

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
9:00am – 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 Assitatan
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 2:30pm

Maintenance
Occupational Therapy
8:00am to 11:30am
12:30pm to 2:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
	DRESS TO IMPRESS 10/03 – wear Fall colors 10/10 - wear purple or black 10/17 – wear orange or anything with pumpkins 10/24 – wear black or a spooky shirt 10/31 – Halloween Costume Contest	1 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Group Activities 10:00 am Music Class 10:00 am Nutrition Bingo 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Arts & Craft w/ Dee & Carol 2:00 pm Movie Matinee	2 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Music Appreciation w/ Greg* 10:00 am Group Activities 11:00 am Balloon Volleyball 1:00 pm Karaoke w/ Caroline & Mia 1:15 pm Puzzles w/ Friends w/ Emily 2:00 pm Cultural Movie	3 FALL FESTIVAL 9:00 am Pledge of Allegiance 9:15 am Fall Bingo 10:00 am Table Games 10:30 am Fall Price is Right 11:00 am Dominos & Tri ominoes 1:00 pm Flex & Stretch w/ Dee & Emily 1:15 pm Fall Coloring zone w/ Carol 1:45 pm The Fallout Movie
6 9:00 am Pledge of Allegiance 9:15 am Quizmo 10:00 am Health & Wellness w/ Matthew* 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Trino* 1:00 pm Witch Hat Toss Mai & Mia 1:15 pm Sensory Spa w/ Dee 2:00 pm Movie Time	7 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 Let's Move it w/ Carol/Mia 1:00 pm Nail & Hand care w/Emily 1:15 pm Color & chat w/ Mai 1:30 pm Dominoes & Tri Ominos 2:00 pm Educational Video	8 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Group Activities 10:00 am Music Class 10:30 am Polynesian Dance Therapy w/ Katherine 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Arts & Craft w/ Dee & Carol 2:00 pm Movie Matinee	9 9:00 am Pledge of Allegiance 9:15 am Number Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Group Activities 11:00 am Balloon volleyball 1:00 pm Karaoke w/ Caroline & Mia 1:00 pm Color & Chat w/ Dee 1:15 pm Dominos & Tri ominos 2:00 pm Cultural Movie	10 HOCUS POCUS DAY 9:15 am Pledge of Allegiance 9:30 am Halloween Bingo 10:30 am Spin & Win Game 10:30 am Guess the Candy corns 11:00 am Table Games 1:00 pm Flex & Stretch w/ Dee & Emily 1:00 pm Pictionary w/ Mai 1:15 pm Dominoes & tri ominoes 2:00 pm Hocus Pocus Movie
13 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 9:30 am Hair & Salon 10:00 am Health & Wellness w/ Matthew* 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Trino* 1:00 pm Dart Ball Game w/ Mia 1:15 pm Sensory Spa w/ Dee 2:00 pm Movie Time	14 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Loteria 11:00 am Movement & Music w/ Gina 1:00 pm Let's Move it w/ Carol /Mia 1:00 pm Nail & Hand care w/ Mai 1:15 pm Color & chat w/ Emily 1:30 pm Dominoes & Tri Ominoes 2:00 pm Educational Video	15 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Group Activities 10:00 am Music Class 