

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

Snack will be served

At 2:00 pm

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

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
3 9:00 am Pledge of Allegiance 9:15 am Aloha Bingo 10:00 am Dominoes & Tri ominoes 10:00 am Memories in the Making 10:30 am Price is Right 11:00 am Balloon volleyball 1:00 pm Gardening w/ Adrian 1:30 pm Parachute Game- Carol/Mia 1:30 pm Nail & Hand care w/ Dee 2:00 pm Travel Video	4 9:00 am Pledge of Allegiance 9:15 am Art in Sketching w/ Adrian 10:00 am ESL Class w/ Mai 10:30 am Music Bingo 11:00 am Table Games 1:00 am Flex & Stretch w/ Carol/Mia 1:00 pm Sensory Spa w/ Mai 1:15 pm Dominoes & tri ominoes 2:00 pm Educational Video	5 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Dee 10:00 am Arts & Craft w/ Carol 10:30 am Nutrition Bingo 11:00 am Table Games 1:00 pm Fitness Fun w Mia/Dee 1:00 pm Nail & Hand care w/ Carol 1:15 pm Puzzles w/ Friends 2:00 pm Movie Matinee	6 9:00 am Pledge of Allegiance 9:15 am Disney Bingo 10:00 am Dominoes & tri ominoes 10:30 am Fun Activities 11:00 am Table Games 1:00 pm Let's Mambo w/ Mai & Dee 1:15 pm Sensory Spa w/ Carol 1:30 pm Color & chat w/ Adrian 2:00 pm Cultural Video	7 Bowling Day 9:00 am Pledge of Allegiance 9:15 am Sports Bingp 9:30 am Dominoes & tri ominoes 10:00 am 1 + 9 Contest 10:30 am Bowling Pin Toss 11:00 am Balloon volleyball 1:00 pm Flex & Sretch w/ Dee &Mai 1:30 pm Olympic Trivia 2:00 pm Cool Running Movie 
10 9:00 am Pledge of Allegiance 9:15 am Quiz Mo 10:00 am Dominoes & Tri ominoes 10:00 am Memories in the Making 10:30 am Flex & stretch w/ Mai 11:00 am Balloon volleyball 1:00 pm Gardening w/ Adrian 1:00 pm Music & Movement w/ Gina 1:30 pm Nail & Hand care w/ Carol 2:00 pm Travel Video 	11 9:00 am Pledge of Allegiance 9:15 am Let's Paint w/ Mai 10:00 am Dominoes & Tri - ominoes 10:30 am UCI Mind Health Talk 11:00 am Table Games 1:00 pm Flex & Stretch Mai/Mia 1:00 pm Bracelets Making Carol 1:15 pm Sensory Spa w/ Adrian 2:00 pm Educational Video	12 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Arts & Craft w/ Dee 10:15 am Polynesian Dance Therapy w/ Katherine 11:00 am Table Games 1:00 pm Fitness Fun w/ Caroline 1:00 pm Nail & Hand care Mia 1:15 pm Dominoes & Tri ominoes 2:00 pm Movie Matinee 	13 9:00 am Pledge of Allegiance 9:15 am Flower Lei craft w/ Carol 10:00 am Number Game 10:30 am Sweet Bingo 11:00 am Table Game 1:00 pm Let's Mambo w/ Mai & Carol 1:00 pm Sensory Spa w/ Adrian 1:30 pm Color & Chat w/ Dee 2:00 pm Cultural Video	14 Hawaiian Luau Party 9:00 am Pledge of Allegiance 9:15 am Aloha Bingo 10:00 am Musical Hawaiian Luau w/ Tony & Leilani 10:00 am Pineapple Toss 11:00 pm Limbo Game 1:00 am Luau craft w/ Mai 1:30 pm Color & Chat 2:00 pm Moana Movie 
17 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Health & Wellness w/ Matt 10:00 am Memories in the Making 11:00 am Balloon volleyball 1:00 pm Gardening w/ Trino 1:00 pm Bean ag Toss w/ Dee/Carol 1:30 pm Nail & Hand care w/ Mia 2:00 pm Travel Video	18 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer 10:00 am ESL class w/ Mai 10:30 am Around the World Bingo 11:00 am Table Games 1:00 pm Let's Move It w/ Zoila 1:00 pm Puzzles w/ Friends 1:15 pm Sensory Spa w/ Mai 2:00 pm Educational Video	19 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Dee 10:00 am Arts & Craft w/ Mai 10:00 am Nutrition Bingo 11:00 am Group Stretching w/ Carol 1:00 pm Fitness Fun w/ Devon 1:00 pm Nail & Hand care w/ Mai 1:15 pm Table Games 2:00 pm Movie Matinee	20 9:00 am Pledge of Allegiance 9:15 am Let's Paint w/ Mai 10:00 am Dominos & Tri- Ominos 10:30 am Summer Bingo 11:00 am Table Games 1:00 pm Flex & Stretch w/ Adrian/D 1:15 pm Sensory Spa w/ Mai 1:30 pm Color & chat _ Carol 1:45 pm Cultural Video	21 Throwback Music Day 9:00 am Pledge of Allegiance 9:15 am Quynh Music Singers 10:00 am Table Games 11:00 am Balloon volley ball 1:00 pm Care- eoke w/ Mai & Carol 1:00 pm Arts & Craft w/ Mia 1:30 pm Sensory Spa w/ Adrian 2:00 pm Sound of Music Movie 
24 9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Health & Wellness w/ Matt 10:00 am Memories in the Making 11:00 am Balloon volleyball 1:00 pm Gardening w/ Trino 1:00 pm Golf w/ Dee & Mia 1:00 pm Nail & Hand care w/ Mai 2:00 pm Travel Video	25 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer 10:00 am ESL Class w/ Mai 10:30 am Disney Bingo 11:00 am Table Games 1:00 am Let's Move it w/ Zoila 1:00 pm Dominos & Tri Ominoes 1:15 pm Sensory spa w/ Mia 2:00 pm Educational Video	26 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Arts & Craft Mia 10:15 am Polynesian Dance Therapy w/ Katherine 11:00 am Balloon Volleyball 1:00 pm Fitness Fun w/ Devon* 1:00 pm Nail & Hand care w/ Dee 1:15 pm Table Games 2:00 pm Movie Matinee 	27 Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:30 am Birthday Fun Games 10:30 am Table Games 11:00 am Participants Reminders 1:00 pm Let's Mambo w/ Adrian/Car 1:15 pm Sensory Spa w/ Dee 2:00 pm Cultural Video 	28 Patterns Day 9:00 am Pledge of Allegiance 9:15 am Craft Patterns w/ Dee 10:00 am Dominoes & tri ominoes 10:30 am Price Is Right 11:00 am Balloon volley ball 1:00 pm Flex & Stretch Adrian/Mia 1:30 pm Parachute Game w/ Mai/Dee 2:00 pm Cool Summer Night movie 
31 9:00 am Pledge of Allegiance 9:15 am Disney Bingo 9:15 am Hair & Salon 10:00 am Health & Wellness w/ Matt 10:00 am Memories in the Making 11:00 am Balloon volleyball 1:00 pm Gardening w/ Trino 1:00 pm Cone Toss Carol & Mia 1:30 pm Nail & Hand care w/ Dee 2:00 pm Travel Video 	August 2026 			REMINDER 8/7 – wear Alzoc shirt 8/14 – tropical outfit 8/21- fav. music artist shirt 8/28- stripe,checkered, polka dots 

