

Health Aging Center Acacia

October 2026 Snack Menu

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

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October 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. Hamburger on a Bun - WGR Hamburger Patty (2.5 oz) Sliced Cheese (1/2 oz) Corn (1/2 c.) Bun - WGR (2 oz) Ketchup (1 oz) Pineapple (1/2 c.) 1% Milk (8 oz)	2. Chicken Verde (3 oz) Black Beans (1/2 c) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)
5. (3.3 oz) Cheese Lasagna- WGR Peas and Carrots (1/2 c.) Diced Pears (1/2 c.) Bread – WGR (2 oz) 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. (2 oz) Beef Dippers Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)
12. (3 oz) Chicken w/ Tomatoes Green Beans (1/2 c.) Brown Rice – WGR (1 c.) Mixed Fruit (1/2 c.) 1% Milk (8 oz)	13. (5.3 oz) Cheese Lasagna- WGR Cheese Lasagna WGR (4.3 oz = 2 oz meat/meat alternate and 1 oz equivalent grains) Cheddar Cheese (1/2 oz) Mozzarella Cheese ½ oz) Broccoli Normandy (1/2 c) Bread – WGR (2 oz) Pears (1/2 c.) 1% Milk (8 oz)	14. (3 oz) Glazed Pineapple Chicken Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)	15. (3 oz) Salisbury Steak Peas (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) Non-Fat 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) Celebration Dessert
19. (2 oz) Chicken Dippers Green Beans (1/2 c.) Brown Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)	20. Chicken Verde Black Beans (1/2 c) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 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. (2.4 oz) Beef Patty w/ BBQ Sauce Broccoli Normandy (1/2 c.) Banana (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	23. 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 oz)
26. 3.15 oz) Chicken Parmesan Green Beans (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Milk (8 oz)	27. 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)	28. 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)	29. (2.4 oz) Beef Patty w/ Mushrooms Peas (1/2 c) Roll- WGR (2 oz) Pears (1/2 c.) 1% Milk (8 oz)	30. (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) Celebration Dessert

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

Center Business Hours
Monday - Friday
8:00am - 4:30pm
CBAS Program Hours
Monday – Friday
9:00am – 3:00pm
ADHC/ADP Program Hours
Monday – Friday
9:00am – 3:00pm
Breakfast will be provided
Until 10:00am
Lunch will be served.
At 12:00pm
Program Operations Manager
Natalie Franks
Activities Coordinator
Kate Koo
Activities Coordinator 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
		Friday Theme outfit 10/02 – wear Fall colors 10/09 - wear purple or black 10/16– wear black or spooky character shirt 10/23 – wear orange or anything with pumpkin 10/30 – Halloween Costume contest Come dress - up	1 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:30 am Dominoes & Tri -ominoes 10:30 am Fall Price is Right 11:00 am Balloon Volleyball 1:00 pm Karaoke w/ Adrian & Mia 1:00 pm Sensory Spa w/ Lyne 1:15 pm Puzzles w/ Friends 2:00 pm Cultural Movie	2 FALL FESTIVAL 9:00 am Pledge of Allegiance 9:15 am Fall Bingo 10:00 am Table Games 10:30 am Fall Craft w/ Dee & Lyne 11:00 am Dominos & Tri ominoes 1:00 pm Flex & Stretch w/ Adrian & Mia 1:15 pm Fall Coloring zone w/ Carol 1:45 pm The Fallout Movie 
