

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

Snack will be served.

At 2:00pm

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 at

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
1 Poinsettia Day 9:00 am Pledge of Allegiance 9:15 am Christmas Bingo 10:00 am Heath & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table games 1:00 pm Gardening w/ Trino 1:00 pm Poinsettia Craft w/ Carol 2:00 pm Cultural Video	2 Pledge of Allegiance Art Class w/ Jennifer * 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Quiz Mo 11:00 am Table Games 1:00 pm Let's Move It w/ Carol & Mia 1:15 pm Nail & hand care w/ Mai 1:30 pm Sensory Spa w/ Adrian 2:00 pm Music Video	3 Pledge of Allegiance Cooking Class w/ Dee Nutrition Bingo Music class w/ Mai Polynesian Dance Therapy with Katherine* 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Dee 9:30 am Nutrition Bingo 10:00 am Music class w/ Mai 10:30 am Polynesian Dance Therapy with Katherine* 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:00 pm Fitness Fun w/ Devon * 1:15 pm Group Activities 2:00 pm Movie Time	4 Pledge of Allegiance Fiesta Bingo Music Appreciation w/ Greg * 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Dominos / Uno 11:00 am Table Games 1:00 pm Care-Eoke w/ Caroline & Mia 1:15 pm Hand & Nail Care w/ Dee 1:30 pm Sensory Spa w/ Adrian 2:00 pm Educational Video	5 Holiday Craft Day 9:00 am Pledge of Allegiance 9:15 am Christmas tree Craft w/ Carol 9:30 am Christmas Bingo 11:00 am Table Games 1:00 pm Mini Christmas Tree Toss 1:15 pm Jingle Wiggles Game 1:30 pm Holiday Coloring w/ Mai 2:00 pm The Elf Movie
8 Pledge of Allegiance Christmas Bingo Hair Salon Heath & Wellness w/ Matthew * 9:00 am Pledge of Allegiance 9:15 am Christmas Bingo 9:30 am Hair Salon 10:00 am Heath & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/Trino 1:00 pm X'mas Tree Toss w/ Mia 2:00pm Cultural Video	9 Pledge of Allegiance Art Class w/ Jennifer * 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:00 am Aloha Bingo 11:00 am SCFTA's Movement & Music w/ Gina 1:00 pm Let's Move it w/ Carol/Adrian 1:15 pm Nail & hand care w/ Mia 1:30 pm Sensory Spa w/ Mai 2:00 pm Music video	10 Pledge of Allegiance Cooking Class w/ Mai Group Activities Nutrition Bingo Flex & Stretch w/ Dee Table Games Fitness Fun w/ Devon * 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 9:30 am Group Activities 10:00 am Nutrition Bingo 10:00 am Flex & Stretch w/ Dee 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:00 pm Fitness Fun w/ Devon * 1:15 pm Puzzles w/ Friends 1:30 pm Color & chat 2:00 pm Movie Time	11 Pledge of Allegiance Quiz Mo Music Appreciation w/ Greg* 9:00 am Pledge of Allegiance 9:15 am Quiz Mo 10:00 am Music Appreciation w/ Greg* 10:00 am Group Activities 11:00 am Table Games 1:00 pm Mambo Steps w/ Dee Dee & Carol 1:00 pm Nail & Hand Care w/ Mia 1:15 pm Sensory Spa w/ Adrian 2:00 pm Educational Video	12 Candy Cane Day 9:00 am Pledge of Allegiance 9:15 am Quynh Music Singer 10:00 am Dominos/ Uno 10:30 am Holiday Coloring Zone 11:00am Table Games 1:00 pm Candy Cane Game Contest 1:15 pm Candy Cane Golf 1:15 pm Table Games 2:00 pm "Miracle on 34th St." Movie
