Healthy Aging Center Acacia
November 2026 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2.	**3.**	**4.**	**5.**	**6.**
Pineapple Cup in Natural Juice (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)
9.	**10.**	**11.**	**12.**	**13.**
Jungle Cracker Bag - WGR (1 oz equivalent) **Shelf Stable** 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) **Refrigerated**
16.	**17.**	**18.**	**19.**	**20.**
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)
23.	**24.**	**25.**	26.	27.
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)		
30.			**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.**
Wheat Cracker Bag - WGR (1 oz equivalent) String Cheese (1 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
November 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2.	**3.**	**4.**	**5.**	**6.**
(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)	**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.) Peaches (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) Banana (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)
9.	10.	11.	12.	13.
(3 oz) **Chicken w/ Tomatoes** Green Beans (1/2 c.) Brown Rice – WGR (1 c.) Mixed Fruit (1/2 c.) 1% Milk (8 oz)	**(3 oz)** **Salisbury Steak with Tomatoes and Mushrooms** Steamed Carrots (1/2 c.) Pineapple (1/2 c.) Bread – WGR (2 oz) 1% Milk (8 oz)	**(4.5 oz)** **Turkey and Cheese Sandwich - WGR** Sliced Turkey (1 oz = 3 slices) Sliced Swiss American (1 oz) Peas (1/2 c) Banana (1/2 c.) Wheat Bread - WGR (2 oz) Mayo (1/2 oz) 1% Milk (8 oz)	**(2 oz)** **Beef Meatballs with Fajita Vegetables** Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Bread – 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.) Peaches (1/2 c.) 1% Milk (8 oz)
16.	**17.**	**18.**	19.	20.
(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)	**(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)	**(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)	**(3 oz)** **Turkey and Gravy** Mashed Potatoes (1/2 cup) Artisan Roll (2 oz) Pineapple (1/2 c.) Pumpkin Pie 1% Milk (8 oz)
23.	**24.**	**25.**	**26.**	**27.**
3.15 oz) **Chicken Parmesan** Green Beans (1/2 c.) Pineapple (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)	**(2.4 oz)** **Beef Patty w/ Mushrooms** Peas (1/2 c) Bread - WGR (2 oz) Pears (1/2 c.) 1% Milk (8 oz)	**(5 oz)** **Tuna Salad, Sliced Bread - WGR** Tuna Salad (3 oz) Bread – WGR (2 oz) Green Beans (1/2 c.) Banana (1/2 c.) 1% Milk (8 oz)		
30. **Hamburger on a Bun - WGR** Hamburger Patty (2.5 oz) Corn (1/2 c.) Bun - WGR (2 oz) Ketchup (1 oz) Pineapple (1/2 c.) 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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Healthy Aging Center ACACIA

