

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 – 3:0pm

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

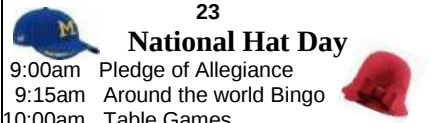
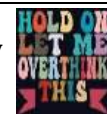
844-373-4400

Maintenance Physical Therapy

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

Maintenance Occupational Therapy

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

Monday	Tuesday	Wednesday	Thursday	Friday
 1/2 – wear pajamas 1/9 – Pink, blue, gold, black or white 1/16 – wear any style 50's, 60's , 70's or 80's 1/23 – wear your favorite hat 1/30 – wear a Funny shirt				
5 9:00am Pledge of Allegiance 9:15am I love America Bingo 9:30am Color & chat 10:00am Memories in the Making 10:30am Move to the Beat w/ Dee 11:00am Table Games 1:00pm Chair Kickball w/ Mai 1:15pm Dominoes / Uno 1:30pm Nail & Hand care w/ Dee 2:00pm Movie Time	6 9:00am Pledge of Allegiance 9:15am Let's paint w/ Mai 10:00am Dominos & Tri Ominos 10:30am Fiesta Bingo 11:00am Table Games 1:00pm Flex & Stretch w/ Mia/ Adrian 1:00pm Sensory Spa w/ Dee 1:15pm Color & chat 2:00pm Educational Video	7 9:00am Pledge of Allegiance 9:15am Cooking Class w/ Mai 10:00am Quiz Mo 10:30am Polynesian Dance Therapy With Katherine 11:00am Table Games 1:00pm Flex & Stretch Mai & Adrian 1:00pm Winter Craft w/ Dee 1:30pm Dominoes /Uno 2:00pm Movie Time	8 9:00am Pledge of Allegiance 9:15am Music Bingo 10:00am Dominos / Uno 10:30am Puzzles w/ Friends 11:00am Balloon volleyball 1:00pm Care-Eoke w/ Carol/Mai 1:00pm Nail & Hand Care w/ Dee 1:15pm Color & Chat 2:00pm Cultural Video	9 Elvis Presley Day 9:00am Pledge of Allegiance 9:30am Elvis fav. P & B making w/ Dee 10:00am Music Bingo 10:30am Elvis Trivia 11:00am Table Games 1:00pm Elvis Sing Along w/ Carol 1:15pm Dominos / Uno 2:00pm Tribute to Elvis Movie 
12 9:00am Pledge of Allegiance 9:15am Loteria 10:00am Memories in the Making 10:00am Health & Wellness w/ Matt 10:30am Dominoes / Uno 11:00am Table Games 1:00pm Gardening w/ Trino 1:00pm Parachute Game w/ Mai 1:30pm Nail & Hand care w/ Mia 2:00pm Movie Time	13  9:00am Pledge of Allegiance 9:15am Art Class w/ Jennifer 10:00am ESL Class with Mai 10:30am I love America Bingo 11:00am SCFTA's Movement & Music w/ Gina 1:00pm Let's Move it w/ Zoila 1:00pm Sensory Spa w/ Mai 1:15pm Color & Chat 2:00pm Educational Video	14 9:00am Pledge of Allegiance 9:15am Cooking Class w/ Dee 10:00am Nutrition Bingo 10:30am Music Class 11:00am Sensory Spa 1:00pm Fitness Fun w/ Devon 1:00pm Winter Craft w/ Mai 1:30pm Dominoes/Uno 2:00pm Movie Time	15 9:00am Pledge of Allegiance 9:15am Quiz Mo 10:00am Music Appreciation w/ Greg * 10:30am Table Games 11:00am Balloon volleyball 1:00pm Mambo Steps w/ Mai/Dee 1:00pm Nail & Hand Care w/ Mia 1:15pm Color & Chat 2:00pm Cultural Video	16 Retro Throwback Day 9:00am Pledge of Allegiance 9:15am Quynh Music Singers * 10:00am Dominos & Tri Ominos 10:30am Color & chat 11:00am Table Games 1:00am Music Bingo 1:15pm Dominoes / Uno 1:30pm Puzzles w/ Friends 2:00 pm Grease Movie 
19 CLOSED 	20 9:00am Pledge of Allegiance 9:15am Art Class w/ Jennifer 10:00am ESL Class w/ Mai 10:30am Quiz Mo 10:30am Table Games 11:00am Balloon Volleyball 1:00pm Let's Move it w/ Zoila 1:00pm Sensory Spa w/ Mia 1:15pm Color & Chat 2:00pm Educational Video	21 9:00am Pledge of Allegiance 9:15am Cooking Class w/ Mai 9:30am Nutrition Bingo 10:30am Color & Chat 11:00am Table Games 1:00pm Fitness Fun w/ Devon* 1:00pm Arts & Craft w/ Adrian 1:30pm Dominoes/Uno 2:00pm Movie Time	22 9:00am Pledge of Allegiance 9:15am Loteria 10:00am Music Appreciation w/ Greg * 11:00am Participants Council 1:00am Care-Eoke w/ Carol/ Mia 1:00pm Nail & Hand Care w/ Dee 1:15pm Color & Chat 2:00pm Cultural Video	23 National Hat Day 9:00am Pledge of Allegiance 9:15am Around the world Bingo 10:00am Table Games 10:30am Flex & Stretch w/ Dee 11:00am Hats show off 1:00pm Hat DIY w/ Mai 1:15pm Dominoes / Uno 1:00pm Color & chat 2:00pm Movie Time 
26 9:00am Pledge of Allegiance 9:15am Zoo Animal Bingo 9:30am Hair Salon 10:00am Memories in The Making 10:00am Health & Wellness w/ Matt 11:00am Table Games 1:00pm Gardening w/ Trino 1:00pm Indoor golf w/ Mia 1:30pm Nail & Hand care w/ Dee 2:00pm Movie Time 	27 9:00am Pledge of allegiance 9:15am Art Class w/ Jennifer 10:00am ESL Class with Mai 10:30am Winter Bingo 10:30am Balloon Volley ball 11:00am Table Games 1:00pm Let's Move it w/ Zoila 1:00pm Sensory Spa w/ Mai 1:15pm Color & chat 2:00pm Educational Video	28 9:00am Pledge of Allegiance 9:15am Cooking Class w/ Dee 9:30am Polynesian Dance Therapy w/ Catherine 10:00am Puzzles w/ Friends 11:00am Table Games 1:00pm Fitness Fun w/ Devon 1:00pm Dominos/ Uno 1:30pm Color & Chat 2:00pm Movie Time	29 Birthday Celebration 9:00am Pledge of Allegiance 9:15am Birthday Bingo 10:00am Music Appreciation w/ Greg * 10:30am Table Games 11:00am Balloon volleyball 1:00pm Mambo Steps w/ Mai/Dee 1:00pm Nail & Hand Care w/ Carol 1:15pm Color & Chat 2:00pm Cultural Video 	30 Funny T-shirt Day 9:00am Pledge of Allegiance 9:15am Painting w/ Mai 10:00am Dominos & Tri Ominos 10:30am Sweet Bingo 11:00am Table Games 1:00am Ball exercise w/ Dee & Mia 1:15pm Color & chat 1:30 pm Puzzles w/ Friends 2:00pm Movie Time 