15 Pledge of Allegiance Christmas Music Bing Memories in the Making Flex and stretch w/ Dee Garden Grove HS choir Holiday Carols 9:00 am Pledge of Allegiance 9:15 am Christmas Music Bing 9:30 am Memories in the Making 10:00 am Flex and stretch w/ Dee 10:30 am Garden Grove HS choir Holiday Carols 12:15 am Garden Grove HS choir Holiday Carols 1:00 pm Chair Kickball w/ Carol 1:15 pm Dominos & Tri Ominos 1:15 pm Color & Chat 2:00 pm Cultural video	16 Pledge of Allegiance Let's Paint w/ Mai Dominos & Tri Ominos Christmas Bingo Table Games Let's Move it w/ Carol/Mia Nail & Hand care w/ Mai Sensory Spa w/ Adrian Music Video 9:00 am Pledge of Allegiance 9:15 am Let's Paint w/ Mai 10:00 am Dominos & Tri Ominos 10:30 am Christmas Bingo 11:00 am Table Games 1:00 pm Let's Move it w/ Carol/Mia 1:15 pm Nail & Hand care w/ Mai 1:30 pm Sensory Spa w/ Adrian 2:00 pm Music Video	17 Pledge of Allegiance Cooking Class w/ Dee ESL Recognition Day Polynesian Dance Therapy w/ Katherine * 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Dee 10:00 am ESL Recognition Day 10:30 am Polynesian Dance Therapy w/ Katherine * 11:00 am Table Games 1:00 pm Christmas Bingo 1:15 pm Puzzles w/ Friends 1:30 pm Dominos & Uno 2:00 pm Movie Time	18 Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00am Table Games 10:30 am Move to the Beat w/ Mia 11:00 am Participants Council 1:00 pm Care- Eoke w/ Mia & Carol 1:15 pm Nail & Hand Care w/ Dee 1:30 pm Sensory spa w/ Adrian 2:00 pm Educational Video	19 Christmas Celebration 9:00 am Pledge of Allegiance 9:10 am Holiday Blessings * 9:45 am Massage from Beth & Natalie 10:00 am Participants Holiday wishes 10:15 am Holiday Dance Party w/ Jim 11:00am Acacia's Twelve Days Of Christmas 12:30 pm "Santa" comes to Acacia 1:00 pm Holiday Caroling 2:00 pm "The Christmas Story Movie
22 Pledge of Allegiance Christmas Bingo Hair Salon Memories in the Making Flex & Stretch w/ Dee Table Games Holiday Craft w/ Mia Dominos / Uno Color & chat Cultural video 9:00 am Pledge of Allegiance 9:15 am Christmas Bingo 9:30 am Hair Salon 10:00 am Memories in the Making 10:30 am Flex & Stretch w/ Dee 11:00 am Table Games 1:00 pm Holiday Craft w/ Mia 1:00 pm Dominos / Uno 1:15 pm Color & chat 2:00 pm Cultural video	23 Holiday Sweater & Sweet Days 9:00 am Pledge of Allegiance 9:15 am Cookie Baking w/ Carol 9:30 am Sweet Bingo 10:30 am Flex & Stretch w/ Mai & 11:00 am Table Games 1:00 pm Candy cane golf 1:15 pm Holiday treat Coloring Zone 2:00 pm Holiday Baking show 9:00 am Pledge of Allegiance 9:15 am Cookie Baking w/ Carol 9:30 am Sweet Bingo 10:30 am Flex & Stretch w/ Mai & 11:00 am Table Games 1:00 pm Candy cane golf 1:15 pm Holiday treat Coloring Zone 2:00 pm Holiday Baking show	Wednesday 24th & Thursday 25th Wednesday 31st & Thursday Jan.1st CLOSED HAPPY HOLIDAYS!		26 Holiday Shirt & Socks Day 9:00 am Pledge of Allegiance 9:15 am World Bingo 9:30 am Holiday craft w/ Mai 10:30 am Flex & Stretch w/ Dee & Carol 11:00 am Table Games 1:00 pm Pictionary w/ Adrian 1:15 pm color & chat 2:00 pm Holiday Movie
29 Pledge of Allegiance Sweet Bingo Puzzles w/ Friends Memories in the Making Flex & Stretch w/ Dee Table Games Parachute Game w/ Adrian & Carol Color& Chat Cultural video 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 9:30 am Puzzles w/ Friends 10:00 am Memories in the Making 10:30 am Flex & Stretch w/ Dee 11:00 am Table Games 1:00 pm Parachute Game w/ Adrian & Carol 1:50 pm Color& Chat 2:00 pm Cultural video	30 New Year Celebration 9:00 am Pledge of Allegiance 9:15 am Lucky Bingo 10:00 am New year Dance Marco 11:00 am "Ps" New Year wishes 12:00 pm New Year Toss 1:00 pm Holiday Sing Along 1:30 pm Table games 2:00 pm New Year's Movie 9:00 am Pledge of Allegiance 9:15 am Lucky Bingo 10:00 am New year Dance Marco 11:00 am "Ps" New Year wishes 12:00 pm New Year Toss 1:00 pm Holiday Sing Along 1:30 pm Table games 2:00 pm New Year's Movie	2025 DECEMBER		REMINDER 12/1 -- Bring a Poinsettia to remember a love one 12/5 – wear green or red 12/12– wear red & white 12/19 – wear your Holiday outfit 12/23 – wear holiday sweater 12/26 – wear holiday shirt & socks 12/30 – Dress up to bring in New Year