10:00 am Nutrition Bingo 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Arts & Craft w/ Dee & Carol 2:00 pm Movie Matinee	16 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Table Games 11:00 am Balloon Volleyball 1:00 pm Karaoke w/ Caroline & Mia 1:00 pm Puzzles w/ Friends w/ Emily 1:15 pm Color & Chat w/ Dee 2:00 pm Cultural Movie	17 PUMPKIN DAY 9:00 am Pledge of Allegiance 9:30 am Quynh Music Singers 10:00 am Guess the Pumpkin weight 10:30 am Fall Memory Game 11:00 am Table Games 1:00 pm Flex & Stretch w/ Dee & Emi 1:15 pm Reminiscing & Table talk 2:00 pm Harvest Moon Movie
20 9:00 am Pledge of Allegiance 9:15 am Fiesta 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/ Trino* 1:00 pm Spider Toss w/ Mia & Mai 1:15 pm Sensory Spa w/ Dee 2:00 pm Movie Time	21 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:00 am Halloween Bongo 11:00 am Table Games 1:00 pm Let's Move it w/ Carol /Mia 1:00 pm Nail & Hand care w/ Emily 1:15 pm Color & chat w/ Emily 1:30 pm Dominoes & Tri Ominoes 2:00 pm Educational Video	22 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Group Activities 10:00 am Music Class w/ Mai 10:30 am Nutrition Bingo 10:30 am Polynesian Dance Therapy w/ Katherine 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Arts & Craft w/ Dee & Carol 2:00 pm Movie Matinee	23 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Music Appreciation w/ Greg * 10:30 am Table Games 11:00 am Balloon Volleyball 1:00 pm Karaoke w/ Caroline & Mia 1:15 pm Dominos & Tri ominos 1:15 pm Color & chat w/ Dee 2:00 pm Cultural Movie	24 SPOOKY FUN FRIDAY 9:00 am Pledge of Allegiance 9:15 am Mystery Box Contest 10:00 am Station Trick or Treat 10:30 am Mummy wrap contest 11:00 am Table Games 1:00 pm Halloween Bingo 1:15 pm Spooky Coloring Zone 2:00 pm Nightmare Before Christmas
27 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 9:30 am Hair & Salon 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Trino* 1:00 pm Witch Hat Toss Mai & Mia 1:15 pm Sensory Spa w/ Dee 2:00 pm Movie Time	28 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Halloween Bingo 11:00pm Table Games 1:00 pm Let's Move it w/ Carol /Mia 1:00 pm Nail & Hand care w/ Mai 1:15 pm Color & chat w/ Emily 1:30 pm Dominoes & Tri Ominoes 2:00 pm Educational Video	29 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Group Activities 10:00 am Music Class 10:00 am Nutrition Bingo 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:00 pm Arts & Craft w/ Dee & Carol 1:15 pm Nail & Hand care 2:00 pm Movie Matinee	30 Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Table Games 11:00 am Participants Council Meeting 1:00 pm Karaoke w/ Caroline & Mia 1:15 pm Puzzles w/ Friends w/ Emily 2:00 pm Cultural Movie	31 HALLOWEEN CELEBRATION 9:00 am Pledge of Allegiance 9:15 am Witch Hat Toss 10:00 am Thriller Dance Party with Marco 10:30 am Halloween Trivia 11:00 am Halloween Costume Contest 1:00 pm Halloween Bingo 1:15 pm Spooky coloring Zone 2:00 pm Thriller Movie