11391 Acacia Parkway
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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
8:00am – 3:0pm

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

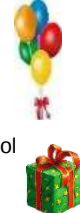
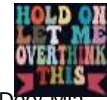
Kate Koo

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 al **844-373-4400**
Terapia física
8:00 am - 11:30 am y
12:30 pm - 2:30 pm
Terapia ocupacional
8:00am t- 11:30am y
12:30 pm – 2:30 pm

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
 1/2 – llevar pijama 1/9 – Rosa, azul, dorado, negro o blanco 1/16 – llevar cualquier estilo 50, 60, 70 u 80 1/23 – lleva tu sombrero favorito 1/30 – lleva una camiseta graciosa				2 Día de pijama 9:00am Juramento de Lealtad 9:15am Disney Bingo 10:00am Juegos de mesa 10:30am Flexionar y estirar - Dee 11:00am Voleibol en globo 1:00pm Baile en el Pajama con Carol 1:15pm Juego de paracaídas- Adrian 2:00pm Película de fiesta en pijamas 
5 9:00am Juramento de Lealtad 9:15am I love America Bingo 9:30am Colorea y charla 10:00am Memories in the Making 10:30am Muevete al ritmo con Dee 11:00am Juegos de mesa 1:00pm Kickball en silla con Mai 1:15pm Dominoes / Uno 1:30pm Cuidado de uñas con Dee 2:00pm Película de matiné	6 9:00am Juramento de Lealtad 9:15am Pintemos con Mai 10:00am Dominos & Tri Ominos 10:30am Fiesta Bingo 11:00am Juegos de mesa 1:00pm Ejercicios con Mia y Adrian 1:00pm Spa Sensorial con Dee 1:15pm Colorea y charla 2:00pm Video Educativo	7 9:00am Juramento de Lealtad 9:15am Clase de cocina con Mai 10:00am Quiz Mo 10:30am Danza polinesia -Catherine 11:00am Juegos de mesa 1:00pm Ejercicios con Mai y Adrian 1:00pm Artesanías de invierno/ Dee 1:30pm Dominoes /Uno 2:00pm Película de matiné	8 9:00am Juramento de Lealtad 9:15am Music Bingo 10:00am Dominos / Uno 10:30am Rompecabezas con amigos 11:00am Voleibol en globo 1:00pm Care-Eoke con Carol y Mai 1:00pm Cuidado de uñas con Dee 1:15pm Colorea y charla 2:00pm Video Cultural	9 Día de Elvis Presley  9:00am Juramento de Lealtad 9:30am Elvis fav. P & B making w/ Dee 10:00am Music Bingo 10:30am Curiosidades sobre Elvis 11:00am Juegos de mesa 1:00pm Canta con Elvis y Carol 1:15pm Dominos / Uno 2:00pm Película de Elvis 
12 9:00am Juramento de Lealtad 9:15am Loteria 10:00am Memories in the Making 10:00am Salud y bienestar con Matthew * 10:30am Dominoes / Uno 11:00am Juegos de mesa 1:00pm Jardinería con Trino * 1:00pm Juego de paracaídas - Mai 1:30pm Cuidado de uñas con Mia 2:00pm Película de matiné	13 9:00am Juramento de Lealtad 9:15am Clase de arte - Jennifer*  10:00am Clase de inglés con Mai 10:30am I love America Bingo 11:00am Música y movimiento con Gina * 1:00pm Muevelo con Zoila 1:00pm Spa Sensorial con Mai 1:15pm Colorea y charla 2:00pm Video Educativo	14 9:00am Juramento de Lealtad 9:15am Clase de cocina con Dee 10:00am Nutrition Bingo 10:30am Clase de música 11:00am Sensory Spa 1:00pm Diversión física – Devon* 