

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
2 9:00 am Pledge of Allegiance 9:10 am Valentines Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 12:45 pm Gardening class w/ Trino 1:15 pm Cone Toss w/ Carol & Mai 1:30 pm Nail & Hand care w/ Mia 2:00 pm Movie Time	3 9:00 am Pledge of Allegiance 9:10 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:00 am Disney Bingo 11:00 am Table Games 1:00 pm Let's Move it w/ Zoila * 1:15 pm Sensory Spa w/ Mia 1:30 pm Dominos / Uno 2:00 pm Cultural Movie	4 9:00 am Pledge of Allegiance 9:10 am Cooking Class w/ Mai 9:15 am Number Games 9:30 am Nutrition Bingo 10:30 am Puzzles w/ Friends 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon* 1:15 pm Nail & Hand care Dee 1:30 pm Dominos & Tri Ominos 2:00 pm Education Video	5 9:00 am Pledge of Allegiance 9:10 am Sweet Bingo 10:00 am Music Appreciation With Greg * 10:30 am Color & Chat 11:00 am Table Games 1:00 pm Care-eoke w/ Caroline /Mia 1:15 pm Sensory Spa w/ Dee 1:15 pm Puzzles w/ Friends 2:00 pm Reminiscing & Table Talk	6 Super Bowl Party 9:00 am Pledge of Allegiance 9:10 am Sports Bingo 10:00 am Table Games 10:30 am Indoor soccer w/ Dee 11:00 am Super Bowl Trivia 1:00 pm Football Toss w/ Mai & Mia 1:15 pm Dominos & Tri Ominos 2:00 pm Home Run Movie
9 9:00 am Pledge of Allegiance 9:10 am I love America Bingo 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 12:45 pm Gardening class w/ Trino 1:00 pm SCFTA's Movement & Music w/ Gina 1:15 pm Nail & Hand care w/ Carol 2:00 pm Movie Time	10 9:00 am Pledge of Allegiance 9:10 am Art Class w/ Jennifer* 10:00 am ESL Class w/ Mai 10:30 am Loteria 11:00 am Table Game 1:00 pm Let's Move It w/ Zoila * 1:15 pm Sensory Spa w/ Mai 1:30 pm Dominos / Uno 2:00 pm Cultural Movie	11 9:00 am Pledge of Allegiance 9:10 am Cooking Class w/ Dee 9:30 am Arts & Craft w/ Mia 10:00 am Music Class w/ Mai 10:30 am Polynesian Dance Therapy w/ Katherine 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Nail & Hand care Mai 1:30 pm Dominos & Tri Ominos 2:00 pm Educational Video	12 9:00 am Pledge of Allegiance 9:10 am Hawaiian Bingo 10:00 am Music Appreciation With Greg* 10:30 am Table Games 11:00 am Balloon Volleyball 1:00 am Flex & Stretch w/ Dee/Carol 1:15 pm Sensory spa w/ Mia 1:15 pm Puzzles w/ Friends 2:00 pm Reminiscing & Table Talk	13 Lunar New Year Celebration 9:00am Pledge of Allegiance 9:10am Quynh Music Singers 10:00am Kitchen God Report 10:20am Staff Traditional Hat Dance 10:30am Ao Dai Fashion Show 10:45am Acacia Dragon Dancers 11:00pm King & Queen Coronation 1:00pm Lucky Bingo 2:00pm Tét Documentary
16 CLOSED 	17 9:00 am Pledge of Allegiance 9:10 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/ Zoila * 1:15 pm Sensory Spa w/ Mia 1:30 pm Dominos / Uno 2:00 pm Cultural Movie	18 9:00 am Pledge of Allegiance 9:10 am Cooking Class w/ Mai 9:15am Number Games 9:30 am Nutrition Bingo 10:00 am Table Games 11:00 am Balloon Volleyball 1:00 pm Fitness Fun w/ Devon* 1:15 pm Nail & Hand care Dee 1:30 pm Dominos & tri Ominos 2:00 pm Educational Video	19 9:00 am Pledge of Allegiance 9:10 am Sweet Bingo 10:00 am Music Appreciation w/ Greg * 10:00 am Color & chat 11:00 am Balloon Volleyball 1:00 pm Care- eoke w/ Mai & Mia 1:15 pm Sensory Spa w/ Carol 1:30 pm Puzzle w/ Friends 2:00 pm Reminiscing & Table Talk	20 Flannel Friday 9:00 am Pledge of Allegiance 9:10 am Wreath Flannel Craft w/ Mai 10:30 am Table Games 10:30 am Aloha Bingo 11:00 am Dominos & Tri Ominos 1:00 pm Flex & Stretch w/ Dee 1:15 pm Nail & Hand Care w/ Mia 1:30 pm Color & chat 2:00 pm The Bucket List Movie
