



























<p>April Fools' Day  1</p> <p>9:15 Unscramble Words 10:00 Piano with Pat, Watercolors & Card Games 11:00 Chair Dance 1:00 Animal Bingo, Social Group & Garden Walk 2:00 Jeopardy, Paint & Sip 3:00 Tailored Activities: Balloon Volley, Shuffleboard, Sorting Tasks</p>	<p>Autism Awareness Day  2</p> <p>9:15 Finish the Phrase 10:00 Bingo with Tim 11:00 Women's Group Tone Up Tuesday 12:45 Piano with Greg 1:00 Watercolor art, Table games Church, Uno with Tim 2:00 Trivia & Volleyball 3:00 Afternoon Tea</p>	<p>American Circus Day  3</p> <p>9:15 Opposite Words  10:00 Sweet Jingo 11:00 Stretch & Flex 12:45 Jokes with Jimmy 1:00 Acrylics w/ Michael, Uno, Collaborative Art Project, 2:00 Opposite Words & Zumba 3:00 Legends Social Group, Balloon Volley Dance to the 50's</p>	<p>International Carrot Day  4</p> <p>9:15 Antonyms  10:00 Pokeno with WCU 11:00 Fun Moves Workout Men's Group w/ Pat 1:00 SUNSHINE GROUP 2:00 Words within words 2:30 Active Sports & Board Games 3:00 Participant Council</p>	<p>Bell Bottoms Day  5</p> <p>9:15 Categories Game  9:45 Speech Therapy 10:00 Watercolors, Karaoke, & Micro Bingo with Tim 11:00 Body Movement 1:00 Keith's MJ Act, Socials, Painting Silhouettes, & Uno 2:00 Loteria & Balloon Volley 3:00 Beauty Spa</p>
<p>National Zoo Lovers Day 8</p> <p>9:15 Unscramble Words 10:00 Jim One-Man-Band 11:00 Chair Dance 1:00 Animal Bingo, Social Group & Garden Walk 2:00 Jeopardy, Paint & Sip 3:00 Tailored Activities: Balloon Volley, Shuffleboard, Sorting Tasks</p>	<p>National Unicorn Day 9</p> <p>9:15 Finish the Phrase 10:00 Bingo with Tim 11:00 Women's Group MUSIC & MOVEMENT 12:45 Piano with Greg 1:00 Rods and Dogs, Church, Uno with Tim 2:00 Trivia & Volleyball 3:00 Fruit cocktails</p>	<p>Eid-al-Fitr  10</p> <p>9:15 Opposite Words 10:00 Sweet Jingo with WCU 11:00 Stretch & Flex 12:45 Jokes with Jimmy 1:00 Acrylics w/ Michael, Uno, Collaborative Art Project, 2:00 Opposite Words & Zumba 3:00 Inspiring Voices Club, puzzles and table games</p>	<p>National Parkinson's Day  11</p> <p>9:15 Antonyms Challenge 10:00 Pokeno with WCU 11:00 Fun Moves Workout Men's Group w/ Pat 1:00 Science Experiment, Jeopardy, Name 5 2:00 Words within words 2:30 Active Sports & Board Games 3:00 Participant Council</p>	<p>Hamster Day  12</p> <p>9:15 Categories Game 9:45 Speech Therapy 10:00 Puzzles, Karaoke, & Micro Bingo w/ Tim 11:00 Body Movement 1:00 SILVER SINGERS & UNO with Tim 2:00 Loteria & Balloon Volley 3:00 Beauty Spa</p>
<p>McDonald's Day  15</p> <p>9:15 Unscramble Words  10:00 Piano with Pat, Watercolors & Card Games 11:00 Chair Dance 1:00 Animal Bingo, Social Group & Garden Walk 2:00 Jeopardy, Paint & Sip 3:00 Tailored Activities: Balloon Volley, Shuffleboard, Sorting Tasks</p>	<p>Save the Elephants Day  16</p> <p>9:15 Finish the Phrase 10:00 Bingo with Tim 11:00 Women's Group Tone Up Tuesday 12:45 Piano with Greg 1:00 Watercolor art, Table games Church, Uno with Tim 2:00 Trivia & Volleyball 3:00 Afternoon Tea</p>	<p>Blah Blah