11391 Acacia Parkway
Garden Grove, CA 92840

714-530-1566

Horario del Centro

Lunes - Viernes
8:00am - 4:30pm

Horario de CBAS

Lunes – Viernes
9:00am – 3:00pm

Horas de ADHC/ADP

Lunes – Viernes
8:00am – 3:00pm

Se proporcionará desayuno.

Hasta las 10:00am

Se servirá el almuerzo

A las 12:00pm

Se servirá una merienda.

A las 2:00pm

Gerente de Operaciones

Natalie Franks

Coordinadora de Actividades

Kate Koo

**Asistente Coordinadora de
Actividades**

Agnes Tolentino

Actividades sujetas a cambios

Si necesita apoyo adicional y le
gustaría obtener más información
sobre los servicios y recursos que
brindamos o necesita alguien con
quien hablar, llame a nuestra línea
de ayuda

844-373-4400

Mantenimiento

Terapia física

8:00am a 11:30am &
12:30pm a 2:30pm

Terapia ocupacional

8:00am a 11:30am
12:30pm a 2:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
	DRESS TO IMPRESS 10/03 – Use colores de otoño 10/10 – Use de púrpura o negro 10/17 – Use naranja o cualquier cosa con Calabaza 10/24 – use camisa negra o espeluznante 10/31 – Concurso de disfraces de Halloween	1 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai 10:00 am Actividades en grupo 10:00 am Clase de Musica 10:00 am Nutrition Bingo 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon * 1:15 pm Manualidades con Dee y Carol 2:00 pm Película de matiné	2 9:00 am Juramento de Lealtad 9:15 am Fiesta Bingo 10:00 am Apreciación Musical con Greg 10:00 am Actividades en grupo 11:00 am Voleibol de globos 1:00 pm Care-Eoke con Mia y Carol 1:15 pm Rompecabezas con Emily 2:00 pm Vídeo Cultural	3 FALL FESTIVAL 9:00 am Juramento de Lealtad 9:15 am Fall Bingo 10:00 am Juegos de mesa 10:30 am Fall Price is Right 11:00 am Dominos & Tri ominoes 1:00 pm Flexiona y estira- Emily/ Dee 1:15 pm Dibujos de otoño con Carol 1:45 pm Película – The Fallout
6 9:00 am Juramento de Lealtad 9:15 am Quizmo 10:00 am Salud y bienestar con Matthew* 10:00 am Memories in the Making 11:00 am Juegos de mesa 1:00 pm Jardinería con Trino 1:00 pm Lanza sombreros de bruja - Mai/ Mia 1:15 pm Spa Sensorial con Dee 2:00 pm Película de matiné	7 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer* 10:00 am Clase de inglés con Mai 10:30 am Aloha Bingo 11:00 am Juegos de mesa 1:00 pm Muévelo con Carol/ Mia 1:00 pm Cuidado de uñas y manos - Emily 1:15 pm Colorear y charla con Mai 1:30 pm Dominoes & Tri Ominoes 2:00 pm Vídeo Educativo	8 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai 10:00 am Actividades en grupo 10:00 am Clase de Musica 10:30 am Danza polinesia - Katherine 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon * 1:15 pm Manualidades con Dee y Carol 2:00 pm Película de matiné	9 9:00 am Juramento de Lealtad 9:15 am Number Bingo 10:00 am Apreciación Musical con Greg 10:00 am Actividades en grupo 11:00 am Voleibol de globos 1:00 pm Care-Eoke con Mia y Carol 1:00 pm Colorear y charla con Dee 1:15 pm Dominos & Tri ominoes 2:00 pm Vídeo Cultural	10 HOCUS POCUS DAY 9:15 am Juramento de Lealtad 9:30 am Halloween Bingo 10:30 am Gira y gana el juego 10:30 am Guess the Candy corns 11:00 am Juegos de mesa 1:00 pm Flexiona y estira- Emily/ Dee 1:00 pm Pictionary con Mai 1:15 pm Dominoes & tri ominoes 2:00 pm Película- Hocus Pocus