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 – 3:00pm

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 al

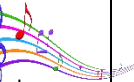
844-373-4400

Terapia fisica

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

Terapia ocupacional

8:00am - 11:30am y
12:30 pm – 2:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 am Juramento de Lealtad 9:15 am Aloha Bingo 10:00 am Dominoes y Tri ominoes 10:00 am Crear recuerdos con pintura 10:30 am Price is Right 11:00 am Voleibol en globo 1:00 pm Jardinería con Adrian * 1:30 pm Juego de paracaídas - Caro 1:30 pm Cuidado de uñas con Dee 2:00 pm Video de viajes	4 9:00 am Juramento de Lealtad 9:15 am Dibujos con Adrian 10:00 am Clase de inglés con Mai 10:30 am Music Bingo 11:00 am Juegos de mesa 1:00 am Estiramientos- Carol/Mia 1:00 pm Spa sensorial con Mai 1:15 pm Dominoes y tri ominoes 2:00 pm Video educativos	5 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Dee 10:00 am Manualidades con Carol 10:30 am Nutrition Bingo 11:00 am Juegos de mesa 1:00 pm Diversión física - Mia/Dee 1:00 pm Cuidado de uñas con Carol 1:15 pm Rompecabezas con amigos 2:00 pm Película de matiné	6 9:00 am Juramento de Lealtad 9:15 am Disney Bingo 10:00 am Dominoes y tri ominoes 10:30 am Actividades divertidas 11:00 am Juegos de mesa 1:00 pm Mambo con Mai y Dee 1:15 pm Spa sensorial con Carol 1:30 pm Colorea y charla con Adrian 2:00 pm Vídeo Cultural	7 Bowling Day 9:00 am Juramento de Lealtad 9:15 am Sports Bingo 9:30 am Dominoes y tri ominoes 10:00 am 1 + 9 Contest 10:30 am Lanzamiento de aros 11:00 am Voleibol en globo 1:00 pm Estiramientos- Dee y Mai 1:30 pm Olympic Trivia 2:00 pm Película - Cool Running 
10 9:00 am Juramento de Lealtad 9:15 am Quiz Mo 10:00 am Dominoes y Tri ominoes 10:00 am Crear recuerdos con pintura 10:30 am Estiramientos con Mai 11:00 am Voleibol en globo 1:00 pm Jardinería con Adrian * 1:00 pm Movimiento y música - Gina 1:30 pm Cuidado de uñas con Carol 2:00 pm Video de viajes 	11 9:00 am Juramento de Lealtad 9:15 am Pintemos con mai 10:00 am Dominoes y Tri - ominoes 10:30 am Discurso sobre la salud mental con UCI 11:00 am Juegos de mesa 1:00 pm Estiramientos- Mai/Mia 1:00 pm Crear pulseras - Carol 1:15 pm Spa sensorial - Adrian 2:00 pm Video educativos	12 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con M 10:00 am Manualidades con Dee 10:15 am Danza polinesia con Katherine* 11:00 am Juegos de mesa 1:00 pm Diversión física - Caroline 1:00 pm Cuidado de uñas con Mia 1:15 pm Dominoes y Tri ominoes 2:00 pm Película de matiné 	13 9:00 am Juramento de Lealtad 9:15 am Artesanía floral de lei - Carol 10:00 am Juego de numeros 10:30 am Sweet Bingo 11:00 am Juegos de mesa 1:00 pm Mambo con Mai y Carol 1:00 pm Spa sensorial con Adrian 1:30 pm Colorea y charla con Dee 2:00 pm Vídeo Cultural	14 Hawaiian Luau Party 9:00 am Juramento de Lealtad 9:15 am Aloha Bingo 10:00 am Luau hawaiano musical con Tony y Leilani 10:00 am Pineapple Toss 11:00 pm Juego de Limbo 1:00 am Manualidades 1:30 pm Colorea y charla 2:00 pm Película - Moana 