5 9:00 am Pledge of Allegiance 9:15 am Quiz Mo 10:00 am Health & Wellness w/ Matthew* 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Trino* 1:00 pm Witch Hat Toss Mai/Lyne 1:15 pm Sensory Spa w/ Carol 2:00 pm Movie Time	6 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Wild West Bingo 11:00 am Table Games 1:00 pm Let's Move it w/ Zoila 1:00 pm Nail & Hand care w/ Mia 1:15 pm Color & chat w/ Lyne 1:30 pm Dominoes & Tri ominoes 2:00 pm Educational Video	7 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Dee 10:00 am Table Games 10:00 am Music Class w/ Mai 10:15 am Carnival Bingo 11:00 am Dominoes & tri ominoes 1:00 pm Fitness Fun w/ Devon * 1:15 pm Arts & Craft w/ Dee & Lyne 1:15 pm Sensory Spa w/ Mai 2:00 pm Movie Matinee 	8 9:00 am Pledge of Allegiance 9:15 am Disney Bingo 10:00 am Dominoes & tri ominoes 10:30 am Bowling w/ Mai & Lyne 11:00 am Table Games 1:00 pm Flex & stretch w/ Mia/Dee 1:00 pm Art in sketching w/ Adrian 1:15 pm Color & chat 2:00 pm Cultural Movie	9 HOCUS POCUS DAY 9:15 am Pledge of Allegiance 9:30 am Halloween Bingo 10:30 am Spin & Win Game 10:30 am Guess the Candy corn 11:00 am Table Games 1:00 pm Flex & Stretch w/ Dee/Lyne 1:00 pm Pictionary w/ Adrian/Carol 1:15 pm Dominoes & tri ominoes 2:00 pm Hocus Pocus Movie 
12 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 9:30 am Dominoes & Tri -ominoes 10:00 am Health & Wellness w/ Matthew 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Music & Movement-Gina 1:00 pm Gardening w/ Trino 1:15 pm Sensory Spa w/ Dee 2:00 pm Movie Time 	13 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:00 am Dominoes & tri ominoes 10:30 am Loteria 11:00 am Table Games 1:00 pm Let's Move it w/ Zoila 1:00 pm Nail & Hand care w/ Mai 1:15 pm Art sketching w/ Adrian 2:00 pm Educational Video	14 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Table Games 10:00 am Nutrition Bingo 10:15 am Polynesian Dance Therapy w/ Katherine 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:00 pm Sensory Spa w/ Lyne 1:15 pm Bracelets making w/ Carol 2:00 pm Movie Matinee 	15 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Dominoes / Uno 10:30 am Golf w/ Mai & Lyne 11:00 am Balloon Volleyball 1:00 pm Karaoke w/ Adrian & Dee 1:00 pm Nail & hand care w/ Lyne 1:15 pm Color & Chat w/ Mia 2:00 pm Cultural Movie	16 SPOOKY FUN FRIDAY 9:00 am Pledge of Allegiance 9:15 am Mystery Box Contest 10:00 am Station Trick or Treat 10:30 am Mummy wrap contest 11:00 am Table Games 1:00 pm Halloween Bingo 1:15 pm Spooky Coloring Zone 2:00 pm Nightmare Before Christmas 