13 9:00 am Juramento de Lealtad 9:15 am Halloween Bingo 9:30 am Hair & Salon 10:00 am Salud y bienestar con Matthew* 10:00 am Memories in the Making 11:00 am Juegos de mesa 1:00 pm Jardinería con Trino 1:00 pm Pelota de dardos con Mia 1:15 pm Spa Sensorial con Dee 2:00 pm Película de matiné	14 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer* 10:00 am Clase de inglés con Mai 10:30 am Loteria 11:00 am Movimiento música- Gina 1:00 pm Muévelo con Carol/ Mia 1:00 pm Cuidado de uñas y manos - Emily 1:15 pm Colorear y charla con Emily 1:30 pm Dominoes & Tri Ominoes 2:00 pm Vídeo Educativo	15 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai 10:00 am Actividades en grupo 10:00 am Clase de Musica 10:00 am Nutrition Bingo 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon * 1:15 pm Manualidades con Dee y Carol 2:00 pm Película de matiné	16 9:00 am Juramento de Lealtad 9:15 am Sweet Bingo 10:00 am Apreciación Musical con Greg 10:00 am Juegos de mesa 11:00 am Voleibol de globos 1:00 pm Care-Eoke con Mia y Carol 1:00 pm Rompecabezas con Emily 1:15 pm Colorear y charla con Dee 2:00 pm Vídeo Cultural	17 PUMPKIN DAY 9:00 am Juramento de Lealtad 9:30 am Quynh Music Singers 10:00 am Guess the Pumpkin weight 10:30 am Juego de memoria 11:00 am Juegos de mesa 1:00 pm Flexiona y estira- Emily/ Dee 1:15 pm Recuerdos y charlas 2:00 pm Película – Harvest Moon
20 9:00 am Juramento de Lealtad 9:15 am Fiesta Bingo 10:00 am Salud y bienestar con Matthew* 10:00 am Memories in the Making 11:00 am Juegos de mesa 1:00 pm Jardinería con Trino 1:00 pm Lanza la araña - Mia/ Mai 1:15 pm Spa Sensorial con Dee 2:00 pm Película de matiné	21 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer* 10:00 am Clase de inglés con Mai 10:00 am Halloween Bongo 11:00 am Juegos de mesa 1:00 pm Muévelo con Carol/ Mia 1:00 pm Cuidado de uñas y manos - Emily 1:15 pm Colorear y charla con Emily 1:30 pm Dominoes & Tri Ominoes 2:00 pm Vídeo Educativo	22 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai 10:00 am Actividades en grupo 10:00 am Clase de Musica 10:30 am Nutrition Bingo 10:30 am Danza polinesia - Katherine 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon * 1:15 pm Manualidades con Dee y Carol 2:00 pm Película de matiné	23 9:00 am Juramento de Lealtad 9:15 am Sweet Bingo 10:00 am Apreciación Musical con Greg 10:30 am Juegos de mesa 11:00 am Voleibol de globos 1:00 pm Care-Eoke con Mia y Carol 1:15 pm Dominos & Tri ominoes 1:15 pm Colorear y charla con Dee 2:00 pm Vídeo Cultural	24 SPOOKY FUN FRIDAY 9:00 am Juramento de Lealtad 9:15 am Concurso de cajas misteriosas 10:00 am Zona de truco o trato 10:30 am Concurso de envoltura de momias 11:00 am Juegos de mesa 1:00 pm Halloween Bingo 1:15 pm Zona de colorear espeluznante 2:00 pm Nightmare Before Christmas
27 9:00 am Juramento de Lealtad 9:15 am Halloween Bingo 9:30 am Peluquería 10:00 am Bienestar con Matthew* 10:00 am Memories in the Making 11:00 am Juegos de mesa 1:00 pm Jardinería con Trino 1:00 pm Lanza sombreros de bruja - Mai/ Mia 1:15 pm Spa Sensorial con Dee 2:00 pm Película de matiné	28 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer* 10:00 am Clase de inglés con Mai 10:30 am Halloween Bingo 11:00pm Juegos de mesa 1:00 pm Muévelo con Carol/ Mia 1:00 pm Cuidado de uñas y manos - Emily 1:15 pm Colorear y charla con Emily 1:30 pm Dominoes & Tri Ominoes 2:00 pm Vídeo Educativo	29 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai 10:00 am Actividades en grupo 10:00 am Clase de Musica 10:00 am Nutrition Bingo 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon * 1:00 pm Manualidades con Dee y Carol 1:15 pm Cuidado de uñas y manos 2:00 pm Película de matiné	30 Birthday Celebration 9:00 am Juramento de Lealtad 9:15 am Birthday Bingo 10:00 am Apreciación Musical con Greg 10:00 am Juegos de mesa 11:00 am Reunión del Consejo de participantes 1:00 pm Care-Eoke con Mia y Carol 1:15 pm Rompecabezas con Emily 2:00 pm Vídeo Cultural	31 HALLOWEEN CELEBRATION 9:00 am Juramento de Lealtad 9:15 am Lanza sombreros de bruja 10:00 am Fiest de baile Thriller con Marco 10:30 am Trivia de Halloween 11:00 am Concurso de disfraces de Halloween 1:00 pm Halloween Bingo 1:15 pm Spooky coloring Zone 2:00 pm Película- Thriller

