4)ecember 202

Hello Healthy Aging Family, December is a time of stillness, rest, and reflection. Please note that we are **CLOSED** Monday, Dec 25th through Tuesday, January 2nd. Activities subject to change.

HELPLINE 844-373-4400



THERAPY + EXERCISE + FRIENDS + INDEPENDENCE

9:45 LCSW & Speech Therapy 10:00 Music Making/Karaoke Small Group Loteria 10:30 Spanish Club 11:00 Chair Stretch 12:45 Colors & Cards 1:00 Silver Singers, Small Activity Group & Uno

Women Supporting 1

Women Day 9:15 Categories Game

2:00 Geography Trivia 2:30 Gardening & Corn Hole

3:00 Table Ball Roll



National Cookie Day

9:15 Unscramble Words 10:00 Piano with Pat 10:30 Spanish Group 11:00 Active Group Exercise

12:45 Math Sheets & Colors 1:00 Cookie Making, Balloon Volley, Solitaire, Jeopardy, Cribbage, Spa Day &

Current Events 2:00 Finish the Phrase 2:30 Arts & Crafts

3:00 Table Ball Roll



Disney Day

9:15 Rhyming Words 10:00 Bingo with Tim 10:30 Heartstrings Quartet 11:00 Movin & Groovin

Women's Group 12:45 Coloring/Word Search 1:00 Walk Club, Mah Jong

Uno w/ Tim, Darts, Table Ball Roll & **Purpose Driven Life**

2:00 A-Z Game 2:30 Acrylic Painting Tutorial

9:15 Rhyming Words

10:30 Mah Jong Club

10:00 Bingo with Tim

Darts, Balloon Volleyball

& Purpose Driven Life

St. Nicholas 6 9:15 Opposite Words

10:00 Olympic Bingo 10:30 Spanish ESL Class 11:00 Stretch & Flex 12:45 Card Games & Coloring 1:00 Walking Group, Chair Dance, Cribbage, Darts,

Uno, Memories Chat, & Sing-Along 2:00 Mega Quiz Trivia 2:30 Floral Arrangements

National Pearl Harbor Day of Remembrance

9:15 Mega Quiz

10:00 Pokeno with Bill 10:30 Mah Jong Club

11:00 Chair Dance

Men's Group

12:45 Word Search & Sudoku 1:00 Sunshine Group

& Small Group Activities 2:00 Finish the Phrase 2:30 Watercolor Class 3:00 Volleyball Competition



9:15 Categories Game

9:30 Preschool Singers 9:45 LCSW & Speech Therapy 10:00 Music Making/Karaoke

Small Group Loteria

10:30 Spanish Club

11:00 Chair Stretch

12:45 Colors & Cards

1:00 Balloon Volleyball, Uno, Jeopardy, Talking for the

Soul Group & Uno with Tim 2:00 Geography Trivia



. Int'l Animal 11 Rights Day

9:15 Unscramble Words 10:00 Piano with Pat 10:30 Spanish Group 11:00 Active Group Exercise 12:45 Math Sheets & Colors

1:00 Zumba, Table Ball Roll, Solitaire, Jeopardy, Cribbage, Spa Day & **Current Events**

2:30 Arts & Crafts 3:00 Balloon Volley 11:00 Women's Group 11:30 Music & Movement 12:45 Coloring/Word Search 1:00 Walk Club, Uno w/ Tim,

2:00 Finish the Phrase 2:00 A-Z Game 2:30 Acrylic Painting Tutorial 3:00 Table Ball Roll



National 13 Cocoa Day

9:15 Opposite Words

3:00 Table Ball Roll

10:00 Olympic Bingo 10:30 Spanish ESL Class

11:00 Stretch & Flex

12:45 Card Games & Coloring 1:00 Walking Group, Chair

Dance, Cribbage, Darts, Uno, Memories Chat, & Sing-Along

2:00 Mega Quiz Trivia 2:30 Floral Arrangements

3:00 Table Ball Roll

Monkey Day 14

9:15 Mega Quiz

10:00 Pokeno with Bill

10:30 Mah Jong Club 11:00 Chair Dance

Men's Group

12:45 Word Search & Sudoku

1:00 Zumba, Afternoon Gathering, Solitaire, Spa

Family Feud Tournament 2:00 Finish the Phrase

2:30 Watercolor Class & Bingo

3:00 Balloon Volleyball

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9:15 Mega Quiz

10:00 Pokeno with Bill

10:30 Mah Jong Club

11:00 Chair Dance

12:45 Word Search & Sudoku

2:00 Finish the Phrase 2:30 Watercolor Class & Bingo 2:00 Geography Trivia



Last Day of 15 Hannukah

9:15 Categories Game 9:45 LCSW & Speech Therapy

10:00 Music Making/Karaoke

Small Group Loteria

10:30 Spanish Club

11:00 Chair Stretch

12:45 Colors & Cards

1:00 Balloon Volleyball, Uno,

Jeopardy, Talking for the

Soul Group & Uno with Tim

2:00 Geography Trivia

2:30 Gardening

Snowflake Appreciation Day

9:15 Unscramble Words 10:00 Piano with Pat 10:30 Spanish Group

11:00 Active Group Exercise 12:45 Math Sheets & Colors 1:00 Zumba, Table Ball Roll, Solitaire, Jeopardy,