17 9:00 am Juramento de Lealtad 9:15 am Fiesta Bingo 10:00 am Salud y bienestar 10:00 am Crear recuerdos con pintura 11:00 am Voleibol en globo 1:00 pm Jardinería con Trino * 1:00 pm Lancha de frijoles - Dee/Carol 1:30 pm Cuidado de uñas con Mia 2:00 pm Video de viajes	18 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer* 10:00 am Clase de inglés con Mai 10:30 am Around the World Bingo 11:00 am Juegos de mesa 1:00 pm Muévelo con Zoila * 1:00 pm Rompecabezas 1:15 pm Spa sensorial con Mai 2:00 pm Video educativos	19 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Dee 10:00 am Manualidades con Mai 10:00 am Nutrition Bingo 11:00 am Estiramiento en grupo 1:00 pm Diversión física – Devon* 1:00 pm Cuidado de uñas con Mai 1:15 pm Juegos de mesa 2:00 pm Película de matiné	20 9:00 am Juramento de Lealtad 9:15 am Pintemos con Mai 10:00 am Dominos y Tri- Ominos 10:30 am Summer Bingo 11:00 am Juegos de mesa 1:00 pm Estiramientos- Adrian/Dee 1:15 pm Spa sensorial con Mai 1:30 pm Colorea y charla con Carol 1:45 pm Vídeo Cultural	21 Throwback Music Day 9:00 am Juramento de Lealtad 9:15 am Quynh Music Singers 10:00 am Juegos de mesa 11:00 am Voleibol en globo 1:00 pm Kareoke con Mai y Carol 1:00 pm Manualidades con Mia 1:30 pm Spa sensorial con Adrian 2:00 pm Película - Sound of Music 
24 9:00 am Juramento de Lealtad 9:15 am Music Bingo 10:00 am Salud y bienestar 10:00 am Crear recuerdos con pintura 11:00 am Voleibol en globo 1:00 pm Jardinería con Trino * 1:00 pm Golf con Dee y Mia 1:00 pm Cuidado de uñas con Mai 2:00 pm Video de viajes	25 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer* 10:00 am Clase de inglés con Mai 10:30 am Disney Bingo 11:00 am Juegos de mesa 1:00 am Muévelo con Zoila * 1:00 pm Dominos y Tri Ominoes 1:15 pm Spa sensorial con Mia 2:00 pm Video educativos	26 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai 10:00 am Manualidades con Mia 10:15 am Danza polinesia con Katherine* 11:00 am Voleibol en globo 1:00 pm Diversión física – Devon* 1:15 pm Cuidado de uñas con Dee 2:00 pm Película de matiné 	27 Birthday Celebration 9:00 am Juramento de Lealtad 9:15 am Birthday Bingo 10:30 am Juegos de cumpleaños 10:30 am Juegos de mesa 11:00 am Recordatorios a los participantes 1:00 pm Mambo con Adrian y Caro 1:15 pm Spa sensorial con Dee 2:00 pm Vídeo Cultural 	28 Patterns Day 9:00 am Juramento de Lealtad 9:15 am Manualidades con Dee 10:00 am Dominoes y tri ominoes 10:30 am Price Is Right 11:00 am Voleibol en globo 1:00 pm Estiramientos- Adrian/Mia 1:30 pm Juego de paracaídas - Mai/Dee 2:00 pm Película - Cool Summer Night 
31 9:00 am Juramento de Lealtad 9:15 am Disney Bingo 9:15 am Peluquería 10:00 am Salud y bienestar 10:00 am Crear recuerdos con pintura 11:00 am Voleibol en globo 1:00 pm Jardinería con Trino * 1:00 pm Cone Toss - Carol y Mia 1:30 pm Cuidado de uñas con Dee 2:00 pm Video de viajes 	August 2026 			REMINDER 8/7 – use camisa de alzoc 8/14 – use un traje tropical 8/21- use su camiseta de artista musical favorite 8/28 - use camisa con rayas, cuadros o lunares 