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

Giờ làm việc của trung tâm

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

Giờ chương trình CBAS

Monday – Friday
9:00am – 3:00pm

Giờ chương trình ADHC/ ADP

Monday – Friday
9:00am – 3:00pm

Ăn Sáng phục vụ tới

10:00 am

Ăn Trưa phục vụ lúc

12:00 pm

Đồ ăn nhẹ sẽ phục vụ lúc

2:00 pm

Giám đốc Điều hành

Natalie Franks

Điều phối viên hoạt động

Kate Koo

Trợ lý Điều phối viên

Agnes Tolentino

Hoạt động có thể thay đổi

Nếu bạn cần hỗ trợ, muốn tìm hiểu thêm về các dịch vụ và tài nguyên chúng tôi cung cấp hoặc cần ai đó để nói chuyện, vui lòng gọi Đường dây trợ giúp của chúng tôi theo số:

844-373-4400

Vật lý trị liệu

8:00am to 11:30am &
12:30pm to 2:30pm

Liệu pháp vận động

8:00am to 11:30am &
12:30pm to 2:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 DRESS TO IMPRESS 10/4 – mặc màu sắc mùa thu 10/11 - mặc màu tím hoặc đen 10/18 – mặc màu cam hoặc bất kỳ màu nào với bí ngô 10/25 – mặc màu đen hoặc ma-quái 10/31 – Thi quần áo hóa trang Halloween	3 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Hoạt động nhóm 10:00 am Lớp học Âm nhạc với Nutrition Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thử đực vui với w/ Devon * 1:15 pm Thủ công w/ Dee & Carol 2:00 pm Xem Phim 	4 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:00 am Hoạt động nhóm 11:00 am Chuyển bong bóng 1:00 pm Karaoke w/ Caroline & Mia 1:15 pm Puzzles w/ Friends w/ Emily 2:00 pm Phim về Kiến thức phổ thông	5 LỄ HỘI MÙA THU 9:00 am Pledge of Allegiance 9:15 am Fall Bingo 10:00 am Trò chơi trên bàn 10:30 am Trò chơi Đoán giá đúng 11:00 am Chơi Dominos 1:00 pm Di chuyển theo nhịp w/ Emily 1:15 pm Fall Coloring zone w/ Carol 1:45 pm Xem Phim The Fallout 
6 9:00 am Pledge of Allegiance 9:15 am Quizmo 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm 11:00 am Trò chơi trên bàn 1:00 pm Học làm vườn w/ Trino 1:00 pm Witch Hat Toss Mai & Mia 1:15 pm Xoa bóp thư giãn w/ Dee 2:00 pm Xem Phim	7 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:30 am Aloha Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thử đực vui với Carol/Mia 1:00 pm Chăm sóc móng & tay 1:15 pm Tô màu và trò chuyện Mai 2:00 pm Phim Về giáo dục	8 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Hoạt động nhóm 10:00 am Lớp học Âm nhạc với Khiêu vũ trị liệu/ Katherine 11:00 am Trò chơi trên bàn 1:00 pm Thử đực vui với w/ Devon * 1:15 pm Thủ công w/ Dee & Carol 2:00 pm Xem Phim 	9 9:00 am Pledge of Allegiance 9:15 am Number Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:00 am Hoạt động nhóm 11:00 am Chuyển bong bóng 1:00 pm Karaoke w/ Caroline & Mia 1:00 pm Tô màu và trò chuyện Dee 1:15 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông	10 HOCUS POCUS DAY 9:15 am Pledge of Allegiance 9:30 am Halloween Bingo 10:30 am Spin & Win Game 10:30 am Đếm bao nhiêu kẹo bắp 11:00 am Trò chơi trên bàn 1:00 pm Di chuyển theo nhịp w/ Emily 1:00 pm Pictionary w/ Mai 1:15 pm Chơi Dominos 2:00 pm Xem phim Hocus Pocus 
