games	27 9:00 Breakfast, News, Word Games 10:30 Chair Yoga w/ Maria 11:00 Music w/ Stargeezers 12:00 Lunch 1:00 Travelog w/ Iuliana 2:15 Snack & Word Games	28 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	29 9:00 Breakfast, News, Word Games 10:30 Jingo 11:30 Chair Tai Chi 12:00 Lunch 1:00 Card Game 2:15 Snack & Word Games	30 9:00 Breakfast, News, Word Games 10:30 Scattegories 11:00 Exercise w/ Jeanne 12:00 Lunch 1:00 Bingo 2:15 Snack & Word Games <i>Sharon's Birthday</i>

October 2026 LUNCH MENU



	Please scan here if you would like to purchase something from our Amazon Wish List for the Program.	All meals served with one whole grain item! This institution is an equal opportunity Provider.	¹ Turkey Taco Bowl Black beans, Corn & Red bell pepper Spinach Salad Melon LF Milk OvS	² Veggie Chow Mein Asian Blend veggies Glazed Carrots Mandarin Oranges LF Milk OvS
⁵ Egga & Turkey Sausage French Toast Sticks Spinach Salad Banana LF Milk OvS	⁶ Arroz con Pollo Brown Rice Black Beans Mixed veggies Pineapple LF Milk OvS	⁷ Baked Ziti Pasta w/Beef Zucchini & Tomatoes Carrots Orange LF Milk OvS	⁸ Roasted Pork Tenderloin w/Gravy Mashed Sweet Potatoes Brussel Sprouts Fruit of Choice LF Milk OvS	⁹ Chicken/Beef Meatballs w/ Pasta Sauteed Garlic Spinach Mandarin Oranges LF Milk OvS
¹² Various Hot Meals Fruit of Choice LF Milk OvS	¹³ Lasagna w/ Ground Pork Steamed Broccoli, Cauliflower & Carrot Cantaloupe LF Milk OvS	¹⁴ Angus Hamburger Lettuce & Tomato Garnish Spinach Salad Orange LF Milk OvS	¹⁵ Baked Chicken w/ Gravy Mashed Potatoes Steamed Broccoli Fruit of Choice LF Milk OvS	¹⁶ Honey Ginger Tilapia Brown Rice Roasted Squash, Carrot & Sweet Potatoes Mandarin Oranges LF Milk OvS
¹⁹ Cilantro Lime Chicken Pinto Beans Squash & Carrots Pineapple LF Milk OvS	²⁰ Beefy Mac Bake Steamed Broccoli, Cauliflower & Carrot Medley Fruit of Choice LF Milk OvS	²¹ Turkey Meat Loaf Mashed Potatoes Glazed Carrots Orange LF Milk OvS	²² Chicken & Cheese Enchilada Casserole Cauliflower Romaine Salad Fruit of Choice LF Milk OvS	²³ Grilled Chicken & Pinto Bean Burrito Romaine Salad Mandarin Oranges LF Milk OvS
²⁶ Salmon Teriyaki Brown Rice Asian Blend Veggies Mandarin Oranges LF Milk OvS	²⁷ Vegetable Frittata Roasted Red Potatoes Broccoli, Zucchini & Red Bell Peppers Fruit of Choice LF Milk OvS	²⁸ Turkey Chili Baked Potato Spinach Salad Pineapple LF Milk OvS	²⁹ Chicken Pesto Pasta Carrots Orange LF Milk OvS	³⁰ Angus Hamburger Lettuce & Salad Garnish Cabbage Slaw Cantaloupe LF Milk OvS



October 2026

““I remember it as October days are always remembered, cloudless, maple-flavored, the air gold and so clean it quivers.” – Leif Enger, Peace Like a River



(Zoom) CAREGIVER SUPPORT GROUP

- Tuesday October 6th, 2026 at 10:30 AM
 - Tuesday October 20th, 2026 at 6:30 PM
- (link to be provided by email)

(In-Person) CAREGIVER SUPPORT GROUP

Sponsored by the Alzheimer’s Association

- Tuesday October 13th, 2026 at 10:30 AM

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!