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 <i>PNgày hoa trạng nguyên</i> 9:00 am Pledge of Allegiance 9:15 am Christmas 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 Làm hoa trạng nguyên 2:00 pm Trò chơi trên bàn	2 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:30 am Quiz Mo 11:00 am Trò chơi trên bàn 1:00 pm Thử sức vui với w/ Carol & Mia 1:15 pm Tô màu và trò chuyện w/ Mai 1:30 pm Xoa bóp thư giãn w/ Adrian 2:00 pm Music Video	3 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Dee 9:30 am Nutrition Bingo 10:00 am Music class w/ Mai 10:30 am Khiêu vũ trị liệu/ Katherine 11:00 am Trò chơi trên bàn 1:00 pm Thử sức vui với w/ Devon* 1:15 pm Làm nên kỷ niệm 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 Dominos / Uno 11:00 am Trò chơi trên bàn 1:00 pm Care-Eoke w/ Caroline & Mia 1:15 pm Tô màu và trò chuyện w/ Dee 1:15 pm Xoa bóp thư giãn w/ Adrian 2:00 pm Phim về Kiến thức phổ thông	5 <i>Holiday Craft Day</i> 9:00 am Pledge of Allegiance 9:15 am Christmas tree Craft 9:30 am Christmas Bingo 11:00 am Trò chơi trên bàn 1:00 pm Tung cây Giáng sinh 1:15 pm Jingle Wiggle Game 1:30 pm Tô màu và trò chuyện w/ Dee 2:00 pm The Elf Movie
8 9:00 am Pledge of Allegiance 9:15 am Christmas 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 X'mas Tree Toss w/ Mia 2:00pm Trò chơi trên bàn	9 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:00 am Aloha Bingo 11:00 am Thử Thao với nhạc điệu SCFTA w / Gina 1:00 pm Thử sức vui với Carol/Adrian 1:15 pm Tô màu và trò chuyện w/ Mia 1:30 pm Xoa bóp thư giãn w/ Mai 2:00 pm Music video	10 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 9:30 am Hoạt động nhóm 10:00 am Nutrition Bingo 10:00 am Di chuyển theo nhịp w/ Dee 11:00 am Trò chơi trên bàn 1:00 pm Thử sức vui với /Devon* 1:15 pm Xếp hình với Bạn 1:30 pm Tô màu và trò chuyện 2:00 pm Xem Phim	11 9:00 am Pledge of Allegiance 9:15 am Quiz Mo 10:00 am Tri Ân Âm nhạc / Greg* 10:00 am Hoạt động nhóm 11:00 am Trò chơi trên bàn 1:00 pm Cùng nhảy Mambo w/ Dee 1:00 pm Tô màu và trò chuyện /Mia 1:15 pm Xoa bóp thư giãn w/ Adrian 2:00 pm Phim về Kiến thức phổ thông	12 <i>Candy Cane Day</i> 9:00 am Pledge of Allegiance 9:15 am Nhóm nhạc Quỳnh Hoa* 10:00 am Dominos/ Uno 10:30 am Tô màu cho ngày lễ 11:00am Trò chơi trên bàn 1:00 pm Cuộc thi Candy Cane 1:15 pm Candy Cane Golf 1:15 pm Trò chơi trên bàn 2:00 pm “Phim “Phép màu ở đường 34”