11 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 9:30 am Salon cắt tóc 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm 11:00 am Trò chơi trên bàn 1:00 pm Học làm vườn w/ Trino 1:00 pm Trò chơi phi tiêu với Mia 1:15 pm Xoa bóp thư giãn w/ Dee 2:00 pm Xem Phim 	12 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:30 am Loteria 11:00 am SCFTA's Movement and Music w/ Gina* 1:00 pm Thử đực vui với Carol /Mia 1:00 pm Chăm sóc móng & tay 1:15 pm Tô màu và trò chuyện 2:00 pm Phim Về giáo dục 	13 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Hoạt động nhóm 10:00 am Lớp học Âm nhạc với Nutrition Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thử đực vui với w/ Devon * 1:15 pm Thủ công w/ Dee & Carol 2:00 pm Xem Phim 	14 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:00 am Trò chơi trên bàn 11:00 am Chuyển bong bóng 1:00 pm Karaoke w/ Caroline & Mia 1:00 pm Puzzles w/ Friends w/ Emily 1:15 pm Tô màu và trò chuyện Dee 2:00 pm Phim về Kiến thức phổ thông	15 9:00 am Pledge of Allegiance 9:15 am Pledge of Allegiance 9:30 am Nhóm nhạc Quỳnh Hoa 10:00 am Dự Đoán Cân nặng trái bí 10:30 am Mùa thu với trò chơi trí nhớ 11:00 am Trò chơi trên bàn 1:00 pm Di chuyển theo nhịp w/Emily 1:15 pm Chơi Dominos 2:00 pm Xem Phim Harvest Moon 
16 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm 11:00 am Trò chơi trên bàn 1:00 pm Học làm vườn w/ Trino 1:00 pm Spider Toss w/ Mia & Mai 1:15 pm Xoa bóp thư giãn w/ Dee 2:00 pm Xem Phim	17 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:30 am Halloween Bongo 11:00 am Trò chơi trên bàn 1:00 pm Thử đực vui với Carol/Mia 1:00 pm Chăm sóc móng & tay 1:15 pm Tô màu và trò chuyện Mai 1:30 pm Chơi Dominos 2:00 pm Phim Về giáo dục	18 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Hoạt động nhóm 10:00 am Lớp học Âm nhạc với Nutrition Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thử đực vui với w/ Devon * 1:15 pm Thủ công w/ Dee & Carol 2:00 pm Xem Phim 	19 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:30 am Trò chơi trên bàn 11:00 am Chuyển bong bóng 1:00 pm Karaoke w/ Caroline & Mia 1:15 pm Chơi Dominos 1:15 pm Tô màu và trò chuyện Dee 2:00 pm Phim về Kiến thức phổ thông	20 THỨ SÁU MA QUÁI VUI 9:00 am Pledge of Allegiance 9:15 am Cuộc thi chiếc hộp bí ẩn 10:00 am Station Trick or Treat 10:30 am Mummy wrap contest 11:00 am Trò chơi trên bàn 1:00 pm Halloween Bingo 1:15 pm Tô màu cho con ma 2:00 pm Nightmare Before Christmas  
21 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 9:30 am Salon cắt tóc 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm 11:00 am Trò chơi trên bàn 1:00 pm Học làm vườn w/ Trino 1:00 pm Witch Hat Toss Mai & Mia 1:15 pm Xoa bóp thư giãn w/ Dee 2:00 pm Xem Phim 	22 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:30 am Halloween Bingo 11:00pm Trò chơi trên bàn 1:00 pm Thử đực vui với Carol /Mia 1:00 pm Chăm sóc móng & tay 1:15 pm Tô màu và trò chuyện Emily 2:00 pm Phim Về giáo dục	23 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Hoạt động nhóm 10:00 am Lớp học Âm nhạc với Nutrition Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thử đực vui với w/ Devon * 1:15 pm Thủ công w/ Dee & Carol 2:00 pm Xem Phim 	24 Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:00 am Trò chơi trên bàn 11:00 am Hội Đồng Thành Viên 1:00 pm Karaoke w/ Caroline & Mia 1:15 pm Puzzles w/ Friends w/ Emily 2:00 pm Phim về Kiến thức phổ thông 	25 LỄ HỘI HALLOWEEN 9:00 am Pledge of Allegiance 9:15 am Witch Hat Toss 10:00 am Tiệc khiêu vũ ly kỳ với Marco 10:30 am Halloween Trivia 11:00 am Trò chơi Ghim con nhện 1:00 pm Halloween Bingo 1:15 pm Tô màu cho con ma 2:00 pm Xem Phim ly kỳ 