19 9:00 am Pledge of Allegiance 9:15 am Carnival Bingo 10:00 am Health & Wellness w/ Matthew* 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Trino* 1:00 pm Spider Toss - Carol/Lyne 1:15 pm Sensory Spa w/ Mai 2:00 pm Movie Time	20 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Halloween Bingo 11:00 am Table Games 1:00 pm Let's Move it w/ Zoila 1:00 pm Nail & Hand care w/ Lyne 1:15 pm Color & chat w/ Mia 1:30 pm Dominoes /Tri dominoes 2:00 pm Educational Video	21 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Dee 10:00 am Table Games 10:00 am Around the world Bingo 10:00 am Music Class w/ Mai 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:15 pm Arts & Craft w/ Carol/Lyne 1:15 pm Sensory Spa w/ Mai 2:00 pm Movie Matinee 	22 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Table Games 10:30 am Bowling w/ Mai & Lyne 10:30 am Spooky craft w/ Dee 11:00 am Balloon Volleyball 1:00 pm Karaoke w/ Mia & Adrian 1:15 pm Nail & hand care w/ Lyne 1:15 pm Color & chat 2:00 pm Cultural Movie	23 PUMPKIN DAY 9:00 am Pledge of Allegiance 9:15 am Quynh Music Singers 10:00 am Dominoes & tri ominoes 10:30 am Guess the pumpkin weight 11:00 am Table Games 1:00 pm Flex & stretch w/ Adrian/Carol 1:00 pm Pumpkin craft w/ Lyne 1:15 pm Uno game 2:00 pm Spookley the square pumpkin 
26 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 9:30 am Hair & Salon 10:00 am Health & Wellness w/ Matthew * 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm Gardening w/ Trino* 1:00 pm Witch Hat Toss Mai/Lyne 1:15 pm Sensory Spa w/ Dee 2:00 pm Movie Time 	27 9:00 am Pledge of Allegiance 9:15 am Art Class w/ Jennifer * 10:00 am ESL Class w/ Mai 10:30 am Sweet Bigo 11:00pm Table Games 1:00 pm Let's Move it w/ Zoila 1:00 pm Nail & Hand care w/ Mai 1:15 pm Art sketching w/ Adrian 1:30 pm Dominoes / Tri ominoes 2:00 pm Educational Video	28 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 10:00 am Group Activities 10:00 am Halloween Bingo 10:15 am Polynesian Dance Therapy w/ Katherine 11:00 am Table Games 1:00 pm Fitness Fun w/ Devon * 1:00 pm Arts & Craft w/ Dee 1:15 pm Sensory Spa w/ Carol & Lyne 2:00 pm Movie Matinee 	29 Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Dominoes & Tri ominoes 10:30 am Bowling w/ Dee & Adrian 11:00 am Participants Council Meeting 1:00 pm Flex & Stretch w/ Mia & Mai 1:15 pm Puzzles w/ Friends w/ Lyne 2:00 pm Cultural Movie 	30 HALLOWEEN CELEBRATION 9:00 am Pledge of Allegiance 9:15 am Witch Hat Toss 10:00 am Thriller Dance Party with Jim 10:30 am Halloween Trivia 11:00 am Costume Contest 1:00 pm Halloween Bingo 1:15 pm Spooky coloring Zone 2:00 pm Thriller Movie 

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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
		Trang phục theo chủ đề 10/02 – mặc màu sắc mùa thu 10/09 - mặc màu tím hoặc đen 10/16 – mặc màu đen hoặc ma quái 10/23 – mặc màu cam hoặc bất kỳ màu nào với bí ngô 10/30 – Thi quần áo hóa trang Halloween	1 9:00 am Pledge of Allegiance 9:15 am Fiesta Bingo 10:30 am Chơi Dominos 10:30 am Đoán giá đúng 11:00 am Chuyển bong bóng 1:00 pm Karaoke w/ Adrian & Mia 1:00 pm Xoa bóp thư giãn w/ Lyne 1:15 pm Puzzles w/ Friends 2:00 pm Phim về Kiến thức phổ thông	2 LỄ HỘI MÙA THU 9:00 am Pledge of Allegiance 9:15 am Fall Bingo 10:00 am Trò chơi trên bàn 10:30 am Fall Craft w/ Dee & Lyne 11:00 am Chơi Dominos 1:00 pm Di chuyển theo nhịp Adrian 1:15 pm Tô Màu cho mùa thu w/ Carol 1:45 pm The Fallout Movie 
