

Live Oak Adult Day Services: Activity Calendar

SEPTEMBER, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Zoom News, Art 10:30 Morning News 11:00 Story Telling w/Margo 12:00 Lunch 1:00 Exercise w/Jeanne	2 10:00 Zoom News, Game 10:15 Animal Assisted Happiness (Zoom only) 11:00 Music w/Danny (w/Zoom) 12:00 Lunch 1:00 Exercise w/Mythri	3 10:00 Zoom News, Bingo 10:30 Morning News 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
6 CLOSED HOLIDAY LABOR DAY	7 10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/Mythri (Zoom joins) 12:00 Lunch 1:00 Art w/Mitchell Caregiver Zoom Meeting 10:30am	8 10:00 Zoom News, Art 10:30 Puzzles w/Staff 11:00 Music w/Jazzberry Jam 12:00 Lunch 1:00 Exercise w/Jeanne	9 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 10:00 Zoom News, Bingo 10:30 Morning News 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
13 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	14 10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/Jeanne (Zoom joins) 12:00 Lunch 1:00 Art w/Mitchell	15 10:00 Zoom News, Art 10:30 Morning News 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/Jeanne	16 10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/Danny (Zoom joins) 12:00 Lunch 1:00 Exercise w/Mythri	17 10:00 Zoom News, Bingo 10:30 Morning News 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
20 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	21 10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/Mythri (Zoom joins) 12:00 Lunch 1:00 Art w/Mitchell Caregiver Zoom Meeting 6:30pm	22 10:00 Zoom News, Art 10:30 Morning News 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/Jeanne	23 10:00 Zoom News, Game 10:30 Morning News 11:00 Music w/Timo (Zoom joins) 12:00 Lunch 1:00 Exercise w/Mythri	24 10:00 Zoom News, Bingo 10:30 Morning News 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
27 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	28 10:00 Zoom News, Game 10:30 Morning News 11:00 Exercise w/Mythri (Zoom joins) 12:00 Lunch 1:00 Art w/Mitchell	29 10:00 Zoom News, Art 10:30 Morning News 11:00 Volleyball w/Staff 12:00 Lunch 1:00 Exercise w/Jeanne	30 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	**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY.

SEPTEMBER 2021 MEAL MENU

<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**	1. Turkey Pot Pie, Whole Wheat Biscuit, California Blend Vegetables, Spinach Greens, Fresh Fruit	2. Baked Fish w/Lemon Sauce, Whole Wheat Pasta, Green Beans, Fresh Garden Salad, Tropical Fruit	3. Brunswick Stew, Whole Wheat Roll, Corn, Green Beans, Fresh Oranges
6. CLOSED HOLIDAY LABOR DAY	7. Baked Fish w/ Dijon Herb Sauce, Whole Wheat Roll, Bahama Blend Vegetables, Sweet Potatoes, Oranges	8. Beef & Turkey Lettuce Wrap, Whole Wheat Garlic Noodles, Japanese Blend Vegetables, Cilantro Slaw, Fresh Fruit	9. Chicken Curry, Brown Rice, Cauliflower w/Red Peppers, Ginger Carrots, Fresh Fruit	10. Taco Al Pasto, Corn Tortillas, Pinto Beans, Steamed Squash, Ambrosia Salad w/ Mixed Fruit
13. Baked Fish w/ Mango Salsa, Spanish Brown Rice, Fiesta Blend Vegetables, Cilantro Coleslaw, Fresh Fruit	14. Turkey Chili, Whole Wheat Roll, Fresh Baked Potato, Garden Salad, Oranges	15. Honey Ginger Pork, Whole Wheat Garlic Noodles, Cabbage w/ Carrots, Green Peas, Tropical Fruit	16. Baked Pasta w/Meat Sauce, Whole Wheat Pasta, Broccoli, Garden Salad, Fresh Fruit	17. Chicken Meatball Sub Sandwich, Whole Wheat Hot Dog Bun, Sweet Potatoes, Coleslaw, Oranges
20. Hawaiian Turkey Ham, Whole Wheat Roll, Japanese Blend Vegetables, Sweet Potatoes, Fresh Fruit	21. Egg Salad Sandwich on Whole Wheat Bread w/Lettuce, Tomato & Onion, Fresh Fruit	22. Beef & Turkey Tamale Pie, Corn Tortilla, Steamed Squash, Fresh Garden Salad	23. Greek Chicken, Quinoa, Cauliflower, Cucumber Tomato Salad, Fresh Fruit	24. Cuban Pork Roast, Whole Wheat Roll, Spinach Greens, Broccoli, Fresh Fruit
27. Cuban Mojo Chicken, Spanish Brown Rice, Green Beans w/ Red, Yellow Bell Peppers, Carrot Raisin Slaw, Fresh Fruit	28. Cheese Enchiladas, Corn Tortillas, Pinto Beans, Zucchini, Oranges	29. Baked Fish w/ Roasted Bell Pepper Sauce, Whole Wheat Roll, Spinach, Creamy Broccoli Salad, Fresh Fruit	30. Turkey Broccoli Rice Casserole, Brown Rice, Diced Carrots, Garden Salad w/Bell Peppers, Fresh Fruit	



SEPTEMBER 2021



ZOOM CAREGIVER SUPPORT MEETING

**9/7/2021 Tuesday @ 10:30am
&
9/21/21 Tuesday @ 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 Moana with the update information.