

September, 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY**</p>		<p style="text-align: center;">1</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise Video: Chair Yoga w/Sherry 11:15 Game: Bird, Vegetable or Person? 12:00 Lunch 1:00 Bingo</p>	<p style="text-align: center;">2</p> <p>10:00 Morning News, Daily Word Jumble 10:30 Exercise: Chair Dance Video 11:15 Daily Chronicle, Water, tend to Garden 12:00 Lunch 1:00 Game: Musical Ball Toss</p>	<p style="text-align: center;">3</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Bowling</p>
<p style="text-align: center;">6</p> <p style="text-align: center;">CLOSED LABOR DAY HOLIDAY</p>	<p style="text-align: center;">7</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Water, tend to Garden 11:15 Art project –Vase Painting 12:00 Lunch 1:00 Exercise w/Tania</p>	<p style="text-align: center;">8</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Game: Memory Game 11:30 Exercise w/staff 12:00 Lunch 1:00 Bingo</p>	<p style="text-align: center;">9</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/ staff 11:00 Music w/Danny Kennedy 12:00 Lunch 1:00 Game: Word Search</p>	<p style="text-align: center;">10</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Video: Do You Hear What I Hear? (Autumn)</p>
<p style="text-align: center;">13</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/ staff 11:00: Music w/Jazzberry Jam 12:00 Lunch 1:00 Game: Bunco</p>	<p style="text-align: center;">14</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Water, tend to Garden 11:15 Art project –Animal Collage 12:00 Lunch 1:00 Exercise w/Tania</p>	<p style="text-align: center;">15</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Game: Word Generation-Words that start with the letter “S” 11:30 Exercise Video: 30 Min Chair Mix 12:00 Lunch 1:00 Bingo</p>	<p style="text-align: center;">16</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/staff outside 11:00 Le Nani Hula Dancers 12:00 Lunch 1:00 Game: Musical Ball Toss</p>	<p style="text-align: center;">17</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Game: Bulls Eye Ball Toss</p>
<p style="text-align: center;">20</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/Staff 11:15 Video: Do You hear What I Hear? (4th Edition) 12:00 Lunch 1:00 Game- Bridge-O</p>	<p style="text-align: center;">21</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Water , tend to Garden 11:15 Art project –Square Art 12:00 Lunch 1:00 Exercise w/Tania</p>	<p style="text-align: center;">22</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Game: September Trivia 11:30 Exercise w/staff 12:00 Lunch 1:00 Bingo</p>	<p style="text-align: center;">23</p> <p>10:00 Morning News, Daily Word Jumble, 10:45 Exercise Video: 30-min chair mix 11:15 Daily Chronicle, Water, tend to Garden 12:00 Lunch 1:00 Game: Jingo– Food</p>	<p style="text-align: center;">24</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Bowling</p>
<p style="text-align: center;">27</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:30 Exercise w/Staff 11:15 Video: Sing- Along w/Beth 12:00 Lunch 1:00 Game: Musical Ball Toss</p>	<p style="text-align: center;">28</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Water , tend to Garden 11:15 Board Art project –Pumpkin Painting 12:00 Lunch 1:00 Exercise w/Tania</p>	<p style="text-align: center;">29</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Game: Memory Game 11:30 Exercise Video: Chair Yoga w/Sherry 12:00 Lunch 1:00 Bingo</p>	<p style="text-align: center;">30</p> <p>10:00 Morning News, Daily Word Jumble, Daily Chronicle 10:45 Game: Bunco 11:30 Exercise w/staff 12:00 Lunch 1:00 Word Search</p>	

SEPTEMBER 2021 MEAL

<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, wheat biscuit, spinach, fresh fruit	2 Baked Fish w/lemon sauce, whole wheat pasta, green salad, tropical fruit	3 Labor Day Holiday menu: Bratwurst, baked beans, broccoli & cauliflower, fresh fruit, Italian ice cup
6 CLOSED- LABOR DAY	7 Baked Fish w/Dijon Herb sauce, wheat roll, sweet potatoes, orange	8 Beef & Turkey Lettuce wrap, whole wheat garlic noodles, vegetables, fresh cilantro slaw, fresh fruit	9 Chicken Curry, Brown rice, cauliflower w/red bell peppers, ginger carrots, fresh fruit	10 Taco Al Pastor, pinto beans, steamed squash, ambrosia salad
13 Baked fish w/mango salsa, Spanish rice, mixed vegetables Cilantro coleslaw, fresh fruit	14 Turkey Chili, wheat roll, baked potato, green salad, orange	15 Honey Ginger Pork, wheat garlic noodles, cabbage w/carrots, green peas, tropical fruit	16 Baked Pasta w/meat sauce, broccoli, garden salad, fresh fruit	17 Chicken meatball sub sandwich, sweet potatoes, coleslaw, orange
20 Hawaiian Turkey Ham, wheat roll, mixed vegetables, sweet potatoes, fresh fruit	21 Caprese Chicken Salad, wheat roll, green salad, mandarin oranges	22 Beef & Turkey Tamale Pie, steamed squash, garden salad, apple	23 Greek Chicken, quinoa, cauliflower, cucumber & tomato salad, fresh fruit	24 Cuban Pork Roast, wheat roll, spinach, broccoli, fresh fruit
27 Cuban Mojo Chicken, Spanish brown rice, green beans, carrot raisin salad, fresh fruit	28 Cheese Enchiladas, pinto beans, zucchini, orange	29 Baked Fish w/roasted red bell pepper sauce, wheat roll, spinach, broccoli salad, fresh fruit	30 Chile Lime Chicken, wheat roll, potato wedges, mixed vegetables, banana	



SEPTEMBER 2021

“In a world where you can be anything, be kind”

CLOSED

- Monday, 9/6/21 for Labor Day . We will open again Tuesday 9/7/21

ZOOM CAREGIVER SUPPORT MEETING

- Tuesday, September 7, 2021 at 10:30am
- Tuesday, September 21, 2021 at 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 Natalie with the updated information.**