


Live Oak Adult Day Services: Activity Calendar

NOVEMBER, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/Mitchell	2 10:30 Morning News, Game 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/Mitchell Caregiver Zoom Meeting 10:30am	3 10:00 Morning News, Game 11:00 Card Game 12:00 Lunch 1:00 Exercise w/Jeanne	4 10:00 Morning News, Game 11:00 Music w/Danny 12:00 Lunch 1:00 Exercise w/Mythri	5 10:00 Morning News 10:15 Chair exercise w/staff 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
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	9 10:15 We Remember our Veterans 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Art w/Mitchell 	10 10:00 Morning News, Game 11:00 Music w/Jazzberry Jam 12:00 Lunch 1:00 Exercise w/Jeanne	11 CLOSED VETERANS HOLIDAY	12 10:00 Morning News 10:15 Chair exercise w/staff 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
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	16 10:30 Morning News, Game 11:00 Exercise w/Jeanne 12:00 Lunch 1:00 Art w/Mitchell Caregiver Zoom Meeting 6:30pm	17 10:00 Morning News, Game 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/Jeanne	18 10:00 Morning News, Game 11:00 Music w/Danny 12:00 Lunch 1:00 Exercise w/Jeanne	19 10:00 Morning News 10:15 Chair exercise w/staff 10:45 Travel Log w/Iuliana 12:00 Lunch 1:00 Bingo w/Staff
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	23 10:30 Morning News, Game 11:00 Exercise w/Jeanne 12:00 Lunch 1:00 Art w/Mitchell	24 10:00 Morning News, Game 11:00 Dancing w/Lindsay 12:00 Lunch 1:00 Exercise w/Jeanne	25 CLOSED THANKSGIVING HOLIDAY	26 CLOSED THANKSGIVING HOLIDAY
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	30 10:30 Morning News, Game 11:00 Exercise w/Jeanne 12:00 Lunch 1:00 Art w/Mitchell			**ALL PERSONS AGED 60 OR ABOVE ARE ELIGIBLE WITHOUT REGARD TO RACE, NATIONAL ORIGIN, GENDER OR DISABILITY.

NOVEMBER 2021 MEAL MENU

1 Turkey Vegetable Stew, Whole Wheat Roll, Mixed Vegetables, Sweet Potatoes, Oranges	2 Chicken Mole, Brown Rice, Pinto Beans, Cilantro Slaw, Bananas	3 Pork w/Caramelized Onions, Whole Wheat Roll, Italian Vegetable Blend, Broccoli Salad, Seasonal Fruit	4 Chicken Parmesan, Whole Grain Spaghetti, Glazed Carrots, Garden Salad, Mandarin Oranges	5 Vegetarian Meatballs w/Kofta Curry Sauce, Brown Rice w/Lentils, Cauliflower w/Red Peppers, Spinach, Seasonal Fruit
8 Salisbury Steak w/ Gravy, Whole Wheat Bread, Roasted Potatoes, California Vegetable Blend, Seasonal Fruit	9 Hamburger on Whole Wheat Roll, w/ Lettuce, Cheese, Onion, Tomato, Ceasar Salad, Fresh Melon	10 Cranberry Dijon Chicken, Brown Rice Florentine w/ Spinach, Brussels Sprouts, Capri Blend Vegetables, Bananas	11 CLOSED VETERANS HOLIDAY	12 Fish Vera Cruz, Brown Rice, Bell Peppers & Onions, Black Bean & Corn Salad, Seasonal Fruit
15 Chicken Pot Pie, Whole Grain Biscuit, Peas & Carrots, Garden Salad, Tropical Fruit	16 Roast Beef & Cheese Sandwich w/Lettuce, Tomato, Onion, Fresh Fruit	17 Beef & Turkey Chili Mac, Whole Wheat Roll, Cauliflower, Carrots, Seasonal Fruit	18 Szechuan Pork, Whole Wheat Garlic Noodles, Asian Vegetable Blend, Carrot Raisin Salad, Oranges	19 Coconut Curry Chicken, Brown Rice, Broccoli, San Francisco Vegetable Blend, Seasonal Fruit
22 Roast Pork w/Apple Chutney, Whole Wheat Roll, Broccoli, Carrots, Fruit in Season	23 Garlic Rosemary Chicken, Brown Rice, Zucchini, Coleslaw, Oranges	24 Holiday Menu Roasted Turkey w/ Gravy & Cranberry Sauce, Whole Wheat Roll, Green Bean Casserole, Sweet Potatoes, Oranges, Glazed Pumpkin Cake	25 CLOSED THANKSGIVING HOLIDAY	26 CLOSED THANKSGIVING HOLIDAY
29 Roast Beef w/Gravy, Whole Wheat Roll, Whipped Potatoes, Carrots, Oranges	30 Sweet & Sour Pork, Brown Rice, Mustard Greens, Asian Coleslaw, Seasonal Fruit		<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**



NOVEMBER 2021



CLOSED

11/11/2021—Veterans Day

11/25/2021 & 11/26/2021—Thanksgiving Holiday

ZOOM CAREGIVER SUPPORT MEETING

11/2/2021 Tuesday @ 10:30am

&

11/16//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.