Healthy Aging Center Acacia

October 2025 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Adult Snack Menu The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627 *WGR – Whole Grain Rich	The menu is subject to change. *All fruit cups are served in natural fruit juices.	1. Pineapple Cup in Natural Juice (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	2. Wheat Cracker Bag - WGR (1 oz equivalent) String Cheese (1 oz)	3. Jungle Cracker Bag - WGR (1 oz equivalent) Sliced Apple Bag (1/2 cup)
6. Applesauce Cup (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	7. Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent) String Cheese (1 oz)	8. Mini Bagel - WGR (1 oz) Mandarin Orange Cup in Natural Juice (1/2 cup)	9. Sliced Apple Bag (1/2 cup) Yogurt – Low Fat (4 oz)	10. Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent) Banana (1/2 cup)
13. Jungle Cracker Bag - WGR (1 oz equivalent) Yogurt – Low Fat (4 oz)	14. Mandarin Orange Cup in Natural Juice (1/2 cup) String Cheese (1 oz)	15. Cottage Cheese (2 oz) Sliced Apple Bag (1/2 cup)	16. Diced Peach Cup (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	17. Mini Bagel - WGR (1 oz) Swiss Cheese Slices (1 oz)
20. Wheat Cracker Bag - WGR (1 oz equivalent) String Cheese (1 oz)	21. Applesauce Cup (1/2 cup) Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)	22. Yogurt – Low Fat (4 oz) Banana (1/2 cup)	23. Sliced Apple Bag (1/2 cup) Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)	24. Pineapple Cup in Natural Juice (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)
27. Peach Cup in Natural Juice (1/2 cup) Cottage Cheese (2 oz)	28. Jungle Cracker Bag - WGR (1 oz equivalent) Sliced Apple Bag (1/2 cup)	29. Banana (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	30. Wheat Cracker Bag - WGR (1 oz equivalent) String Cheese (1 oz)	31. Mandarin Orange Cup in Natural Juice (1/2 cup) Yogurt – Low Fat (4 oz)



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 October 2025 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1.	2.	3.
The menu is subject to change. 	The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627 *WGR – Whole Grain Rich	Chicken Verde (3 oz) Black Beans (1/2 c) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)	Fish Fillet Sandwich - WGR (4 oz) Fish (4oz) Tartar Sauce (1 oz) Green Beans (1/2 c.) Peaches (1/2 c.) Bun - WGR (2 oz) 1% Milk (8 oz)	Chicken Dippers (2 oz) Broccoli Normandy (1/2 c.) Brown Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)
6.	7.	8.	9.	10.
Sweet and Sour Chicken (3 oz) Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	BBQ Chicken Sandwich Chicken Patty (2.62 oz) Bun - WGR (2 oz) Green Beans and Onions (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)	Meatloaf (3 oz) Corn (1/2 c.) Mixed Fruit (1/2 c.) Artisan Roll - WGR (2 oz) 1% Milk (8 oz)	Soft Tacos Ground Turkey Taco Meat (3 oz) Mixed Vegetables (1/2 c.) Mild Salsa (1 oz) Peaches (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)	Cheese Lasagna- WGR (3.3 oz) Green Beans (1/2 c.) Applesauce (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)
13.	14.	15.	16.	17.
Chicken w/ Tomatoes (3 oz) Steamed Carrots (1/2 c.) Brown Rice – WGR (1 c.) Mixed Fruit (1/2 c.) 1% Milk (8 oz)	Glazed Pineapple Chicken (3 oz) Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)	Beef Meatballs with Fajita Vegetables (2 oz) Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) French Roll - WGR (2 oz) Pears (1/2 c.) 1% Milk (8 oz)	Salisbury Steak (3 oz) Peas (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	Baked Cajun Fish (3.6 oz) Roll – WGR (2 oz) Tartar Sauce (1 oz) Red Potatoes (1/2 c.) Pineapple (1/2 c.) Pumpkin Day – Celebration Dessert 1% Milk (8 oz)
20.	21.	22.	23.	24.
Chicken Dippers (2 oz) Green Beans (1/2 c.) Brown Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)	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)	Chicken Patty and Gravy (3.62 oz) Chicken Patty Grilled (2.62 oz) Gravy (1 oz) Green Beans (1/2 c.) Diced Peaches (1/2 c.) Roll – WGR (2 oz) 1% Milk (8 oz)	Chicken Verde (3 oz) Black Beans (1/2 c) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)	Beef Patty w/ BBQ Sauce (2.4 oz) Broccoli Normandy (1/2 c.) Applesauce (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)
27.	28.	29.	30.	31.
Korean BBQ Chicken (3 oz) Steamed Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	Meatballs (Beef) with Tomatoes (2 oz) Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Pineapple (1/2 c.) Bread – WGR (2 oz.) 1% Milk (8 oz)	Chicken Parmesan (3.15 oz) Green Beans (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Milk (8 oz)	Beef Patty w/ Mushrooms (2.4 oz) Peas (1/2 c) Bread - WGR (2 slices) Pineapple (1/2 c.) 1% Milk (8 oz)	Soft Tacos Ground Turkey Taco Meat (3 oz) Mixed Vegetables (1/2 c.) Mild Salsa (1 oz) Peaches (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz) Celebration Dessert

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