1:00pm Artesanías de invierno/ Mai 1:30pm Dominoes/Uno 2:00pm Película de matiné	15 9:00am Juramento de Lealtad 9:15am Quiz Mo 10:00am Apreciación Musical con Greg 10:30am Juegos de mesa 11:00am Voleibol en globo 1:00pm Mambo con Mai y Dee 1:00pm Cuidado de uñas con Mia 1:15pm Colorea y charla 2:00pm Video Cultural	16 Día Retro 9:00am Juramento de Lealtad 9:15am Quynh Music Singers * 10:00am Dominos & Tri Ominos 10:30am Colorea y charla 11:00am Juegos de mesa 1:00am Music Bingo 1:15pm Dominoes / Uno 1:30pm Rompecabezas con amigos 2:00 pm Película de Grease 
19 CLOSED 	20 9:00am Juramento de Lealtad 9:15am Clase de arte - Jennifer* 10:00am Clase de inglés con Mai 10:30am Quiz Mo 10:30am Juegos de mesa 11:00am Voleibol en globo 1:00pm Muevelo con Zoila 1:00pm Spa Sensorial con Mia 1:15pm Colorea y charla 2:00pm Video Educativo	21 9:00am Juramento de Lealtad 9:15am Clase de cocina con Mai 9:30am Nutrition Bingo 10:30am Colorea y charla 11:00am Juegos de mesa 1:00pm Diversión física – Devon* 1:30pm Arte con Adrian 1:30pm Dominoes/Uno 2:00pm Película de matiné	22 9:00am Juramento de Lealtad 9:15am Loteria 10:00am Apreciación Musical con Greg 11:00am Consejo de participantes 1:00am Care-Eoke con Carol y Mia 1:00pm Cuidado de uñas con Dee 1:15pm Colorea y charla 2:00pm Video Cultural	23  Día Nacional del sombrero 9:00am Juramento de Lealtad 9:15am Around the world Bingo 10:00am Juegos de mesa 10:30am Flexionar y estirar - Dee 11:00am Sombreros de todo el mundo 1:00pm Manualidad de sombreros - Mai 1:15pm Dominoes / Uno 1:00pm Colorea y charla 2:00pm Película de matiné 
26 9:00am Juramento de Lealtad 9:15am Zoo Animal Bingo 9:30am Peluqueria 10:00am Memories in The Making 10:00am Salud y bienestar con Matthew * 11:00am Juegos de mesa 1:00pm Jardinería con Trino * 1:00pm Golf con Mia 1:30pm Cuidado de uñas con Dee 2:00pm Película de matiné 	27 9:00am Juramento de Lealtad 9:15am Clase de arte - Jennifer* 10:00am Clase de inglés con Mai 10:30am Winter Bingo 10:30am Voleibol en globo 11:00am Juegos de mesa 1:00pm Muevelo con Zoila 1:00pm Spa Sensorial con Mai 1:15pm Colorea y charla 2:00pm Video Educativo	28 9:00am Juramento de Lealtad 9:15am Clase de cocina con Dee 9:30am Danza polinesia- Catherine 10:00am Rompecabezas con amigos 11:00am Juegos de mesa 1:00pm Diversión física – Devon* 1:00pm Dominos/ Uno 1:30pm Colorea y charla 2:00pm Película de matiné	29 Celebración de cumpleaños 9:00am Juramento de Lealtad 9:15am Birthday Bingo 10:00am Apreciación Musical con Greg 10:30am Juegos de mesa 11:00am Voleibol en globo 1:00pm Mambo con mai y Dee 1:00pm Cuidado de uñas con Carol 1:15pm Colorea y charla 2:00pm Video culturaleo 	30 Día de la camiseta divertida 9:00am Juramento de Lealtad 9:15am Pintemos con Mai 10:00am Dominos & Tri Ominos 10:30am Sweet Bingo 11:00am Juegos de mesa 1:00am Ejercicios con pelotas/ Dee/ Mia 1:15pm Colorea y charla 1:30 pm Rompecabezas con amigos 2:00pm Película de matiné 