23 9:00 am Pledge of Allegiance 9:10 am Loteria 9:30 am Hair Salon 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 12:45 pm Gardening Class w/Trino* 1:15 pm Chair Kickball w/ Carol / Mai 1:30 pm Nail & Hand care w/ Mia 2:00 pm Movie Time	24 9:00 am Pledge of Allegiance 9:10 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:00 am Music Bingo 11:00 am Table Games 1:00 pm Let's Move it w/ Zoila * 1:00 pm Sensory Spa w/ Mai 1:15 pm Memory Game 1:30 pm Dominos & Tri - Ominos 2:00 pm Cultural Movie	25 9:00 am Pledge of Allegiance 9:10 am Cooking Class w/ Dee 9:30 am Painting w/ Adrian 10:00 am Music Class w/ Mai 10:30 am Polynesian Dance Therapy With Katherine 11:00 am Balloon Volley ball 1:00 pm Fitness Fun w/ Devon* 1:15 pm Nail & Hand care Mai 1:30 pm Dominos & Tri Ominos 2:00 pm Education Video	26 Birthday Celebration 9:00 am Pledge of Allegiance 9:10 am Birthday Bingo 10:00 am Music Appreciation with Greg* 10:30 am Table Games 11:00 am Participant Council Meeting 1:00 pm Flex & Stretch w/ Dee & Mia 1:15 pm Sensory Spa w/ Carol 1:30 pm Puzzle w/ Friends 2:00 pm Reminiscing & Table Talk	27 Carnival Day 9:00 am Pledge of Allegiance 9:10 am Carnival Game 9:30 am Cup Stacking 10:30 am Price is Right 11:00 am Table games 1:00 pm Parachute Game w/ Dee & Mai 1:15 pm Carnival Craft w/ Mia 1:30 pm Dominos & Tri Ominos 2:00 pm Carnival – The Movie
				reminder 2/6~wear your fav. Team jersey, Shirt or hat 2/13 - Ao Dai, red or gold 2/20 - wear flannel 2/27 - wear carnival colors like red, yellow, orange or hot pink

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
2 9:00 am Pledge of Allegiance 9:10 am Valentines Bingo 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm 11:00 am Trò chơi trên bàn 12:45 pm Học làm vườn w/ Trino* 1:15 pm Chơi ném túi đậu / Carol 1:30 pm Chăm sóc móng & tay Mai 2:00 pm Xem Phim	3 9:00 am Pledge of Allegiance 9:10 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:00 am Disney Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thế dục vui với w / Zoila* 1:15 pm Xoa bóp thư giãn w/ Mia 1:30 pm Dominos / Uno 2:00 pm Trò chơi trên bàn	4 9:00 am Pledge of Allegiance 9:10 am Lớp nấu ăn với w/ Mai 9:15 am Number Games 9:30 am Nutrition Bingo 10:30 am Chuyên bong bóng 11:00 am Trò chơi trên bàn 1:00 pm Thế dục vui với w/ Devon* 1:15 pm Chăm sóc móng & tay /Dee 1:30 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông	5 9:00 am Pledge of Allegiance 9:10 am Sweet Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:30 am Tô màu và trò chuyện 11:00 am Trò chơi trên bàn 1:00 pm Care-eoke w/ Caroline 1:15 pm Xoa bóp thư giãn w/ Dee 1:15 pm Xếp hình với Bạn 2:00 pm Âm nhạc & Thư giãn	6 Super Bowl Party 9:00 am Pledge of Allegiance 9:10 am Sports Bingo 10:00 am Trò chơi trên bàn 10:30 am Đá Banh trong nhà w/ Dee 11:00 am Super Bowl Trivia 1:00 pm Ném banh bầu dục 1:15 pm Chơi Dominos 2:00 pm Home Run Movie