15 9:00 am Pledge of Allegiance 9:15 am Christmas Music Bingo 9:30 am Xếp hình với Bạn 10:00 am Làm nên kỷ niệm 10:30 am Di chuyển theo nhịp/ Dee 12:15 am Dàn hợp xướng GGHS Holiday Carols 1:00 pm Ngồi ghế đá bánh /Carol 1:15 pm Chơi Dominos 1:15 pm Tô màu và trò chuyện 2:00 pm Trò chơi trên bàn	16 9:00 am Pledge of Allegiance 9:15 am Vẽ tranh mùa đông với Mai 10:00 am Chơi Dominos 10:30 am Christmas Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thử sức vui với /Carol & Mia 1:15 pm Tô màu và trò chuyện w/ Mai 1:30 pm Xoa bóp thư giãn w/ Adrian 2:00 pm Music Video	17 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Dee 10:00 am Lễ phát bằng lớp học ESL 10:30 am Khiêu vũ trị liệu/ Katherine 11:00 am Trò chơi trên bàn 1:00 pm Christmas Bingo 1:15 pm Xếp hình với Bạn 1:30 pm Dominos & Uno 2:00 pm Xem Phim 	18 <i>Birthday Celebration</i> 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00am Trò chơi trên bàn 10:30 am Di chuyển theo nhịp w/ Mia 11:00 am Họp hội đồng thành viên 1:00 pm Care- Eoke w/ Mia & Carol 1:15 pm Tô màu và trò chuyện Dee 1:30 pm Xoa bóp thư giãn w/ Mai 2:00 pm Phim về Kiến thức phổ thông	19 <i>Mừng Lễ Giáng sinh</i> 9:00 am Pledge of Allegiance 9:10 am Chúc mừng ngày lễ * 9:45 am Lời chúc /Beth & Natalie 10:00 am Lời chúc ngày lễ 10:15 am Khiêu vũ với Jim Rice 11:00 am Nhân Viên Hát: 12 ngày của Giáng sinh 12:30 pm Ông già Noel ghé thăm 1:00 pm Holiday Caroling 2:00 pm Phim “Câu chuyện Giáng sinh 
22 9:00 am Pledge of Allegiance 9:15 am Christmas Bingo 9:30 am Salon cắt tóc 10:00 am Làm nên kỷ niệm 10:30 am Di chuyển theo nhịp Dee 11:00 am Trò chơi trên bàn 1:00 pm Thủ Công ngày Lễ w/ Mia 1:00 pm Dominos / Uno 1:15 pm Tô màu và trò chuyện 2:00 pm Trò chơi trên bàn	23 <i>Holiday Sweater & Sweet Day</i> 9:00 am Pledge of Allegiance 9:15 am Cookie Baking w/ Carol 9:30 am Sweet Bingo 10:30 am Di chuyển theo nhịp Mia/Mai 11:00 am Trò chơi trên bàn 1:00 pm Candy cane golf 1:15 pm Tô màu cho ngày lễ 2:00 pm Holiday Baking show	Wednesday 24th & Thursday 25th Wednesday 31st & Thursday Jan.1st ĐÓNG CỬA HAPPY HOLIDAYS!		26 <i>Holiday Shirt & Socks Day</i> 9:00 am Pledge of Allegiance 9:15 am World Bingo 9:30 am Thủ Công ngày Lễ w/ Mai 10:30 am Di chuyển theo nhịp/Dee& Carol 11:00 am Trò chơi trên bàn 1:00 pm Pictionary w/ Adrian 1:15 pm Tô màu và trò chuyện 2:00 pm Holiday Movie
29 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 9:30 am Xếp hình với Bạn 10:00 am Làm nên kỷ niệm 10:30 am Di chuyển theo nhịp / Dee 11:00 am Trò chơi trên bàn Trò chơi với đủ lượn w/ Adrian & Carol 1:00 pm Tô màu và trò chuyện 1:50 pm 2:00 pm Trò chơi trên bàn	30 <i>Lễ mừng năm mới</i> 9:00 am Pledge of Allegiance 9:15 am Lucky Bingo 10:00 am Vũ hội năm mới with Marco 11:00 am Lời chúc năm mới 12:00 pm Ném bóng năm mới 1:00 pm Holiday Sing Along 1:30 pm Trò chơi trên bàn 2:00 pm New Year's Movie	2025 DECEMBER		 <i>12/1 -- Mang theo một cây trạng nguyên để Tưởng nhớ người thân yêu.</i> <i>12/5 - Mặc màu xanh lá cây và đỏ</i> <i>12/12– Mặc đồ màu đỏ & trắng</i> <i>12/19 – Mặc trang phục đẹp ngày lễ</i> <i>12/23 – Mặc đẹp với áo len</i> <i>12/26 – Mặc áo và vớ cho ngày lễ</i> <i>12/30 – Diện đồ đẹp đón năm mới</i>