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Garden Grove, CA 92840
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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 – Mặc đồ ngủ 1/9 –Hồng, xanh dương, vàng, đen hoặc trắng 1/16 – Mặc bất kỳ kiểu nào của thập niên 50, 60's , 70's or 80's 1/23 – Mọi người đều thích đội mũ 1/30 – Mặc áo thun ngộ nghĩnh		 1 CLOSED		 2 Ngày mặc đồ ngủ ấm 9:00am Pledge of Allegiance 9:15am Disney Bingo 10:00am Trò chơi trên bàn 10:30am Di chuyển theo nhịp w/ Dee 11:00am Chuyển bong bóng 1:00pm Khiêu vũ với bộ đồ ngủ / Carol 1:15pm Trò chơi dù cùng Adrian 2:00pm Xem Phim Pajama Party
5 9:00am Pledge of Allegiance 9:15am I love America Bingo 9:30am Tô màu và trò chuyện 10:00am Làm nên kỷ niệm 10:30am Thẻ đục theo nhạc / Dee 11:00am Trò chơi trên bàn 1:00pm Ngồi ghế đá banh w/ Mai 1:15pm Dominoes / Uno 1:30pm Chăm sóc móng & tay / Dee 2:00pm Xem Phim	6 9:00am Pledge of Allegiance 9:15am Vẽ tranh mùa đông với/Mai 10:00am Chơi Dominos 10:30am Fiesta Bingo 11:00am Trò chơi trên bàn 1:00pm Di chuyển theo nhịp w/ Mia 1:00pm Xoa bóp thư giãn w/ Dee 1:15pm Tô màu và trò chuyện 2:00pm Phim về Kiến thức phổ thông	7 9:00am Pledge of Allegiance 9:15am Lớp nấu ăn với w/ Mai 10:00am Quiz Mo 10:30am Khiêu vũ trị liệu/ Katherine 11:00am Trò chơi trên bàn 1:00pm Di chuyển theo nhịp w/Mai 1:00pm Thủ công Mùa đông/ Dee 1:30pm Dominoes /Uno 2:00pm Xem Phim	8 9:00am Pledge of Allegiance 9:15am Music Bingo 10:00am Dominos / Uno 10:30am Xếp hình với Bạn 11:00am Chuyển bong bóng 1:00pm Care-Eoke w/ Carol/Mai 1:00pm Chăm sóc móng & tay / Dee 1:15pm Tô màu và trò chuyện 2:00pm Trò chơi trên bàn	 9 Ngày Elvis Presley 9:00am Pledge of Allegiance 9:30am Pha chế P & B cùng Dee 10:00am Bingo âm nhạc 10:30am Elvis Trivia 11:00am Trò chơi trên bàn 1:00pm Hát theo nhạc Elvis cùng Carol 1:15pm Dominos / Uno 2:00pm Phim tưởng nhớ Elvis
12 9:00am Pledge of Allegiance 9:15am Loteria 10:00am Làm nên kỷ niệm 10:00am Khỏe mạnh cùng Matt * 10:30am Dominoes / Uno 11:00am Trò chơi trên bàn 1:00pm Học làm vườn w/ Trino 1:00pm Trò chơi với dù lượn w/ Mai 1:30pm Chăm sóc móng & tay / Mia 2:00pm Xem Phim	13 9:00am Pledge of Allegiance 9:15am Nghệ thuật/Jennifer* 10:00am Lớp ESL với Mai 10:30am I love America Bingo 11:00am Thế Thao với nhạc điệu SCFTA w / Gina 1:00pm Thế đục vui với w / Zoila 1:00pm Xoa bóp thư giãn w/ Mai 1:15pm Tô màu và trò chuyện 2:00pm Phim về Kiến thức phổ thông	14 9:00am Pledge of Allegiance 9:15am Lớp nấu ăn với w/ Dee 10:00am Nutrition Bingo 10:30am Music Class 11:00am Xoa bóp thư giãn 1:00pm Thế đục vui với w/ Devon* 1:00pm Winter Craft w/ Mai 1:30pm Dominoes/Uno 2:00pm Xem Phim	15 9:00am Pledge of Allegiance 9:15am Quiz Mo 10:00am Tri Ân Âm nhạc / Greg 10:30am Trò chơi trên bàn 11:00am Chuyển bong bóng 1:00pm Cùng nhảy Mambo w/ Mai 1:00pm Chăm sóc móng & tay / Mia 1:15pm Tô màu và trò chuyện 2:00pm Trò chơi trên bàn	16 Ngày hoài cổ 9:00am Pledge of Allegiance 9:15am Nhóm nhạc Quỳnh Hoa * 10:00am Dominos & Tri Ominos 10:30am Tô màu và trò chuyện 11:00am Trò chơi trên bàn 1:00am Music Bingo 1:15pm Dominoes / Uno 1:30pm Xếp hình với Bạn 2:00 pm Grease Movie