5 9:00 am Pledge of Allegiance 9:15 am Quiz Mo 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm w/Dee 11:00 am Trò chơi trên bàn 1:00 pm Học làm vườn w/ Trino 1:00 pm Ném nón phù thủy Mai/Lyne 1:15 pm Xoa bóp thư giãn w/ Carol 2:00 pm Xem Phim	6 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với w/ Mai 10:30 am Wild West 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 Tô màu và trò chuyện 1:30 pm Chơi Dominos 2:00 pm Xem phim buổi chiều	7 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Dee 10:00 am Trò chơi trên bàn 10:00 am Trò học Âm nhạc với Mai 10:15 am Khiêu vũ trị liệu/ Kath* 11:00 am Chơi Dominos 1:00 pm Thế dục vui với / Devon* 1:15 pm Thủ Công với Dee & Lyne 2:00 pm Xem Phim 	8 9:00 am Pledge of Allegiance 9:15 am Disney Bingo 10:00 am Chơi Dominos 10:30 am Bowling w/ Mai & Lyne 11:00 am Trò chơi trên bàn 1:00 pm Di chuyển theo nhịp Mia/Dee 1:00 pm Phác Thảo w/ Adrian 1:15 pm Tô màu và trò chuyện 2:00 pm Phim về Kiến thức phổ thông	9 HOCUS POCUS DAY 9:15 am Pledge of Allegiance 9:30 am Halloween Bingo 10:30 am Spin & Win Game 10:30 am Đếm bao nhiêu kẹo bắp 11:00 am Trò chơi trên bàn 1:00 pm Di chuyển theo nhịp Dee/Lyne 1:00 pm Vẽ và đoán / Adrian/Carol 1:15 pm Dominoes & tri ominoes 2:00 pm Xem phim Hocus Pocus 
12 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 9:30 am Chơi Dominos 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm w/Dee 11:00 am Trò chơi trên bàn 1:00 pm Thể Thao với nhạc điệu Glna 1:00 pm Học làm vườn w/ Trino* 1:15 pm Xoa bóp thư giãn w/ Dee 2:00 pm Xem Phim 	13 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với w/ Mai 10:00 am Chơi Dominos 10:30 am Loteria 11:00 am Trò chơi trên bàn 1:00 pm Thế dục vui với w/ Zoila* 1:00 pm Xoa bóp thư giãn w/ Mai 1:15 pm Phác Thảo w/ Adrian 2:00 pm Xem phim buổi chiều	14 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Trò chơi trên bàn 10:00 am Nutrition Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thế dục vui với / Devon* 1:00 pm Xoa bóp thư giãn w/ Lyne 1:15 pm Bracelets making w/ Carol 2:00 pm Xem Phim 	15 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Chơi Dominos 10:30 am Iddord Golf w/ Mai & Lyne 11:00 am Chuyển bong bóng 1:00 pm Karaoke w/ Adrian & Dee 1:00 pm Chăm sóc móng & tay w/ Mai 1:15 pm Tô màu và trò chuyện w/Mia 2:00 pm Phim về Kiến thức phổ thông	16 THỨ SÁU MA QUÁI VUI 9:00 am Pledge of Allegiance 9:15 am Cuộc thi chiếc hộp bí ẩn 10:00 am Station Trick or Treat 10:30 am Cuộc thi quần xác ướp 11:00 am Trò chơi trên bàn 1:00 pm Halloween Bingo 1:15 pm Tô màu cho con ma 2:00 pm Nightmare Before Christmas 
