

Live Oak Adult Day Services: Activity Calendar

DECEMBER, 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> | | 1 | 2 | 3 |
| | | 10:00 Morning News, Game 11:00 Margo—Storyteller 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 |
| 6 | 7 | 8 | 9 | 10 |
| 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 10:30am | 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/Stargeezers 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 |
| 13 | 14 | 15 | 16 | 17 |
| 10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/staff | 10:30 Morning News, Game 11:00 Exercise w/Jeanne 12:00 Lunch 1:00 Christmas w/staff | 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 |
| 20 | 21 | 22 | 23 | 24 |
| 10:00 Morning News 10:30 Chair exercise w/Staff 11:00 Music w/Bill Martin 12:00 Lunch 1:00 Art w/staff | 10:30 Morning News, Game 11:00 Exercise w/Mythri 12:00 Lunch 1:00 Christmas BINGO Caregiver Zoom Meeting 6:30pm | CLOSED CHRISTMAS HOLIDAY | CLOSED CHRISTMAS HOLIDAY | CLOSED CHRISTMAS HOLIDAY |
| 27 | 28 | 29 | 30 | 31 |
| CLOSED CHRISTMAS HOLIDAY | CLOSED CHRISTMAS HOLIDAY | | | |

DECEMBER 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 Beef & Turkey Enchilada Casserole, Corn Tortilla, Zucchini, Green Beans, Mandarin Oranges | 2 Turkey Divan, Whole Wheat Penne, Copper Penny Marinated Carrot Salad, Oranges | 3 Arroz con Pollo, Brown Rice, Pinto Beans, Garden Salad, Seasonal Fruit |
| 6 Veggie Patty w/ Cuban Sauce, Brown Rice, California Vegetable Blend, Garden Salad Fruit in Season | 7 Baked Chicken w/ Creamy Tuscan Sauce, Whole Wheat Bread, Brussels Sprouts, Mashed Sweet Potatoes, Seasonal Fruit | 8 Baked Fish w/Lemon Sauce, Whole Wheat Roll, Spinach, Broccoli & Cauliflower, Bananas | 9 BBQ Chicken Sandwich, Whole Wheat Hamburger Bun, Garden Vegetable Blend, Apple Cranberry Coleslaw, Tropical Fruit | 10 Ginger Pepper Steak, Brown Rice, Stir Fry Vegetables, Broccoli, Seasonal Fruit |
| 13 Egg Salad Sandwich, Whole Wheat Bread, Garden Salad, Fruit in Season | 14 Pork Char Siu, Whole Wheat Garlic Noodles, Cabbage & Carrots, Asian Vegetable Blend, Seasonal Fruit | 15 Pollo a la Crema, Cilantro Brown Rice, Green Beans, Carrot Slaw, Bananas | 16 Shepherd's Pie, Whole Wheat Bread, Whipped Potatoes, Broccoli & Cauliflower, Fruit in Season | 17 Calabacitas con Pollo, Brown Rice, Fiesta Vegetable Blend, Garden Salad, Oranges |
| 20 Turkey Vegetable Stew, Whole Wheat Roll, Mixed Vegetables, Sweet Potatoes, Oranges | 21 Chicken Mole, Brown Rice, Pinto Beans, Cilantro Slaw, Bananas | 22 CLOSED FOR CHRISTMAS HOLIDAYS | 23 CLOSED FOR CHRISTMAS HOLIDAYS | 24 CLOSED FOR CHRISTMAS HOLIDAYS |
| 27 CLOSED FOR CHRISTMAS HOLIDAYS | 28 CLOSED FOR CHRISTMAS HOLIDAYS | 29 CLOSED FOR CHRISTMAS HOLIDAYS | 30 CLOSED FOR CHRISTMAS HOLIDAYS | 31 CLOSED FOR CHRISTMAS HOLIDAYS |



DECEMBER 2021



CLOSED

12/22/2021 – 01/03/2022 – Christmas & New Year's Holidays

ZOOM CAREGIVER SUPPORT MEETING

12/7/0021 Tuesday @ 10:30am

&

12/21/21 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.