9 9:00 am Pledge of Allegiance 9:10 am I love America Bingo 10:00 am Khỏe mạnh cùng Matt 10:00 am Làm nên kỷ niệm 11:00 am Trò chơi trên bàn 12:45 pm Học làm vườn w/ Trino* 1:00 pm Thế Thao với nhạc điệu SCFTA w / Gina* 1:15 pm Chăm sóc móng & tay 2:00 pm Xem Phim	10 9:00 am Pledge of Allegiance 9:10 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:30 am Loteria 11:00 am Trò chơi trên bàn 1:00 pm Thế dục vui với w / Zoila* 1:15 pm Xoa bóp thư giãn w/ Mai 1:30 pm Dominos / Uno 2:00 pm Trò chơi trên bàn	11 9:00 am Pledge of Allegiance 9:10 am Lớp nấu ăn với w/ Dee 9:30 am Thủ công với Mia 10:00 am Khiêu vũ trị liệu/ Katherine 10:30 am Trò chơi trên bàn 1:00 pm Thế dục vui với w/ Devon* 1:15 pm Chăm sóc móng & tay /Mai 1:30 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông	12 9:00 am Pledge of Allegiance 9:10 am Hawaiian Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:30 am Trò chơi trên bàn 11:00 am Chuyên bong bóng 1:00 am Cùng nhảy Mambo/ Mai 1:15 pm Xoa bóp thư giãn w/ Mia 1:15 pm Xếp hình với Bạn 2:00 pm Âm nhạc & Thư giãn	13 Tết Nguyên Đán 9:00am Pledge of Allegiance 9:10am Nhóm nhạc Quỳnh Hoa* 10:00am Đọc số Táo quân 10:20am Nhân viên múa nón lá 10:30am Thời Trang Áo Dài 10:45am Acacia Múa lân 11:00pm Vương miện cho vua,hoàng hậu 1:00pm Bingo may mắn năm mới 1:30pm Phim tài liệu Tết
16 ĐÓNG CỬA 	17 9:00 am Pledge of Allegiance 9:10 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 Thế dục vui với w / Zoila* 1:15 pm Xoa bóp thư giãn w/ Dee 1:30 pm Dominoes / Uno 2:00 pm Trò chơi trên bàn	18 9:00 am Pledge of Allegiance 9:10 am Lớp nấu ăn với w/ Mai 9:15am Number Games 9:30 am Bingo Dinh Dưỡng 10:00 am Trò chơi trên bàn 11:00 am Chuyên bong bóng 1:00 pm Thế dục vui với w/ Devon* 1:15 pm Chăm sóc móng & tay / Dee 1:30 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông	19 9:00 am Pledge of Allegiance 9:10 am Sweet Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:00 am Tô màu và trò chuyện 11:00 am Chuyên bong bóng 1:00 pm Care- eoke w/ Mai & Mia 1:15 pm Xoa bóp thư giãn w/ Carol 1:30 pm Xếp hình với Bạn 2:00 pm Âm nhạc & Thư giãn	20 Flannel Friday Pledge of Allegiance 9:10 am Thủ công Flannel Day w/ Mai 10:30 am Trò chơi trên bàn 10:30 am Aloha Bingo 11:00 am Chơi Dominos 1:00 pm Di chuyển theo nhịp/ w/ Dee 1:15 pm Chăm sóc móng & tay w/ Mia 1:30 pm Tô màu và trò chuyện 2:00 pm Xem Phim The Bucket List
23 9:00 am Pledge of Allegiance 9:10 am Loteria 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 12:45 pm Học làm vườn w/ Trino* 1:15 pm Chair Kickball w/ Mai & Mia 1:30 pm Chăm sóc móng & tay 2:00 pm Xem Phim	24 9:00 am Pledge of Allegiance 9:10 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với Mai 10:00 am Music Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thế dục vui với w / Zoila* 1:00 pm Xoa bóp thư giãn w/ Mia 1:15 pm Memory Game 1:30 pm Chơi Dominos 2:00 pm Trò chơi trên bàn	25 9:00 am Pledge of Allegiance 9:10 am Lớp nấu ăn với w/ Dee 9:30 am Vẽ tranh với Adrian 10:00 am Lớp Âm nhạc với Mai 10:30 am Khiêu vũ trị liệu/ Katherine 11:00 am Chuyên bong bóng 1:00 pm Thế dục vui với w/ Devon* 1:15 pm Chăm sóc móng & tay /Mai 1:30 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông	26 Birthday Celebration 9:00 am Pledge of Allegiance 9:10 am Birthday Bingo 10:00 am Tri Ân Âm nhạc / Greg* 10:30 am Trò chơi trên bàn 11:00 am Hợp Hội đồng thành viên 1:00 pm Cùng nhảy Mambo/ Mai 1:15 pm Xoa bóp thư giãn w/ Carol 1:30 pm Xếp hình với Bạn 2:00 pm Âm nhạc & Thư giãn	27 Carnival Day 9:00 am Pledge of Allegiance 9:10 am Carnival Game 9:30 am Trò chơi xếp cốc 10:30 am Đoán giá cả đúng 11:00 am Trò chơi trên bàn 1:00 pm Trò chơi với dù lượn w/ Mai 1:15 pm Thủ công Carnival w/ Mia 1:30 pm Chơi Dominos 2:00 pm Xem Phim- Carnival