Cribbage, Spa Day & **Current Events**

2:00 Finish the Phrase

Hard Candy Day

9:15 Rhyming Words 10:00 Bingo with Tim

11:00 Movin & Groovin Women's Group

12:45 Coloring/Word Search 1:00 Silver Singers, Uno w/

Tim, & Purpose Driven Life Church Services

2:00 A-Z Game

2:30 Acrylic Painting Tutorial 3:00 Table Ball Roll

Go Caroling Day 20

9:15 Opposite Words

10:00 Olympic Bingo 10:30 Spanish ESL Class

11:00 Stretch & Flex 12:45 Card Games & Coloring 1:00 Walking Group, Chair

> Dance, Cribbage, Darts, Uno, Memories Chat, & Sing-Along

2:00 Mega Quiz Trivia 2:30 Floral Arrangements



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Men's Group

1:00 Sunshine Group & Small Group Activities

Mathematics 22 Dav

9:15 Categories Game 9:45 LCSW & Speech Therapy 10:00 Music Making/Karaoke

Small Group Loteria 10:30 Spanish Club

11:00 Chair Stretch

12:45 Colors & Cards

1:00 Balloon Volleyball, Uno. Jeopardy, Talking for the

Soul Group & Uno with Tim



THE CENTER IS CLOSED 12/25/23 - 1/2/2024

CLOSED	Cheeseburger on a Bun Hamburger Patty (2.5 oz) Cheese (1 slice) Bun - WGR (2 oz) Ketchup Red Potatoes (1/2 c) Pineapple (1/2 c)	Korean BBQ Chicken (3 oz) Steamed Carrots (1/2 c) Pears (1/2 c) Brown Rice - WGR (1 c)	Chicken Parmesan (3.15oz) Peas (1/2 c) Mixed Fruit (1/2 c) French Roll - WGR (2 oz)	Menu is subject to change. 1% unflavored milk is provided at mealtime	MONDAY
CL98ED	Sweet and Sour Chicken (30z) Steamed Carrots (1/2 c) Peaches (1/2 c) Brown Rice - WGR (1 c)	Beef Patty w/ Mushrooms (2.4 oz) Peas (1/2 c) Roll - WGR (2 oz) Pineapple (1/2 c)	Beef Meatballs with 5 BBQ Sauce (2 oz) Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c) Peaches (1/2 c) Bread – WGR (1 c)	The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627 *WGR Whole Grain Rich	DECEMBER 2023 LU DAY TUESDAY WEDNESDAY
CLOSED CLOSED We're	Beef Meatloaf (3 oz) Broccoli Normandy (1/2 c) Banana (1/2 c) Roll – WGR (2 oz)	Chicken Verde Black Beans (1/2 c) Mild Salsa (1 oz) Mixed Fruit (1/2 c) Tortilla- WGR (2 oz)	Soft Tacos Ground Turkey Taco Meat (3 oz) Corn (1/2 c) Mild Salsa (1 oz) Pears (1/2 c) Tortillas - WGR (2 oz)		2023 LU WEDNESDAY
CLOSED CLOSE	Cheese Lasagna - WGR (5.5 oz) Mixed Vegetable (1/2 c) Pineapple (1/2 c) Bread - WGR (1 oz)	Beef Meatballs with Kabob Seasoning Meatballs (4 each = 2 oz) Tomatoes with Red Onion Garnish (1/2 c) Basmati Rice - WGR (1 c) Applesauce (1/2 c)	Beef Dippers (2 oz) Green Beans (1/2 c) Basmati Rice - WGR (1 c) Pineapple (1/2 c)		THURSDAY FI
CL98ED	Chicken Dippers Green Beans (1/2 c) Basmati Rice - WGR (1 c) Mixed Fruit (1/2 c) Celebration Dessert	Fish Fillet Sandwich 15 Fish (4oz) Tartar Sauce (1oz) Green Beans (1/2c) Peaches (1/2 c) Bun - WGR (2oz)	Turkey and Sliced Cheese 8 Sandwich - WGR Sliced Turkey (1oz = 3 slices) Sliced Cheese (1oz) Peas & Carrots (1/2 c) Banana (1/2 c) Bread - WGR (2oz) & Mayo	Chicken w/ Tomatoes (3oz) Steamed Carrots (1/2 c.) Brown Rice – WGR (1 c.) Banana (1/2 c.)	JULIA SE