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

Horario de ADHC/ADP

Lunes - Viernes
9:00am – 3:00pm

Se servirá 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 y

12:30pm a 2:30pm

Terapia ocupacional

8:00am a 11:30am

12:30pm a 2:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Poinsettia Day</i> 9:00 am Juramento de Lealtad 9:15 am Christmas 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 Poinsettia Craft w/ Carol 2:00 pm Video Cultural	2 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer* 10:00 am Clase de inglés con Mai 10:30 am Quiz Mo 11:00 am Juegos de mesa 1:00 pm Muévelo con Carol y Mia 1:15 pm Cuidado de uñas y manos - Mai 1:30 pm Spa Sensorial con Adrian 2:00 pm Video Mucal	3 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Dee 9:30 am Nutrition Bingo 10:00 am Clase de Musica con Mai 10:30 am Danza polinesia con Kath* 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon * 1:15 pm Actividades en grupo 1:15 pm Película de matiné	4 9:00 am Juramento de Lealtad 9:15 am Fiesta Bingo 10:00 am Apreciación Musical con Greg 10:00 am Dominos y Uno 11:00 am Juegos de mesa 1:00 pm Care-Eoke con Carol y Mia 1:15 pm Cuidado de uñas y manos 1:30 pm Sensory Spa con Adrian 2:00 pm Vídeo Educativo	5 <i>Holiday Craft Day</i> 9:00 am Juramento de Lealtad 9:15 am Arte del árbol de Navidad con Carol 9:30 am Christmas Bingo 11:00 am Juegos de mesa 1:00 pm Mini Christmas Tree Toss 1:15 pm Juego de Jingle Wiggles 1:30 pm Coloración navideña con Mia 2:00 pm Película – The elf
8 9:00 am Juramento de Lealtad 9:15 am Christmas Bingo 9:30 am Peluquería 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 X'mas Tree Toss - Mia 2:00pm Vídeo Cultural	9 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer* 10:00 am Clase de inglés con Mai 10:00 am Aloha Bingo 11:00 am Música y movimiento con Gina * 1:00 pm Muévelo con Carol y Adrian 1:15 pm Cuidado de uñas y manos - Mai 1:30 pm Spa sensorial con Mai 2:00 pm Video Cultural	10 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai 9:30 am Actividades en grupo 10:00 am Nutrition Bingo 10:00 am Flexionar y estirar 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon* 1:15 pm Rompecabezas con amigo 1:30 pm Colorea y charla 2:00 pm Película de matiné	11 9:00 am Juramento de Lealtad 9:15 am Quiz Mo 10:00 am Apreciación Musical con Greg 10:00 am Actividades en grupo 11:00 am Juegos de mesa 1:00 pm Pasos de mambo con Dee 1:00 pm Cuidado de uñas y manos 1:15 pm Spa sensorial con Adrian 2:00 pm Vídeo Educativo	12 <i>Candy Cane Day</i> 9:00 am Juramento de Lealtad 9:15 am Quynh Music Singers 10:00 am Dominos/ Uno 10:30 am Zona de color festivo 11:00am Juegos de mesa 1:00 pm Juego de bastón de caramelo 1:15 pm Golf con bastón de caramelo 1:15 pm Juego de mesa 2:00 pm Película - Milagro en la calle 34