19 9:00 am Pledge of Allegiance 9:15 am Carnival Bingo 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm w/Dee 11:00 am Trò chơi trên bàn 1:00 pm Học làm vườn w/ Trino* 1:00 pm Ném con nhện - Carol/Lyne 1:15 pm Xoa bóp thư giãn w/ Mai 2:00 pm Xem Phim	20 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với w/ Mai 10:30 am Halloween 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/ Lyne 1:15 pm Tô màu và trò chuyện Mia 1:30 pm Chơi Dominos 2:00 pm Xem phim buổi chiều	21 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Dee 10:00 am Trò chơi trên bàn 10:00 am Around the world Bingo 10:00 am Lớp học Âm nhạc với Mai 10:30 am Khiêu vũ trị liệu/ Kath* 11:00 am Trò chơi trên bàn 1:00 pm Thế dục vui với / Devon* 1:15 pm Thủ Công với Carol/Lyne 2:00 pm Xem Phim 	22 9:00 am Pledge of Allegiance 9:15 am Sweet Bingo 10:00 am Trò chơi trên bàn 10:30 am Bowling w/ Mai & Lyne 10:30 am Spooky craft w/ Dee 11:00 am Chuyển bong bóng 1:00 pm Karaoke w/ Mia & Adrian 1:15 pm Chăm sóc móng & tay w Lyne 1:15 pm Tô màu và trò chuyện 2:00 pm Phim về Kiến thức phổ thông	23 NGÀY CỦA TRÁI BÍ QỎ 9:00 am Pledge of Allegiance 9:15 am Nhóm nhạc Quỳnh Hoa 10:00 am Chơi Dominos 10:30 am Dự Đoán Cân nặng trái bí 11:00 am Trò chơi trên bàn 1:00 pm Di chuyển theo nhịp /Carol 1:00 pm Pumpkin craft w/ Lyne /Mia 1:15 pm Uno game 2:00 pm Spookley the square pumpkin 
26 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 9:30 am Salon cắt tóc 10:00 am Khỏe mạnh cùng Matt * 10:00 am Làm nên kỷ niệm w/Dee 11:00 am Trò chơi trên bàn 1:00 pm Học làm vườn w/ Trino* 1:00 pm Ném nón phù thủy Mai/Lyne 1:15 pm Xoa bóp thư giãn w/ Dee 2:00 pm Xem Phim 	27 9:00 am Pledge of Allegiance 9:15 am Nghệ thuật/Jennifer* 10:00 am Lớp ESL với w/ Mai 10:30 am Sweet Bingo 11:00pm Trò chơi trên bàn 1:00 pm Thế dục vui với w/ Zoila* 1:00 pm Xoa bóp thư giãn w/ Mai 1:15 pm Phác Thảo w/ Adrian 1:30 pm Chơi Dominos 2:00 pm Xem phim buổi chiều	28 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 10:00 am Sinh hoạt nhóm 10:00 am Chơi Dominos 10:00 am Halloween Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thế dục vui với / Devon* 1:00 pm Thủ Công với / Dee 1:15 pm Xoa bóp thư giãn Carol & Lyne 2:00 pm Xem Phim 	29 Birthday Celebration 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Chơi Dominos 10:30 am Bowling w/ Dee & Adrian 11:00 am Participants Council Meeting 1:00 pm Di chuyển theo nhịp Mia & Mai 1:15 pm Hoạt động nhóm 2:00 pm Phim về Kiến thức phổ thông 	30 LỄ HỘI HALLOWEEN 9:00 am Pledge of Allegiance 9:15 am Ném nón phù thủy 10:00 am Tiệc khiêu vũ ly kỳ với Jim 10:30 am Halloween Trivia 11:00 am Trò chơi Ghim con nhện 1:00 pm Halloween Bingo 1:15 pm Tô màu cho con ma 2:00 pm Thriller Movie 

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

Horario del Centro
Lunes - Viernes
8:00am - 4:30pm
Horario de CBAS
Lunes - Viernes
9:00am – 3:00pm
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 física
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

lunes		martes		miercoles		jueves		viernes	