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:

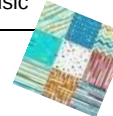
844-373-4400

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	
3 9:00 am Pledge of Allegiance 9:15 am Aloha Bingo 10:00 am Dominoes & Tri ominoes 10:00 am Làm nền kỷ niệm w/Dee 10:30 am Price is Right 11:00 am Chuyển bong bóng 1:00 pm Học làm vườn w/ Adrian 1:30 pm Trò chơi dù - Carol/Mia 1:30 pm Chăm sóc móng & tay w/ Dee 2:00 pm Xem phim du lịch	4 9:00 am Pledge of Allegiance 9:15 am Vẽ và phác họa w/ Adrian 10:00 am Lớp ESL với w/ Mai 10:30 am Music Bingo 11:00 am Trò chơi trên bàn 1:00 am Di chuyển theo nhịp /Carol 1:00 pm Xoa bóp thư giãn w/ Mai 1:15 pm Chơi Dominos 2:00 pm Xem phim buổi chiều	5 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Dee 10:00 am Đồ, trắng và xanh với / Carol 10:30 am Nutrition Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thể dục vui với w/ Mia/Dee 1:00 pm Chăm sóc móng & tay / Carol 1:15 pm Ghép hình cùng bạn bè 2:00 pm Xem Phim	6 9:00 am Pledge of Allegiance 9:15 am Disney Bingo 10:00 am Chơi Dominos 10:30 am Hoạt động vui chơi 11:00 am Trò chơi trên bàn 1:00 pm Let's Mambo w/ Mai & Dee 1:15 pm Xoa bóp thư giãn w/ Carol 1:30 pm Tô màu và trò chuyện 2:00 pm Xem Phim	7 Bowling Day 9:00 am Pledge of Allegiance 9:15 am Sports Bingp 9:30 am Chơi Dominos 10:00 am Cuộc thi 1+9 10:30 am Trò chơi ném vòng 11:00 am Chuyển bong bóng 1:00 pm Di chuyển theo nhịp w/ Dee &Mai 1:30 pm Cầu đồ Olympic 2:00 pm Xem phim Cool Running 	
10 9:00 am Pledge of Allegiance 9:15 am Quiz Mo 10:00 am Chơi Dominos 10:00 am Làm nền kỷ niệm w/Dee 10:30 am Di chuyển theo nhịp w/ Mai 11:00 am Chuyển bong bóng 1:00 pm Học làm vườn w/ Adrian 1:00 pm Thể Thao với nhạc điệu /Gina 1:30 pm Chăm sóc móng & tay /Carol 2:00 pm Xem phim du lịch 	11 9:00 am Pledge of Allegiance 9:15 am Vẽ tranh w/ Mai 10:00 am Chơi Dominos 10:30 am UCI Mind Health Talk 11:00 am Trò chơi trên bàn 1:00 pm Di chuyển theo nhịp Mai 1:00 pm Làm vòng tay w/ Carol 1:15 pm Xoa bóp thư giãn Adrian 2:00 pm Xem phim buổi chiều	12 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Đồ, trắng và xanh với Dee 10:15 am Khiêu vũ trị liệu/ Katherine 11:00 am Trò chơi trên bàn 1:00 pm Thể dục vui với w/ Caroline 1:00 pm Chăm sóc móng & tay /Mia 1:15 pm Chơi Dominos 2:00 pm Xem Phim 	13 9:00 am Pledge of Allegiance 9:15 am Làm vòng hoa Lei w/ Carol 10:00 am Trò chơi số 10:30 am Sweet Bingo 11:00 am Trò chơi trên bàn 1:00 pm Cùng nhảy Mambo/ Mai 1:00 pm Xoa bóp thư giãn w/ Adrian 1:30 pm Tô màu và trò chuyện / Dee 2:00 pm Xem Phim	14 Lễ Hội Hawaiian Luau 9:00 am Pledge of Allegiance 9:15 am Aloha Bingo 10:00 am Âm nhạc Hawaiian Luau w/ Tony & Leilani 10:00 am Trò chơi Ném trái thơm 11:00 pm Trò chơi Limbo 1:00 am Thủ công Luau w/ Mai 1:30 pm Tô màu và trò chuyện 2:00 pm Moana Movie 	