2026 February				reminder 2/6- mặc áo thí đấu, áo thun hoặc mũ yêu thích của đội. 2/13-Mặc màu đỏ, vàng hoặc áo dài 2/20 -Mặc sơ mi nữ sọc caro 2/27 - mặc trang phục màu sắc lễ hội như đỏ, vàng, cam hoặc hồng đậm

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
 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

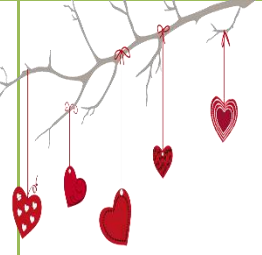
8:00 am - 11:30 am y
 12:30 pm - 2:30 pm

Terapia ocupacional

8:00am t- 11:30am y
 12:30 pm - 2:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 am Juramento de Lealtad 9:10 am Valentines Bingo 10:00 am Salud y bienestar con Matthew * 10:00 am Memories in the Making 11:00 am Juegos de mesa 12:45 pm Jardinería con Trino * 1:15 pm Bean bag toss - Carol 1:30 pm Cuidado de uñas - Mia 2:00 pm Película de matiné	3 9:00 am Juramento de Lealtad 9:10 am Clase de arte - Jennifer* 10:00 am Clase de inglés - Mai 10:00 am Disney Bingo 11:00 am Juegos de mesa 1:00 pm Muevelo con Zoila * 1:15 pm Spa Sensorial con Mia 1:30 pm Dominos / Uno 2:00 pm Vídeo cultural	4 9:00 am Juramento de Lealtad 9:10 am Clase de cocina - Mai 9:15 am Juegos de Numero 9:30 am Nutrition Bingo 10:30 am Rompecabezas con amigos 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon* 1:15 pm Cuidado de uñas - Dee 1:30 pm Dominos y Tri Ominos 2:00 pm Vídeo educativo	5 9:00 am Juramento de Lealtad 9:10 am Sweet Bingo 10:00 am Apreciación Musical con Greg 10:30 am Colorea y charla 11:00 am Juegos de mesa 1:00 pm Care-eoke con Caroline 1:15 pm Spa Sensorial - Dee 1:30 pm Rompecabezas con amigos 2:00 pm Recordar los viejos tiempos	6 Super Bowl Party 900 am Juramento de Lealtad 9:10 am Sports Bingo 10:00 am Juegos de mesa 10:30 am Fútbol con Dee 11:00 am Super Bowl Trivia 1:00 pm Fútbol Americano – Mai/ Mia 1:15 pm Dominos y Tri Ominos 2:00 pm Película - Home Run
9 9:00 am Juramento de Lealtad 9:10 am I love America Bingo 10:00 am Salud y bienestar con Matthew * 10:00 am Memories in the Making 11:00 am Música y movimiento con Gina * 12:45 pm Jardinería con Trino * 1:00 pm Juego de paracaídas - Mia 1:15 pm Cuidado de uñas - Carol 2:00 pm Película de matiné	10 9:00 am Juramento de Lealtad 9:10 am Clase de arte - Jennifer* 10:00 am Clase de inglés - Mai 10:30 am Lotería 11:00 am Juegos de mesa 1:00 pm Muevelo con Zoila * 1:15 pm Spa Sensorial - Mai 1:30 pm Dominos / Uno 2:00 pm Vídeo cultural	11 9:00 am Juramento de Lealtad 9:10 am Clase de cocina - Dee 9:30 am Manualidades con Mia 10:00 am Clase de música 10:30 am Danza polinesia –Catherine* 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon* 1:15 pm Cuidado de uñas - Mai 1:30 pm Dominos y Tri Ominos 2:00 pm Vídeo educativo	12 9:00 am Juramento de Lealtad 9:10 am Valentines Bingo 10:00 am Apreciación Musical con Greg 10:30 am Juegos de mesa 11:00 am Voleibol en globo 1:00 am Flexiona y estira- Dee/Carol 1:15 pm Spa Sensorial - Mia 1:30 pm Rompecabezas con amigos 2:00 pm Recordar los viejos tiempos	13 Lunar New Year Celebration 9:00am Juramento de Lealtad 9:10am Quynh Music Singers 10:00am Kitchen God Report 10:20am Danza tradicional vietnamita 10:30am Desfile de moda con Ao Dai 10:45am Bailarines de dragón 11:00pm Coronación de rey y reina 1:00pm Bingo 2:00pm Documental de Tét