				Atuendos temáticos 10/2 – Use colores de otoño 10/9 - Use de púrpura o negro 10/16 – use camisa negra o espeluznante 10/23 – Use naranja o cualquier cosa con calabazas 10/30 – Concurso de disfraces de Halloween		1 9:00 am Juramento de Lealtad 9:15 am Fiesta Bingo 10:30 am Dominos y Tri - ominos 10:30 am Fall Price is Right 11:00 am voleibol con globos 1:00 pm Karaoke con Adrian y Mia 1:00 pm Spa sensorial con Lyne 1:15 pm Rompecabezas con amigos 2:00 pm Vídeo Cultural		2 FALL FESTIVAL 9:00 am Juramento de Lealtad 9:15 am Fall Bingo 10:00 am Juegos de mesa 10:30 am Manualidades de otoño 11:00 am Dominos y Tri - ominos 1:00 pm Estiramientos Adrian 1:00 pm Arte de Calabaza - Adrian/ Mia 1:15 pm Coloración de otoño con Carol 1:45 pm Película - The Fallout 	
5 9:00 am Juramento de Lealtad 9:15 am Quiz Mo 10:00 am Salud y bienestar 10:00 am Crear recuerdos con pintura 11:00 am Juegos de mesa 1:00 pm Jardinería con Trino * 1:00 pm Witch Hat Toss Mai/Lyne 1:15 pm Spa sensorial con Carol 2:00 pm Película de matiné		6 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer 10:00 am Clase de inglés con Mai 10:30 am Wild West Bingo 11:00 am Juegos de mesa 1:00 pm Muévelo con Zoila 1:00 pm Cuidado de uñas con Mia 1:15 pm Colorea y charla con Lyne 1:30 pm Dominos y Tri - ominos 2:00 pm Vídeo Cultural		7 9:00 am Juramento de Lealtad  9:15 am Clase de cocina con Dee 10:00 am Juegos de mesa 10:00 am Clase de musica con Mai 10:15 am Danza polinesia 11:00 am Dominos y Tri - ominos 1:00 pm Diversión física – Devon* 1:15 pm Manualidades – Dee y Lyne 2:00 pm Película de matiné		8 9:00 am Juramento de Lealtad 9:15 am Disney Bingo 10:00 am Dominos y Tri - ominos 10:30 am Boliche con Mai y Lyne 11:00 am Juegos de mesa 1:00 pm Estiramientos – Mia y Dee 1:00 pm Dibujos con Adrian 1:15 pm Colorea y charla 2:00 pm Vídeo Cultural		9 DÍA DE HOCUS POCUS 9:15 am Juramento de Lealtad  9:30 am Halloween Bingo 10:30 am Gira y gana 10:30 am Adivina el dulce de maíz 11:00 am Juegos de mesa 1:00 pm Estiramientos con Dee y Lyne 1:00 pm Pictionary con Adrian y Carol 1:15 pm Dominoes y tri ominoes 2:00 pm Película - Hocus Pocus	
12 9:00 am Juramento de Lealtad  9:15 am Halloween Bingo 9:30 am Domino y Tri-ominoes 10:00 am Salud y bienestar 10:00 am Crear recuerdos con pintura 11:00 am Juegos de mesa 1:00 pm Movimiento y música 1:00 pm Jardinería con Trino * 1:15 pm Spa sensorial con Dee 2:00 pm Película de matiné		13 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer 10:00 am Clase de inglés con Mai 10:00 am Dominos y Tri - ominos 10:30 am Loteria 11:00 am Juegos de mesa 1:00 pm Muévelo con Zoila 1:00 pm Cuidado de uñas con Mai 1:15 pm Dibujos con Adrian 2:00 pm Vídeo Cultural		14 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai  10:00 am Juegos de mesa 10:00 am Nutrition Bingo 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon* 1:00 pm Spa sensorial con Lyne 1:15 pm crear pulseras con Carol 2:00 pm Película de matiné		15 9:00 am Juramento de Lealtad 9:15 am Sweet Bingo 10:00 am Dominos y Tri - ominos 10:30 am Golf con Mai y Lyne 11:00 am voleibol con globos 1:00 pm Karaoke con Adrian y Dee 1:00 pm Spa sensorial con Mai 1:15 pm Colorea y charla con Mia 2:00 pm Vídeo Cultural		16 SPOOKY FUN FRIDAY 9:00 am Juramento de Lealtad 9:15 am Concurso de cajas misteriosas 10:00 am Zona de truco o trato 10:30 am Concurso de envoltura de momias  11:00 am Juegos de mesa 1:00 pm Halloween Bingo 1:15 pm Zona de colrear 2:00 pm Nightmare Before Christmas	