 19 CLOSED	20 9:00am Pledge of Allegiance 9:15am Nghệ thuật/Jennifer* 10:00am Lớp ESL với Mai 10:30am Quiz Mo 10:30am Trò chơi trên bàn 11:00am Chuyển bong bóng 1:00pm Thế đục vui với w/ Zoila 1:00pm Xoa bóp thư giãn w/ Mia 1:15pm Tô màu và trò chuyện 2:00pm Phim về Kiến thức phổ thông	21 9:00am Pledge of Allegiance 9:15am Lớp nấu ăn với w/ Mai 9:30am Nutrition Bingo 10:30am Tô màu và trò chuyện 11:00am Trò chơi trên bàn 1:00pm Thế đục vui với w/ Devon* 1:30pm Thủ công với Adrian 1:30pm Dominoes/Uno 2:00pm Xem Phim	22 9:00am Pledge of Allegiance 9:15am Loteria 10:00am Tri Ân Âm nhạc / Greg 11:00am Participants Council 1:00am Care-Eoke w/ Carol/ Mia 1:00pm Chăm sóc móng & tay / Dee 1:15pm Tô màu và trò chuyện 2:00pm Trò chơi trên bàn	 23 Ngày mũ quốc gia 9:00am Pledge of Allegiance 9:15am Around the world Bingo 10:00am Trò chơi trên bàn 10:30am Di chuyển theo nhịp w/ Dee 11:00am Show thể giới những chiếc mũ 1:00pm Tự làm mũ với Mai 1:15pm Dominoes / Uno 1:00pm Tô màu và trò chuyện 2:00pm Movie Time
26 9:00am Pledge of Allegiance 9:15am Zoo Animal Bingo 9:30am Salon cắt tóc 10:00am Làm nên kỷ niệm 10:00am Khỏe mạnh cùng Matt * 11:00am Trò chơi trên bàn 1:00pm Học làm vườn w/ Trino 1:00pm Chơi golf trong nhà / Mia 1:30pm Chăm sóc móng & tay /Dee 2:00pm Xem Phim	27 9:00am Pledge of allegiance 9:15am Nghệ thuật/Jennifer* 10:00am Lớp ESL với Mai 10:30am Winter Bingo 10:30am Chuyển bong bóng 11:00am Trò chơi trên bàn 1:00pm Thế đục vui với w/ Zoila 1:00pm Xoa bóp thư giãn w/ Mai 1:15pm Tô màu và trò chuyện 2:00pm Phim về Kiến thức phổ thông	28 9:00am Pledge of Allegiance 9:15am Lớp nấu ăn với w/ Dee 9:30am Khiêu vũ trị liệu/ Katherine 10:00am Xếp hình với Bạn 11:00am Trò chơi trên bàn 1:00pm Thế đục vui với w/ Devon* 1:00pm Dominos/ Uno 1:30pm Tô màu và trò chuyện 2:00pm Xem Phim	29 Birthday Celebration 9:00am Pledge of Allegiance 9:15am Birthday Bingo 10:00am Tri Ân Âm nhạc / Greg* 10:30am Trò chơi trên bàn 11:00am Chuyển bong bóng 1:00pm Cùng nhảy Mambo w/ Mai/Dee 1:00pm Chăm sóc móng & tay / Carol 1:15pm Tô màu và trò chuyện 2:00pm Trò chơi trên bàn	30 Ngày áo thun vui nhộn 9:00am Pledge of Allegiance 9:15am Vẽ tranh với Mai 10:00am Dominos & Tri Ominos 10:30am Sweet Bingo 11:00am Trò chơi trên bàn 1:00am Thẻ đục với banh / Dee & Mia 1:15pm Tô màu và trò chuyện 1:30 pm Xếp hình với Bạn 2:00pm Movie Time

