

11391 Acacia Parkway
Garden Grove, CA 92840
714-530-1566

Center Business Hours

Monday - Friday
8:00am - 4:30pm

CBAS Program Hours

Monday - Friday
9:00am - 3:00pm

ADHC/ADP Program Hours

Monday - Friday
8:00am - 3:00pm

Breakfast will be provided.

Until 10:00am

Lunch will be served.

At 12:00pm

Program Operations Manager

Natalie Franks

Activities Coordinator

Kate Koo

Activities Coordinator Assistant

Agnes Tolentino

Activities subject to change
If you are in need of additional support, would like to learn more about the services and resources we provide or need someone to talk to, please call our Helpline

844-373-4400

Maintenance









Physical Therapy

8:00am to 11:30am &
12:30pm to 1:30pm

Maintenance

Occupational Therapy

8:00am to 11:30am
12:30pm to 1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 am Pledge of Allegiance 9:15 am Loteria 10:00 am Memories in the Making 10:30 am Flex & stretch w/ Dee 11:00 am Table Games 1:00 pm Gardening w/ Amanda*/M 1:00 pm Bean Bag Toss w/ Carol 1:00 pm Dominos & Tri - Ominos 1:30 pm Color & Chat 1:45 pm Cultural Video</p>	<p>2</p> <p>9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Aloha Bingo 11:00 am Table Games 1:00 pm Move to the Beat w/ Dee 1:00 pm Sensory Spa 1:00 pm Number Game 1:30 pm Reminiscing & Table Talk 1:45 pm Movie Time</p>	<p>3</p> <p><i>National Walking Day</i></p> <p>9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Efren* 10:00 am Acacia's Silver Vocalists 10:30 am Nutrition Bingo 10:30 am Walk to the Park w/ Dee 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon* 1:15 pm Arts & Craft 1:15 pm Movie Matinee</p> 	<p>4</p> <p>9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Music Appreciation w/ Greg* 10:30 am Ring Toss 11:00 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Nail & Hand Care 1:30 pm Memory Game 1:45 pm Cultural Video</p>	<p>5</p> <p><i>Picnic Day</i></p> <p>9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Table Games 10:30 am Outdoor Picnic Fun 11:00 am Parachute Game 1:00 pm Flex & Stretch w/ Caroline 1:00 pm Dart Ball Game 1:15 pm Penn Ante 1:45 pm Grumpy Old Man Movie</p> 
<p>8</p> <p>9:00 am Pledge of Allegiance 9:15 am Quiz Mo 10:00 am Memories in the Making 10:30 am Flex & Stretch w/ Caroline 11:00 am Table Games 1:00 pm Chair Kickball w/ Dee 1:00 pm Dominos & Tri - Ominos 1:15 pm puzzles w/ Friends 1:30 pm Color & Chat 1:45 pm Cultural Video</p>	<p>9</p> <p>9:00 am Pledge of Allegiance 9:15 am Let's paint w/ Mai 10:00 am Paint Talk & Tell 10:30 am Disney Bingo 10:30am Dominos & Tri - Ominos 11:00 am Table Games 1:00 pm SCFTA's Movement and Music Class w/ Gina * 1:00 pm Sensory Spa 1:45 pm Movie Time</p> 	<p>10</p> <p>9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Dee 10:00 am Acacia's Silver Vocalists 10:30 am Nutrition Bingo 11:00 am Table Games 1:00 pm Let's Dance w/ Mia 1:15 pm Dominos & Tri - Ominos 1:15 pm Memory Game 1:30 pm Color & Chat 1:45 pm Movie Matinee</p>	<p>11</p> <p>9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:15 am Polynesian Dance Therapy w/ Katherine * 10:30 am Dominos & Tri - Ominos 11:00 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Nail & Hand Care 1:15 pm Puzzles w/ Friends 1:45 pm Cultural Video</p>	<p>12</p> <p><i>Pet Day</i></p> <p>9:00 am Pledge of Allegiance 9:15 am Animal Bingo 10:00 am Jungle coloring 10:00 am Fun Animal Trivia 10:30 am Acacia Furry Friends visit 11:00 am Pet Show & Tell 1:00 pm Move to the Beat w/ Dee 1:15 pm Horse Race Game 1:45 pm 101 Dalmatians Movie</p> 
<p>15</p> <p>9:00 am Pledge of Allegiance 9:15 am Aloha Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Amanda*/M 1:00 pm Indoor Golf w/ Dee 1:45 pm Cultural Video</p>	<p>16</p> <p>9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Disney Bingo 11:00 am Table Games 1:00 pm Stretch & Flex w/ Caroline 1:00 pm Dominoes & Tri - ominos 1:15 pm Sensory Spa 1:45 pm Movie Time</p>	<p>17</p> <p>9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Efren* 10:00 am Acacia's Silver Vocalists 10:30 am Nutrition Bingo 10:15 am Balloon Volleyball 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon* 1:15 pm Arts & Craft 1:45 pm Movie Matinee</p>	<p>18</p> <p>9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Balloon Volleyball 11:00 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Nail & Hand Care 1:45 pm Cultural Video</p>	<p>19</p> <p><i>Funny T-Shirt Day</i></p> <p>9:00 am Pledge of Allegiance 9:15 am Quynh Music Singers 10:00 am Arts & Craft 10:30 am Table Games 11:00 am Balloon volleyball 1:00 pm Fiesta Bingo 1:15 pm Color & Chat corner 1:30 pm Driving Ms. Daisy Movie</p> 
<p>22</p> <p>9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Amanda*/M 1:00 pm Parachute Game w/ Carol 1:30 pm Color & Chat 1:45 pm Cultural Video</p>	<p>23</p> <p>9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:00 am Quiz Mo 10:00 am Color & Chat 11:00 am Table Games 1:00 pm Move to the Beat w/ Dee 1:15 pm Sensory Spa 1:30 pm Reminiscing & Table Talk 1:45 pm Movie Time</p>	<p>24</p> <p>9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Efren * 10:00 am Acacia's Silver Vocalists 10:15 am Polynesian Dance Therapy w/ Katherine * 10:15 am Card Games 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Dominos & Tri - ominos 1:45 pm Movie Matinee</p>	<p>25</p> <p><i>Birthday Celebration</i></p> <p>9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Participants Council 11:00 am Table Games 1:00 pm Mambo Steps w/ Mai 1:15 pm Nail & Hand Care 1:45 pm Cultural Video</p> 	<p>26</p> <p><i>International Dance Day</i></p> <p>9:00 am Pledge of Allegiance 9:15 am Around the World Bingo 10:00 am Stop Dance Contest 10:30 am Staff International Dance 11:00 am Maira & Miguel Performance 1:00 pm Move to the Beat w/ Dee 1:15 pm Nail & Hand Care 1:30 pm Color & Chat corner 1:45 pm Staying Alive Movie</p> 
<p>29</p> <p>9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Amanda*/M 1:00 pm Dart Ball with Mai 1:45 pm Cultural Video</p>	<p>30</p> <p>9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:00 am Fiesta Bingo 10:00 am Color & Chat 11:00 am Table Games 1:00 pm Stretch & Flex w/ Caroline 1:15 pm Sensory Spa 1:45 pm Movie Time</p>			<p>DRESS UP REMINDERS!</p> <p>4/3 - wear a Alzoc shirt or blue color 4/5 - wear plaid pattern clothes 4/12 - wear Animal print 4/19 - wear Funny shirt 4/26 - wear colorful colors</p>