15 9:00 am Juramento de Lealtad 9:15 am Christmas Music Bingo 10:00am Memories in the Making 10:30 am Flexionar y estirar 12:15 am Coro de la preparatoria 1:00 pm Kickball de silla - Carol 1:15 pm Dominos & Tri Ominos 1:15 pm Colorea y charla 2:00 pm Vídeo Cultural	16 9:00 am Juramento de Lealtad 9:15 am Pintemos con Mai 10:00 am Dominos & Tri Ominos 10:30 am Christmas Bingo 11:00 am Juegos de mesa 1:00 pm Muévelo con Carol y Mia 1:15 pm Cuidado de uñas y manos - Mai 1:30 pm Spa Sensorial con Adrian 2:00 pm Video Mucal	17 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Dee 10:00 am Reconocimiento de ESL 10:30 am Danza polinesia con Kath 11:00 am Juegos de mesa 1:00 pm Christmas Bingo 1:15 pm Rompecabezas con amigos 1:30 pm Dominos y Uno 2:00 pm Película de matiné	18 <i>Birthday Celebration</i> 9:00 am Juramento de Lealtad 9:15 am Birthday Bingo 10:00am Juegos de mesa 10:30 am Muévete al ritmo con Mia. 11:00 am Reunión del Consejo de Participantes 1:00 pm Care- Eoke con Mia/ Carol 1:15 pm Cuidado de uñas y manos 1:30 pm Spa Sensorial con Adrian 2:00 pm Vídeo Educativo	19 <i>Christmas Celebration</i> 9:00 am Juramento de Lealtad 9:10 am Bendiciones navideñas * 9:45 am Mensaje de Beth y Natalie 10:00 am Deseos navideños 10:15 am Fiesta navideña con Jim 11:00 am Los doce días de Navidad 12:30 pm “Santa” llega a Acacia 1:00 pm Posadas navideñas 2:00 pm La historia de Navidad
22 9:00 am Juramento de Lealtad 9:15 am Christmas Bingo 9:30 am Peluquería 10:00 am Memories in the Making 10:30 am Flexionar y estirar 11:00 am Juegos de mesa 1:00 pm Artesanías de navidad con Mia 1:00 pm Dominos / Uno 1:15 pm Colorea y charla 2:00 pm Video Cultural	23 <i>Holiday Sweater & Sweet Day</i> 9:00 am Juramento de Lealtad 9:15 am Hacer galletas con Carol 9:30 am Sweet Bingo 10:30 am Flexionar y estirar 11:00 am Juegos de mesa 1:00 pm Golf con bastón de caramelo 1:15 pm Zona de colorear delicias navideñas 2:00 pm Programa de repostería navideña	Miércoles 24 y Jueves 25 Miércoles 31 y Jueves Enero 1 Cerrado por vacaciones HAPPY HOLIDAYS! 2025		26 <i>Holiday Shirt & Socks Day</i> 9:00 am Juramento de Lealtad 9:15 am World Bingo 9:30 am artesanías navideñas - Mia 10:30 am Flexionar y estirar con Dee 11:00 am Juegos de mesa 1:00 pm Pictionary con Adrian 1:15 pm colorea y charla 2:00 pm Película navideña
29 9:00 am Juramento de Lealtad 9:15 am Sweet Bingo 9:30 am Rompecabezas 10:00 am Memories in the Making 10:30 am Flexionar y estirar 11:00 am Juegos de mesa 1:00 pm Juego de paracaídas 1:50 pm Colorea y charla 2:00 pm Vídeo Cultural	30 <i>New Year Celebration</i> 9:00 am Juramento de Lealtad 9:15 am Lucky Bingo 10:00 am Baile de año Nuevo con Marco 11:00 am “Ps” deseos de año nuevo 12:00 pm New Year Toss 1:00 pm Canciones navideñas 1:30 pm Juegos de mesa 2:00 pm Película de Año Nuevo	Reminder! 12/1 -- Traer una Poinsettia para recordar a un ser querido 12/5 – usa verde o rojo 12/12– usa rojo y blanco 12/19 – ponte tu conjunto navideño 12/23 – ponte un sueter navideño 12/26 – usa una camisa y calcetines navideño 12/30 – ponte un conjunto de Año Nuevo		