16 CLOSED 	17 9:00 am Juramento de Lealtad 9:10 am Clase de arte - Jennifer* 10:00 am Clase de inglés - Mai 10:30 am Quiz Mo 11:00 am Juegos de mesa 1:00 pm Muevelo con Zoila * 1:15 pm Spa Sensorial - Dee 1:30 pm Dominos / Uno 2:00 pm Vídeo cultural	18 9:00 am Juramento de Lealtad 9:10 am Clase de cocina - Mai 9:15am Juegos de Numero 9:30 am Nutrition Bingo 10:00 am Juegos de mesa 11:00 am Voleibol en globo 1:00 pm Diversión física – Devon* 1:15 pm Cuidado de uñas - Dee 1:30 pm Dominos y tri Ominos 2:00 pm Vídeo educativo	19 9:00 am Juramento de Lealtad 9:10 am Sweet Bingo 10:00 am Apreciación Musical con Greg 10:00 am Colorea y charla 11:00 am Voleibol en globo 1:00 pm Care- eoke w/ Mai & Mia 1:15 pm Spa Sensorial - Carol 1:30 pm Rompecabezas con amigos 2:00 pm Recordar los viejos tiempos	20 Flannel Friday! 9:00 am Juramento de Lealtad 9:10 am Manualidades de franela - Mai 10:30 am Juegos de mesa 10:30 am Aloha Bingo 11:00 am Dominos y Tri Ominos 1:00 pm Flexiona y estira - Dee 1:15 pm Cuidado de uñas - Mia 1:30 pm Colorea y charla 2:00 pm Película – The Bucket List
23 9:00 am Juramento de Lealtad 9:10 am Lotería 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 12:45 pm Jardinería con Trino * 1:15 pm Kickball en silla con Carol 1:30 pm Cuidado de uñas - Mia 2:00 pm Película de matiné	24 9:00 am Juramento de Lealtad 9:10 am Clase de arte - Jennifer* 10:00 am Clase de inglés - Mai 10:00 am Music Bingo 11:00 am Juegos de mesa 1:00 pm Muevelo con Zoila * 1:00 pm Spa Sensorial - Mia 1:15 pm Juego de memoria 1:30 pm Dominos y Tri - Ominos 2:00 pm Vídeo cultural	25 9:00 am Juramento de Lealtad 9:10 am Clase de cocina - Dee 9:30 am Clase de pintura - Adrian 10:00 am Clase de música 10:30 am Danza polinesia –Catherine* 11:00 am Voleibol en globo 1:00 pm Diversión física – Devon* 1:15 pm Cuidado de uñas - Mai 1:30 pm Dominos y Tri Ominos 2:00 pm Vídeo educativo	26 Birthday Celebration 9:00 am Juramento de Lealtad 9:10 am Birthday Bingo 10:00 am Apreciación Musical con Greg 10:30 am Juegos de mesa 11:00 am Consejo de participantes 1:00 pm Flexiona y estira – Dee/ Mia 1:15 pm Spa Sensorial - Carol 1:30 pm Rompecabezas con amigos 2:00 pm Recordar los viejos tiempos	27 Carnival Day 9:00 am Juramento de Lealtad 9:10 am Juegos de carnaval 9:30 am Cup Stacking 10:30 am Price is Right 11:00 am Juegos de mesa 1:00 pm Juego de paracaídas- Mai 1:15 pm Manualidades de carnaval 1:30 pm Dominos y Tri Ominos 2:00 pm Película - Carnaval
2026 February  				reminder 2/6-<i>usa una camiseta o gorra de tu equipo favorito</i> 2/13 - <i>Lleva un Ao Dai rojo o dorado</i> 2/20 - <i>Lleva una camisa de franela</i> 2/27 - <i>Usa colores de carnaval rojo, amarillo, naranja o rosa fuerte</i>

Heathy Aging Center Acacia February 2026 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2.	3.	4.	5.	6.