Healthy Aging Center Acacia

January 2026 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1.	2.
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.			Pineapple Cup in Natural Juice (1/2 cup) Yogurt – Low Fat (4 oz)
5.	6.	7.	8.	9.
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)
12..	13.	14.	15.	16.
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)	Diced Peach Cup (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	Mini Bagel - WGR (1 oz) Swiss Cheese Slices (1 oz)
19.	20.	21.	22.	23.
	Applesauce Cup (1/2 cup) Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)	Yogurt – Low Fat (4 oz) Banana (1/2 cup)	Sliced Apple Bag (1/2 cup) Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)	Pineapple Cup in Natural Juice (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)
26.	27.	28.	29..	30..
Peach Cup in Natural Juice (1/2 cup) Cottage Cheese (2 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)	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

January 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
The menu is subject to change. 	The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627 <i>*WGR – Whole Grain Rich</i>		1. 	2. (2 oz) Chicken Dippers Broccoli Normandy (1/2 c.) Brown Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)
5. (3 oz) Sweet and Sour Chicken Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	6. 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)	7. (3 oz) Meatloaf Corn (1/2 c.) Mixed Fruit (1/2 c.) Artisan Roll - WGR (2 oz) 1% Milk (8 oz)	8. 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)	9. (3.3 oz) Cheese Lasagna- WGR Green Beans (1/2 c.) Applesauce (1/2 c.) Bread – WGR (2 oz) Celebration Dessert 1% Milk (8 oz) 
12. (3 oz) Chicken w/ Tomatoes Steamed Carrots (1/2 c.) Brown Rice – WGR (1 c.) Mixed Fruit (1/2 c.) 1% Milk (8 oz)	13. (3 oz) Glazed Pineapple Chicken Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)	14. (2 oz) Beef Meatballs with Fajita Vegetables Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) French Roll - WGR (2 oz) Pears (1/2 c.) 1% Milk (8 oz)	15. (3 oz) Salisbury Steak Peas (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	16. (3.6 oz) Baked Cajun Fish Roll – WGR (2 oz) Tartar Sauce (1 oz) Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)
19. 	20. 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)	21 (3.62 oz) Chicken Patty and Gravy 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)	22. (3 oz) Chicken Verde Black Beans (1/2 c) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)	23. (2.4 oz) Beef Patty w/ BBQ Sauce Broccoli Normandy (1/2 c.) Applesauce (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)
26. (3 oz) Korean BBQ Chicken Steamed Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	27. (2 oz) Meatballs (Beef) with Tomatoes Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Pineapple (1/2 c.) Bread – WGR (2 oz.) 1% Milk (8 oz)	28. (3.15 oz) Chicken Parmesan Green Beans (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Milk (8 oz)	29. (2.4 oz) Beef Patty w/ Mushrooms Peas (1/2 c) Bread - WGR (2 slices) Pineapple (1/2 c.) 1% Milk (8 oz)	30 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)

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