Blah  17</p> <p>9:15 Opposite Words 10:00 Sweet Jingo 11:00 Stretch & Flex 12:45 Jokes with Jimmy 1:00 Acrylics w/ Michael, Uno, Collaborative Art Project, 2:00 Opposite Words & Zumba 3:00 Legends Social Group, Balloon volley, Dance into the 50s</p>	<p>National Animal Cracker Day  18</p> <p>9:15 Antonyms Challenge  10:00 Pokeno with WCU 11:00 Fun Moves Workout Men's Group w/ Pat 1:00 SUNSHINE GROUP 2:00 Words within words 2:30 Active Sports & Board Games 3:00 Participant Council</p>	<p>National Cat Lady Day  19</p> <p>9:15 Categories Game 9:45 Speech Therapy 10:00 Watercolors, Karaoke, & Micro Bingo with Tim 11:00 Body Movement 1:00 Keith's MJ Act, Socials, Painting Silhouettes, & Uno 2:00 Loteria & Balloon Volley 3:00 Beauty Spa</p>
<p>Earth Day  22</p> <p>9:15 Unscramble Words 10:00 Piano with Pat, Watercolors & Card Games 11:00 Chair Dance 1:00 Animal Bingo, Social Group & Garden Walk 2:00 Jeopardy, Paint & Sip 3:00 Tailored Activities: Balloon Volley, Shuffleboard, Sorting Tasks</p>	<p>Army Reserve Birthday  23</p> <p>9:15 Finish the Phrase 10:00 Bingo with Tim 11:00 Women's Group Tone Up Tuesday 12:45 Piano with Greg 1:00 SILVER SINGERS, Church, Uno with Tim 2:00 Trivia & Volleyball 3:00 Veggie-Tale-Social</p>	<p>Denim Day  24</p> <p>9:15 Opposite Words 10:00 Sweet Jingo 11:00 Stretch & Flex 12:45 Jokes with Jimmy 1:00 Acrylics w/ Michael, Uno, Collaborative Art Project, 2:00 Opposite Words & Zumba 3:00 Inspiring Voices Club, puzzles and table games</p>	<p>Hairstylist Appreciation Day  25</p> <p>9:15 Antonyms Challenge  10:00 Pokeno with WCU 11:00 Fun Moves Workout Men's Group w/ Pat 1:00 Science Experiment, Jeopardy, Name 5 2:00 Words within words 2:30 Active Sports & Board Games 3:00 Participant Council</p>	<p>National Pretzel Day  26</p> <p>9:15 Categories Game 9:45 Speech Therapy 10:00 Puzzles Karaoke, & Micro Bingo with Tim 11:00 Body Movement 1:00 Keith's MJ Act, Socials, Painting Silhouettes, & Uno 2:00 Loteria & Balloon Volley 3:00 Beauty Spa</p>
<p>International Dance Day  29</p> <p>9:15 Unscramble Words  10:00 Piano with Pat, Watercolors & Card Games 11:00 Chair Dance 1:00 Animal Bingo, Social Group & Garden Walk 2:00 Jeopardy, Paint & Sip 3:00 Tailored Activities: Balloon Volley, Shuffleboard, Sorting Tasks</p>	<p>National Mah Jong Day  30</p> <p>9:15 Finish the Phrase 10:00 Bingo with Tim 11:00 Women's Group Tone Up Tuesday 12:45 Piano with Greg 1:00 Watercolor art, Table games Church, Uno with Tim 2:00 Trivia & Volleyball 3:00 Afternoon Tea</p>	<p style="text-align: center;"><i>Reminder</i> →</p> <p>Please notify the center as far in advance as possible if a participant is unable to attend on a scheduled day.</p> <p>Call Outs: 949-855-9444 haclwtransportation@alzoc.org Helpline: 844-373-4400</p> <div style="text-align: center;">  <p>LAGUNA Healthy Aging Center WOODS THERAPY + EXERCISE + FRIENDS + INDEPENDENCE</p> </div>		

Acacia and South County April 2024 Lunch Menu



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

