



Live Oak Adult Day Services: Activity Calendar

OCTOBER, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY.				
				1
				10:00 Morning News 10:15 Chair exercise w/staff 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
4	5	6	7	8
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/Mitchell	10:30 Morning News, Game 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Horeshoes/Bean Bag Toss Caregiver Zoom Meeting 10:30am	10:00 Morning News, Game 11:00 Card Game 12:00 Lunch 1:00 Exercise w/Tania	10:00 Morning News, Game 11:00 Music w/Danny 12:00 Lunch 1:00 Exercise w/Mythri **Happy Birthday Jim 	10:00 Morning News 10:15 Chair exercise w/staff 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 ART w/Ann
11	12	13	14	15
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/Mitchell	10:30 Morning News, Game 11:00 Exercise w/Jeanne 12:00 Lunch 1:00 Art w/Mitchell	10:00 Morning News, Game 11:00 Music w/Jazzberry Jam 12:00 Lunch 1:00 Exercise w/Tania	10:00 Morning News, Game 11:00 Music w/Timo 12:00 Lunch 1:00 Exercise w/Mythri	10:00 Morning News 10:15 Chair exercise w/staff 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
18	19	20	21	22
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/Mitchell	10:30 Morning News, Game 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/Mitchell Caregiver Zoom Meeting 6:30pm	10:00 Morning News, Game 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/Tania	10:00 Morning News, Game 11:00 Music w/Danny 12:00 Lunch 1:00 Exercise w/Mythri	10:00 Morning News 10:15 Chair exercise w/staff 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff **Happy Birthday Moana 
25	26	27	28	29
10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/Mitchell	10:30 Morning News, Game 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/Mitchell	10:00 Morning News, Game 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/Tania	10:00 Morning News, Game 11:00 Music w/Timo 12:00 Lunch 1:00 Exercise w/Mythri	10:00 Morning News 10:15 Chair exercise w/staff 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff

OCTOBER 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 Chile Lime Chicken, Whole Wheat Roll, Potato Wedges, California Blend Vegetables, Fresh Banana
4 Roast Pork w/Apple Chutney, Whole Wheat Roll, Broccoli, Carrots, Fresh Fruit	5 Garlic Rosemary Chicken, Brown Rice, Zucchini, Fresh Coleslaw, Oranges	6 Cheese Lasagna w/ Spinach Sauce, Whole Wheat Roll, California Vegetable Blend, Garden Salad w/Carrots, Fresh Fruit	7 Chicken w/Ginger Scallion Sauce, Asian Brown Rice, Cabbage, Fresh Garden Salad, Fresh Fruit in Season	8 Meatballs w/ Marinara Sauce, Whole Grain Spaghetti, Peas, Italian Vegetable Blend, Oranges
11 Roast Beef w/Gravy, Whole Wheat Roll, Whipped Potatoes, Carrots, Oranges	12 Sweet & Sour Pork, Brown Rice, Mustard Greens, Asian Coleslaw, Fresh Seasonal Fruit	13 Enchilada Casserole, Corn Tortilla, Zucchini, Green Beans, Mandarin Oranges	14 Turkey Divan, Whole Wheat Pasta, Capri Vegetable Blend, Copper Penny Marinated Carrot Salad, Oranges	15 Arroz con Pollo, Brown Rice, Pinto Beans, Fresh Garden Salad, Fresh Seasonal Fruit
18 Veggie Patty w/ Cuban Sauce, Brown Rice, California Vegetable Blend, Fresh Garden Salad, Fresh Fruit in Season	19 Baked Chicken w/ Creamy Tuscan Sauce, Whole Wheat Bread, Brussels Sprouts, Mashed Sweet Potatoes, Fresh Seasonal Fruit	20 Baked Fish w/Lemon Sauce, Whole Wheat Roll, Spinach, Broccoli & Cauliflower, Bananas	21 BBQ Chicken Sandwich, Whole Wheat Hamburger Bun, Garden Vegetable Blend, Apple Cranberry Coleslaw, Tropical Fruit	22 Ginger Pepper Steak, Brown Rice, Stir Fry Vegetables, Broccoli, Fresh Seasonal Fruit
25 Baked Fish Sandwich, Whole Wheat Hamburger Bun, Spinach, Fresh Coleslaw, Oranges	26 Pork Char Siu, Whole Wheat Garlic Noodles, Cabbage & Carrots, Asian Vegetable Blend, Fresh Seasonal Fruit	27 Pollo a la Crema, Cilantro Brown Rice, Green Beans, Carrot Slaw, Bananas	28 Shepherd's Pie, Whole Wheat Bread, Whipped Potatoes, Broccoli & Cauliflower, Fresh Fruit in Season	29 (Holiday Menu) Squash, Wild Rice & Sausage Casserole, Whole Wheat Roll, Broccoli, Fruit, Baked Cookie



OCTOBER 2021



ZOOM CAREGIVER SUPPORT MEETING

**10/5/2021 Tuesday @ 10:30am
&
10/19/21 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.