19 9:00 am Juramento de Lealtad 9:15 am Carnival Bingo 10:00 am Salud y bienestar 10:00 am Crear recuerdos con pintura 11:00 am Juegos de mesa 1:00 pm Jardinería con Trino * 1:00 pm Spider Toss - Carol/Lyne 1:15 pm Spa sensorial con Mai 2:00 pm Película de matiné		20 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer 10:00 am Clase de inglés con Mai 10:30 am Halloween Bingo 11:00 am Juegos de mesa 1:00 pm Muévelo con Zoila 1:00 pm Cuidado de uñas con Lyne 1:15 pm Colorea y Charla con Mia 1:30 pm Dominos y Tri - ominos 2:00 pm Vídeo Cultural		21 9:00 am Juramento de Lealtad  9:15 am Clase de cocina con De 10:00 am Juegos de mesa 10:00 am Around the world Bingo 10:00 am Clase de musica Mai 10:30 am Danza polinesia 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon* 1:15 pm Manualidades - Carol y Lyne 2:00 pm Película de matiné		22 9:00 am Juramento de Lealtad 9:15 am Sweet Bingo 10:00 am Juegos de mesa 10:30 am Boliche con Mai y Lyne 10:30 am Artesanías espeluznantes 11:00 am voleibol con globos 1:00 pm Karaoke con Mia y Adrian 1:15 pm Cuidado de uñas Lyne 1:15 pm Colorea y charla 2:00 pm Vídeo Cultural		23 DÍA DE LACALABAZA 9:00 am Juramento de Lealtad  9:15 am Quynh Music Singers 10:00 am Dominos y Tri - ominos 10:30 am Adivinar el peso de calabaza 11:00 am Juegos de mesa 1:00 pm Estiramientos – Adrian y Carol 1:00 pm Manualidad de calabaza 1:15 pm Juego de Uno 2:00 pm Spookley the square pumpkin	
26 9:00 am Juramento de Lealtad  9:15 am Halloween Bingo 9:30 am Peluquería 10:00 am Salud y bienestar 10:00 am Crear recuerdos con pintura 11:00 am Juegos de mesa 1:00 pm Jardinería con Trino * 1:00 pm Witch Hat Toss Mai/Lyne 1:15 pm Spa sensorial con Dee 2:00 pm Película de matiné		27 9:00 am Juramento de Lealtad 9:15 am Clase de arte - Jennifer 10:00 am Clase de inglés con Mai 10:30 am Sweet Bigo 11:00pm Juegos de mesa 1:00 pm Muévelo con Zoila 1:00 pm Cuidado de uñas con Mai 1:15 pm Dibujos con Adrian 1:30 pm Dominos y Tri - ominos 2:00 pm Vídeo Cultural		28 9:00 am Juramento de Lealtad  9:15 am Clase de cocina con Mai 10:00 am Actividades en grupo 10:00 am Dominos y Tri - ominos 10:00 am Halloween Bingo 11:00 am Juegos de mesa 1:00 pm Diversión física – Devon* 1:00 pm Manualidades con Dee 1:15 pm Spa sensorial con Carol y Lyne 2:00 pm Película de matiné		29 Celebración de cumpleaños 9:00 am Juramento de Lealtad  9:15 am Birthday Bingo 10:00 am Dominos y Tri - ominos 10:30 am Boliche con Dee y Adrian 11:00 am Participants Council Meeting 1:00 pm Estiramientos con Mia y Mai 1:15 pm Rompecabezas con Lyne 2:00 pm Vídeo Cultural		30 CELEBRACIÓN DE HALLOWEEN 9:00 am Juramento de Lealtad 9:15 am Witch Hat Toss 10:00 am Fiest de baile Thriller 10:30 am Halloween Trivia 11:00 am Concurso de disfraces de Halloween  1:00 pm Halloween Bingo 1:15 pm Zona de colrear 2:00 pm Película- Thriller	