17 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nền kỷ niệm w/Dee 11:00 am Chuyển bong bóng 1:00 pm Học làm vườn w/ Trino* 1:00 pm Ném túi đậu w/ Dee/Carol 1:30 pm Chăm sóc móng & tay w/ Mia 2:00 pm Xem phim du lịch	18 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer 10:00 am Lớp ESL với w/ Mai 10:30 am Around the World Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thể dục vui với w/ Zoila* 1:00 pm Puzzles w/ Friends 1:15 pm Xoa bóp thư giãn w/ Mai 2:00 pm Xem phim buổi chiều	19 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Dee 10:00 am Đồ, trắng và xanh với Mai 10:00 am Nutrition Bingo 11:00 am Di chuyển theo nhịp Carol 1:00 pm Thể dục vui với / Devon* 1:00 pm Chăm sóc móng & tay Mai 1:15 pm Trò chơi trên bàn 2:00 pm Xem Phim	20 9:00 am Pledge of Allegiance 9:15 am Vẽ tranh w/ Mai 10:00 am Chơi Dominos 10:30 am Summer Bingo 11:00 am Trò chơi trên bàn 1:00 pm Di chuyển theo nhịp/ Adrian 1:15 pm Xoa bóp thư giãn w/ Mai 1:30 pm Tô màu và trò chuyện Carol 1:45 pm Xem Phim	21 Ngày âm nhạc hồi tưởng 9:00 am Pledge of Allegiance 9:15 am Nhóm nhạc Quỳnh Hoa 10:00 am Trò chơi trên bàn 11:00 am Chuyển bong bóng 1:00 pm Care- eoke w/ Mai & Carol 1:00 pm Đồ, trắng và xanh với w/ Mia 1:30 pm Xoa bóp thư giãn w/ Adrian 2:00 pm Xem Phim Sound of Music 	
24 9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nền kỷ niệm w/Dee 11:00 am Chuyển bong bóng 1:00 pm Học làm vườn w/ Trino* 1:00 pm Golf w/ Dee & Mia 1:00 pm Chăm sóc móng & tay w/ Mai 2:00 pm Xem phim du lịch	25 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với w/ Mai 10:30 am Disney Bingo 11:00 am Trò chơi trên bàn 1:00 am Thể dục vui với /Zoila* 1:00 pm Chơi Dominos 1:15 pm Xoa bóp thư giãn w/ Mia 2:00 pm Xem phim buổi chiều	26 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Đồ, trắng và xanh với/ Mia 10:15 am Khiêu vũ trị liệu/ Katherine 11:00 am Chuyển bong bóng 1:00 pm Thể dục vui với / Devon* 1:15 pm Trò chơi trên bàn 1:15 pm Chăm sóc móng & tay /Dee 2:00 pm Xem Phim	27 Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:30 am Trò chơi sinh nhật 10:30 am Trò chơi trên bàn 11:00 am Lưu ý cho người tham gi 1:00 pm Cùng nhảy Mambo /Adrian 1:15 pm Xoa bóp thư giãn w/ Dee 2:00 pm Xem Phim 	28 Ngày Hoa Tiết 9:00 am Pledge of Allegiance 9:15 am Thủ công hoa tiết w/ Dee 10:00 am Chơi Dominos 10:30 am Price Is Right 11:00 am Chuyển bong bóng 1:00 pm Di chuyển theo nhịp /Adrian/Mia 1:30 pm Trò chơi dù w/ Mai/Dee 2:00 pm Xem phim Cool Summer Night 	
31 9:00 am Pledge of Allegiance 9:15 am Disney Bingo 9:15 am Salon cắt tóc 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nền kỷ niệm w/Dee 11:00 am Chuyển bong bóng 1:00 pm Học làm vườn w/ Trino* 1:00 pm Trò chơi ném vòng Carol/Mia 1:30 pm Chăm sóc móng & tay w/ Dee 2:00 pm Xem phim du lịch 	 August 2026				 8/7 – áo Alzoc 8/14 – Trang phục nhiệt đới 8/21- áo nhóm nhạc yêu thích 8/28- Hoa tiết sọc, caro hoặc chấm bi