Healthy Aging Center Acacia

April 2024 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1.	2.	3.	4.	5.
Peach Cup in Natural Juice (1/2 cup) Cottage Cheese (2 oz)	Yogurt – Low Fat (4 oz) Pineapple (1/2 cup)	Mandarin Orange Cup in Natural Juice (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	String Cheese (1 oz) Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)	Sliced Apple Bag (1/2 cup) Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)
8.	9.	10.	11.	12.
Mandarin Orange Cup in Natural Juice (1/2 cup) Yogurt – Low Fat (4 oz)	Jungle Cracker Bag - WGR (1 oz equivalent) Sliced Apple Bag (1/2 cup)	Banana (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	Wheat Cracker Bag - WGR (1 oz equivalent) String Cheese (1 oz)	Mixed Fruit Cup in Natural Juice (1/2 cup) Mini Bagel - WGR (1 oz)
15.	16.	17.	18.	19.
Applesauce Cup (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent) String Cheese (1 oz)	Mini Bagel - WGR (1 oz) Mandarin Orange Cup in Natural Juice (1/2 cup)	Sliced Apple Bag (1/2 cup) Yogurt – Low Fat (4 oz)	Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent) Banana (1/2 cup)
22.	23.	24.	25.	26.
Jungle Cracker Bag - WGR (1 oz equivalent) Yogurt – Low Fat (4 oz)	Mandarin Orange Cup in Natural Juice (1/2 cup) String Cheese (1 oz)	Cottage Cheese (2 oz) Sliced Apple Bag (1/2 cup)	Banana (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	Mini Bagel - WGR (1 oz) Swiss Cheese Slices (1 oz)
29.	30.	<p>*All fruit cups are served in natural fruit juices.</p> <p>The menu is subject to change.</p>		<p>*WGR – Whole Grain Rich</p>
Yogurt – Low Fat (4 oz) Honey Graham Cracker Bag - WGR (.78 oz) (1 oz equivalent)	Applesauce Cup (1/2 cup) Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)	<p>Adult Snack Menu</p> <p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p>		