Healthy Aging Center Acacia

December 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1.	2.	3.	4.	5.
Beef Dippers (2 oz) Peas and Carrots (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)	Meatballs (Beef) with BBQ Sauce (2 oz) Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Pineapple (1/2 c.) Bread – WGR (2 oz.) 1% Milk (8 oz)	Soft Tacos Ground Turkey Taco Meat (3 oz) Red Potatoes (1/2 c.) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)	Meatloaf (3 oz) Green Beans (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)	Chicken w/ Tomatoes (3 oz) Steamed Carrots (1/2 c.) Brown Rice – WGR (1 c.) Banana (1/2 c.) 1% Milk (8 oz)
8.	9.	10.	11.	12.
Chicken Verde (2.5 oz) Black Beans (1/2 c.) Mild Salsa (1 oz) Pears (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)	Salisbury Steak (3 oz) Peas (1/2 c.) Banana (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)	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 Kabob Seasoning (2 oz) Meatballs (4 each = 2 oz) Tomatoes with Red Onion Garnish (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)
15.	16.	17.	18.	19.
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 (3 oz) Green Beans and Onions (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)	Beef Patty w/ Mushrooms (2.4 oz) Broccoli Normandy (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	Chicken Dippers (2 oz) Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Mixed Fruit (1/2 c.) 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) Celebration Dessert
22.	23.	24.	25.	26.
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)	Baked Cajun Fish (3.6 oz) Bread - WGR (2 oz) Tartar Sauce (1 oz) Green Beans (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)	HOLIDAY 	HOLIDAY 	Turkey and Cheese Sandwich - WGR (4.5 oz) Sliced Turkey (1 oz = 3 slices) Sliced Swiss American (1 oz) Peas (1/2 c.) Banana (1/2 c.) Wheat Bread - WGR (2 oz) Mayo (1/2 oz) 1% Milk (8 oz)
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) Celebration Dessert	CLOSED 	The menu is subject to change. 	The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627 **UNFLAVORED FAT FREE or UNFLAVORED NON- FAT MILK PROVIDED AT MEALTIME. *WGR – Whole Grain Rich

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 December 2025 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1. Peach Cup in Natural Juice (1/2 cup) Cottage Cheese (2 oz)	2. Jungle Cracker Bag - WGR (1 oz equivalent) Sliced Apple Bag (1/2 cup)	3. Mandarin Orange Cup in Natural Juice (1/2 cup) Yogurt – Low Fat (4 oz)	4. Applesauce Cup (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	5. String Cheese (1 oz) Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)
8. Mandarin Orange Cup in Natural Juice (1/2 cup) Yogurt – Low Fat (4 oz)	9. Goldfish Crackers Bag – WGR (1 bag = 1 oz equivalent) Sliced Apple Bag (1/2 cup)	10. Pineapple Cup in Natural Juice (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	11. Wheat Cracker Bag - WGR (1 oz equivalent) String Cheese (1 oz)	12. Mixed Fruit Cup in Natural Juice (1/2 cup) Mini Bagel - WGR (1 oz)
14. Applesauce Cup (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	16. Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent) String Cheese (1 oz)	17. Mini Bagel - WGR (1 oz) Mandarin Orange Cup in Natural Juice (1/2 cup)	18. Sliced Apple Bag (1/2 cup) Yogurt – Low Fat (4 oz)	19. Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent) Banana (1/2 cup)
22. Wheat Cracker Bag - WGR (1 oz equivalent) Yogurt – Low Fat (4 oz)	23. Mandarin Orange Cup in Natural Juice (1/2 cup) String Cheese (1 oz)	24.	25.	26. Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent) Shelf Stable Sliced Apple Bag (1/2 cup) Refrigerated
29 Peach Cup in Natural Juice (1/2 cup) Cottage Cheese (2 oz)	30. Jungle Cracker Bag - WGR (1 oz equivalent) Sliced Apple Bag (1/2 cup)	31		
			Adult Snack Menu The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627	
			*WGR – Whole Grain Rich *All fruit cups are served in natural fruit juices. The menu is subject to change.	

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