

Live Oak Adult Day Services: Activity Calendar

AUGUST, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/ Bill Martin (Zoom joins) 12:00 Lunch 1:00 Birthday Word Game for Gary	10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/ Mythri (w/Zoom) 12:00 Lunch 1:00 Birthday Word Game for Marty Caregiver Zoom Meeting 10:30am	10:00 Zoom News, Art 10:30 Morning News 11:00 Sudoku w/ Staff 12:00 Lunch 1:00 Exercise w/ Mythri	10:00 Zoom News, Game 10:30 Animal Assisted Happiness (w/Zoom) 11:00 Music w/ Danny (w/Zoom) 12:00 Lunch 1:00 Exercise w/ Mythri	10:00 Zoom News, Bingo 10:30 Morning News 11:00 Exercise w/ Jackie (Zoom joins) 12:00 Lunch 1:00 Bingo w/ Staff
9	10	11	12	13
10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/ Bill Martin (Zoom joins) 12:00 Lunch 1:00 Story Telling w/ Margo	10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/ Mythri (Zoom joins) 12:00 Lunch 1:00 Sing-A-Long w/ Staff	10:00 Zoom News, Art 10:30 Puzzles w/ Staff 11:00 Music w/ Jazzberry Jam 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/ Timo (Zoom joins) 12:00 Lunch 1:00 Exercise w/ Mythri	10:00 Zoom News, Bingo 10:30 Morning News 11:00 Exercise w/ Jackie (Zoom joins) 12:00 Lunch 1:00 Bingo w/ Staff
16	17	18	19	20
10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/ Bill Martin (Zoom joins) 12:00 Lunch 1:00 Birthday Word Game for Ramona	10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/ Mythri (Zoom joins) 12:00 Lunch 1:00 Trivia w/Activity Connection w/ Staff Caregiver Zoom Meeting 6:30pm	10:00 Zoom News, Art 10:30 Morning News 11:00 Crossword w/ Staff 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/ Danny (Zoom joins) 12:00 Lunch 1:00 Exercise w/ Mythri	10:00 Zoom News, Bingo 10:30 Morning News 11:00 Exercise w/ Jackie (Zoom joins) 12:00 Lunch 1:00 Bingo w/ Staff
23	24	25	26	27
10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/ Bill Martin (Zoom joins) 12:00 Lunch 1:00 Bunco w/ Staff	10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/ Mythri (Zoom joins) 12:00 Lunch 1:00 Family Feud w/ Staff	10:00 Zoom News, Art 10:30 Morning News 11:00 Jengo w/ Staff 12:00 Lunch 1:00 Exercise w/ Tania	10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/ Bill Martin (Zoom joins) 12:00 Lunch 1:00 Exercise w/ Mythri	10:00 Zoom News, Bingo 10:30 Morning News 11:00 Exercise w/ Jackie (Zoom joins) 12:00 Lunch 1:00 Bingo w/ Staff
30	31			
10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/ Bill Martin (Zoom joins) 12:00 Lunch 1:00 Art w/ Mitchell	10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/ Mythri (Zoom joins) 12:00 Lunch 1:00 Art w/ Staff			**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY.

AUGUST 2021 MEAL MENU

2 Hawaiian Turkey Ham, Whole Wheat Roll, Japanese Blend Vegetables, Sweet Potatoes, Fresh Fruit	3 Caprese Chicken Salad, Mixed Salad Greens w/Salad, Fresh Mandarin Oranges	4 Egg Salad Sandwich on Whole Wheat Bread, Fresh Fruit	5 Greek Chicken, Quinoa, Cauliflower, Cucumber Tomato Salad, Fresh Fruit	6 Cuban Pork Roast, Whole Wheat Roll, Spinach Greens, Broccoli, Fresh Fruit
9 Cuban Mojo Chicken, Spanish Brown Rice, Green Beans, Fresh Carrot Raisin Slaw, Fresh Fruit	10 Black Bean Burger on Whole Wheat Hamburger Bun, Fresh Fruit	11 Southwest Salad with Whole Wheat Bread, Fresh Fruit	12 Tortellini Salad, Whole Wheat Bread, Fruit	13 Chile Lime Chicken, Potato Wedges, California Blend Veges, Fresh Banana
16 Pot Roast w/Gravy, Whipped Potatoes, Peas & Carrots, Fresh Oranges	17 Baked Fish w/Tartar Sauce, Brown Rice Pilaf, Brussels Sprouts, Fresh Caprese Salad, Diced Peaches	18 Mushroom Chicken, Broccoli, Beet Salad, Fresh Fruit	19 Beef Stir Fry, Garlic Noodles, Stir Fry Veges, Fresh Garden Salad, Fresh Fruit	20 Roast Beef Sandwich on Whole Wheat Bread, Fresh Fruit
23 Oat-Crusted Chicken w/Sunshine Salsa, Brown Rice, Stewed Tomatoes, Fresh Fruit	24 Pork w/Chimichurri, Cauliflower, Diced Carrots, Fresh Fruit	25 Boca Burger on Whole Wheat Hamburger Bun, Fresh Fruit	26 Calypso Chicken Casserole, Brown Rice, Peas & Carrots, Fresh Coleslaw, Fresh Banana	27 Chicken Salad Sandwich on Whole Wheat Bread, Fresh Fruit
30 Cider Braised Pork w/ Caramelized Onions, Whipped Potatoes, Broccoli & Cauliflower Blend, Fresh Fruit	31 Orange Glazed Chicken, Asian Brown Rice, Bok Choy, Fresh Garden Salad, Fresh Apple	<i>All meals served with whole grain bread!</i>		**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**



AUGUST 2021



ZOOM CAREGIVER SUPPORT MEETING

**Tuesday 8/3/2021 @ 10:30am
&
Tuesday 8/17/2021 @ 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 Junelle or Nicole with the update information.