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)	Mandarin Orange Cup in Natural Juice (1/2 cup) Yogurt – Low Fat (4 oz)	Applesauce Cup (1/2 cup) Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)	String Cheese (1 oz) Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)
9.	10.	11.	12.	13.
Mandarin Orange Cup in Natural Juice (1/2 cup) Yogurt – Low Fat (4 oz)	Goldfish Crackers Bag – WGR (1 bag = 1 oz equivalent) Sliced Apple Bag (1/2 cup)	Pineapple Cup in Natural Juice (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)
16.	17.	18.	19.	20.
	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)
23.	24.	25.	27.	28.
Wheat Cracker Bag - WGR (1 oz equivalent) Yogurt – Low Fat (4 oz)	Mandarin Orange Cup in Natural Juice (1/2 cup) String Cheese (1 oz)	Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent) Sliced Apple Bag (1/2 cup)	Peach Cup in Natural Juice (1/2 cup) Cottage Cheese (2 oz)	Jungle Cracker Bag - WGR (1 oz equivalent) Banana (1/2 cup)
				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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Kikkoman Soy Milk is offered to participants when indicated due to a medical or other special dietary need.

Healthy aging Center Acacia

February 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2.	3.	4.	5.	6.
(2 oz) Beef Dippers Peas and Carrots (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)	(2 oz) Meatballs (Beef) with BBQ Sauce 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) Cheese (1/2 oz) Red Potatoes (1/2 c.) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)	(3 oz) Meatloaf Green Beans (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)	(3 oz) Chicken w/ Tomatoes Steamed Carrots (1/2 c.) Brown Rice – WGR (1 c.) Banana (1/2 c.) 1% Milk (8 oz)
9.	10.	11.	12.	13.
(2.5 oz) Chicken Verde Black Beans (1/2 c) Mild Salsa (1 oz) Pears (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)	(3 oz) Salisbury Steak Peas (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	(3.15 oz) Chicken Parmesan Green Beans (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Milk (8 oz)	(3 oz) Glazed Pineapple Chicken Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)	(2 oz) Beef Meatballs with Kabob Seasoning Meatballs (4 each = 2 oz) Tomatoes with Red Onion Garnish (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) Celebration Dessert 1% Milk (8 oz)
16.	17.	18.	19.	20.
	(3 oz) BBQ Chicken Sandwich Green Beans and Onions (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)	(3.3 oz) Cheese Lasagna- WGR Peas and Carrots (1/2 c) Roll - WGR (2 oz) Pears (1/2 c.) 1% Milk (8 oz)	(2 oz) Chicken Dippers Green Beans (1/2 c) Basmati Rice - WGR (1 c.) Mixed Fruit (1/2 c.) 1% Milk (8 oz)	(3.6 oz) Baked Cajun Fish Bread - WGR (2 oz) Tartar Sauce (1 oz) Green Beans (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)
23.	24.	25.	26.	27.
(2 oz) Beef Meatballs with Fajita Vegetables Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)	(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)	(2.4 oz) Beef Patty w/ Mushrooms Broccoli Normandy (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	Soft Tacos Ground Turkey Taco Meat (3 oz) Cheese (1/2 oz) Mixed Vegetables (1/2 c.) Mild Salsa (1 oz) Peaches (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)	(4 oz) Fish Fillet Sandwich - WGR Fish (4oz) Tartar Sauce (1 oz) Peas and Carrots (1/2 c.) Applesauce (1/2 c.) Bun - WGR (2 oz) 1% Milk (8 oz)
			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

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