Healthy Aging Center Acacia

August 2026 Snack Menu

	Tuesday	Wednesday	Thursday	Friday
3.	4.	5.	6.	7.
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)
10.	11.	12.	13.	14.
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)
17.	18.	19.	20.	21.
Wheat Cracker Bag - WGR (1 oz equivalent) String Cheese (1 oz)	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)
24.	25.	26.	27.	28.
Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent) String Cheese (1 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)	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			
Peach Cup in Natural Juice (1/2 cup) Cottage Cheese (2 oz)	The menu is subject to change. *All fruit cups are served in natural fruit juices.			

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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

August 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3.	4.	5.	6.	7.
(3.3 oz) Cheese Lasagna- WGR Peas and Carrots (1/2 c.) Applesauce (1/2 c.) Bread – WGR (2 oz) 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)	(3 oz) Meatloaf 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)	(2 oz) Beef Dippers Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)
10.	11.	12.	13.	14.
(3 oz) Chicken w/ Tomatoes Green Beans (1/2 c.) Brown Rice – WGR (1 c.) Mixed Fruit (1/2 c.) 1% Milk (8 oz)	(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)	(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)	(3 oz) Salisbury Steak Peas (1/2 c.) Banana (1/2 c.) Bread – 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) Celebration Dessert 1% Milk (8 oz)
17.	18.	19.	20.	21.
(2 oz) Chicken Dippers 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)	(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/ BBQ Sauce Broccoli Normandy (1/2 c.) Applesauce (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	(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)
24.	25.	26.	27.	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)	(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)	Soft Tacos Ground Turkey Taco Meat (3 oz) Cheese (1/2 oz) Red Potatoes (1/2 c.) Mild Salsa (1 oz) Peaches (1/2 c.) Tortillas - WGR (2 oz) 1% Milk (8 oz)	(2.4 oz) Beef Patty w/ Mushrooms Peas (1/2 c) Roll - WGR (2 ox) Pears (1/2 c.) 1% Milk (8 oz)	(4 oz) Fish Fillet Sandwich - WGR Fish (4oz) Tartar Sauce (1 oz) Green Beans (1/2 c.) Peaches (1/2 c.) Bun - WGR (2 oz) 1% Milk (8 oz)
31.				The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627 *WGR – Whole Grain Rich
(3 oz) Korean BBQ Chicken Steamed Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	UPDATED 7/21/26 			The menu is subject to change. 

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