The Child and Adult Care Food Program is a component of the USDA and administered by The California Department of Education, Nutrition Services Division. This institution is an equal opportunity provider.

Kikkoman Soy Milk is offered to participants when indicated due to a medical or other special dietary need.

Healthy Aging Center Acacia

April 2024 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1.	2.	3.	4.	5.
<p style="text-align: right;">(3.15 oz)</p> <p>Chicken Parmesan</p> <p>Peas (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Meatballs (Beef) with BBQ Sauce</p> <p>Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3.62 oz)</p> <p>Chicken Patty and Gravy</p> <p>Chicken Patty Grilled (2.62 oz) Gravy (1 oz) Red Potatoes (1/2 c.) Roll – WGR (2 oz) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Beef Dippers</p> <p>Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p>Soft Tacos</p> <p>Ground Turkey Taco Meat (3 oz) Corn (1/2 c.) Mild Salsa (1 oz) Pears (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)</p>
8.	9.	10.	11.	12.
<p style="text-align: right;">(3 oz)</p> <p>Korean BBQ Chicken</p> <p>Steamed Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2.4 oz)</p> <p>Beef Patty w/ Mushrooms</p> <p>Peas (1/2 c.) French Roll - WGR (2 oz) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Glazed Pineapple Chicken</p> <p>Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Beef Meatballs with Kabob Seasoning</p> <p>Meatballs (4 each = 2 oz) Tomatoes with Red Onion Garnish (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2.25 oz)</p> <p>Tuna Salad, Sliced Bread - WGR</p> <p>Tuna Salad (3 oz) Bread – WGR (2 slices) Green Beans (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz) Celebration Dessert</p>
15.	16.	17.	18.	19.
<p>Meatball Hoagie</p> <p>Meatballs (4 each = 2 oz) French Roll - WGR (2.6 oz) Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Sweet and Sour Chicken</p> <p>Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Beef Meatloaf</p> <p>Mixed Vegetables (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3.3 oz)</p> <p>Cheese Lasagna- WGR</p> <p>Peas and Carrots (1/2 c.) Roll - WGR (2 oz) Pears (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Chicken Dippers</p> <p>Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)</p>
22.	23.	24.	25.	26.
<p style="text-align: right;">(3 oz)</p> <p>BBQ Chicken Sandwich</p> <p>Green Beans and Onions (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(2 oz)</p> <p>Beef Meatballs with Fajita Vegetables</p> <p>Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3.6 oz)</p> <p>Baked Cajun Fish</p> <p>Roll – WGR (2 oz) Tartar Sauce (1 oz) Red Potatoes (1/2 c.) Peaches (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Salisbury Steak</p> <p>Peas (1/2 c.) Mixed Fruit (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz) Celebration Dessert</p>	<p style="text-align: right;">(3 oz)</p> <p>Chicken w/ Tomatoes</p> <p>Steamed Carrots (1/2 c.) Brown Rice – WGR (1 c.) Banana (1/2 c.) 1% Milk (8 oz)</p>
29..	30..			
<p>Cheeseburger on a Bun - WGR</p> <p>Hamburger Patty (2.5 oz) Cheese (1 slice) Bun - WGR (2 oz) Ketchup (1 oz) Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)</p>	<p style="text-align: right;">(3 oz)</p> <p>Sweet and Sour Chicken</p> <p>Steamed Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)</p>	<p>*WGR – Whole Grain Rich</p>	<p>The menu is subject to change.</p> 	<p>The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p>

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