THERAPY + EXERCISE + FRIENDS + INDEPENDENCE

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 2:00pm

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
2 *Dia De Los Muertos* 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 10:00 am **Health & Wellness** 10:45 am Dia's De Los Muertos Remembrance circle 10:00 am Memories in the Making 1:00 pm **Gardening w/ Trino*** 1:00 pm Sugar Skulls Craft w/ Mai 1:15 pm Sensory Spa w/ Mia 2:00 pm Movie "CoCo"	**3** 9:00 am Pledge of Allegiance 9:15 am **Art Class w/ Jennifer *** 10:00 am ESL Class w/ Mai 10:30 am Quizmo 11:00 am Table Games 1:00 pm **Let's Move it w/ Zoila *** 1:00 pm Nail & Hand Care w/ Dee 1:15 pm Puzzles 1:30 pm Dominos / Uno 2:00 pm Educational Video	**4** 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Dee 9:15 am Table Games 9:45 am Nutrition Bingo 10:00am Music Class w/ Mai 11:00am Group Stretching w/ Mia/Adrian 1:00 pm **Fitness Fun w/ Devon** * 1:15 pm Sensory Spa w/ Mai 1:30 pm Dominos & Triominos 2:00 pm Movie Matinee	**5** 9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Dominos & Triominos 10:30 am Indoor Golf Dee & Mia 11:00 am Group Stretching w/ Adrian 1:00 pm Dance & Sing – Along/Carol 1:15 pm Nail & Hand care w/ Dee 1:30 pm Art in sketching w/ Adrian 2:00 pm Cultural Video	**6** *Turkey Day* 9:00 am Pledge of Allegiance 9:15 am Thanksgiving Bingo 10:00 am Dominos / Uno 10:30 am Flex & Stretch Dee/ Mia 11:00 am Balloon volleyball 1:00 pm Turkey Craft w/ Carolyne 1:15 pm Table Game 1:15 pm Color & Chat 2:00 pm "It's a Wonderful Life" Movie
9 9:00 am Pledge of Allegiance 9:15 am Thanksgiving Bingo 10:00 am **Health & Wellness** 10:00am Dominos & Triominos 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm **Movement & Music/Gina** 1:00 pm **Gardening w/ Trino** 1:15 pm Sensory Spa w/ Caroline 2:00 pm Movie Time	**10** 9:00 am Pledge of Allegiance 9:15 am **Art Class w/ Jennifer *** 10:00 am ESL Class w/ Mai 10:30 am Quizmo 11:00 am Table Games 1:00 pm **Let's Move it w/ Zoila *** 1:00 pm Nail & Hand care /Carolyne 1:15 pm Color & chat w/ Adrian 1:30 pm Dominos / Uno 2:00 pm Educational Video	**11** *Veterans Day* 9:00 am Pledge of Allegiance 9:15 am I love America Bingo 10:30 am **Honoring Acacia's Veterans** 11:00 am One on one w/ the veterans 12:45 am Veterans Day Party w/ Marco 1:00 pm **Fitness Fun w/ Devon** **1:00 pm** Sensory Spa w/ Adrian 1:30 pm Dominos & triominos 2:00 pm Saving Pvt. Ryan Movie	**12** 9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Table Games 10:30 am Bowling w/ Carol & Adrian 11:00 am Group Stretching w/ Mia 1:00 pm Dance & Sing – Along With Adrian & Dee 1:15 pm Nail & Hand care Carolyne 1:30 pm Color & Chat w/ Mia 2:00 pm Cultural Video	**13** *Harvest & Farm Day* 9:00 am Pledge of Allegiance 9:15 am Thanksgiving Bingo 10:30 am Harvest matching game 10:45 am Grab the pumpkin game 11:00 pm Group Stretching w/ Mai/ Carolyne 1:00 pm Sing Along & Dancing 1:15 pm Harvest Crafts w/ Mia 2:00pm "Harvest Day" Movie
16 9:00 am Pledge of Allegiance 9:15 am Quizmo 10:00 am **Health & Wellness** 10:00am Dominos & Triominos 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm **Gardening w/ Trino*** 1:00 pm Parachute Game- Dee/Mia 1:15 pm Sensory Spa w/ Mai 2:00 pm Movie Time	**17** 9:00 am Pledge of Allegiance 9:15 am **Art Class w/ Jennifer *** 10:00 am ESL Class w / Mai 10:30 am Thanksgiving Bingo 11:00 am Table Games 1:00 pm **Let's Move it w/ Zoila** 1:15 pm Nail & Hand care w/ Mai 1:15 pm Color & chat w/ Carolyne 1:30 pm Dominos & Triominos 2:00 pm Educational Video	**18** 9:00 am Pledge of Allegiance 9:15 am Cooking Class w/ Mai 9:15 am Table Games 9:30 am Sweet Bingo 10:30 am **Polynesian Dance Therapy** 11:00 am Table games 1:00 pm **Fitness Fun w/ Devon** * 1:15 pm Sensory Spa w/ Adrian 1:30 pm Dominos & Triominos 2:00 pm Movie Matine	**19** *Birthday Celebration* 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Dominos & triominos 10:30 am Golf w/ Dee & Carolyne 11:00 am Group Stretching w/ Carol 1:00 pm Dance & Sing –Along /Mia 1:00 pm Nail & Hand care w/ Dee 1:30 pm Art in Sketching w/ Adrian 2:00 pm Cultural Video	**20** *Thanksgiving Celebration* 9:00 am Pledge of Allegiance 9:15 am **Quynh Music Singers** 10:00 am Dominos - Triominos 10:30 am Table Games 11:00 am **Pumpkin Pie eating contest** 1:00 pm Flex & stretch w/ Dee/Mai 1:15 pm Arts & craft w/ Carol 2:00 pm Thanksgiving Movie
23 9:00 am Pledge of Allegiance 10:00 am Carnival Bingo 10:00 am Memories in the Making 10:00 am Dominos & triominos 10:30 am Fun Games 11:00 am Table Games 1:00 pm Art in sketching w/ Adrian 1:00 pm Sensory Spa w/ Dee 1:15 pm Dominos & Triominos 2:00 pm Movie Time	**24** 9:00 am Pledge of Allegiance 9:15 am Let's Paint w/ Mai 10:00 am Dominoes & Triominos 10:30 am Thanksgiving Bingo 11:00 am Table Games 1:00 pm Flex & stretch -Carol/Adrian 1:00 pm Nail & Hand care -Carolyne 1:30 pm Dominos / Uno 2:00 pm Educational Video	**25** *Thankful Hearts Day* 9:00 am Pledge of Allegiance 9:15 am Cooking class w/ Dee 9:15 am Number Games 9:45 am Nutrition Bingo 10:30 am Music & Entertainment - Greg 11:00 am Table Games 1:00 pm Thanksgiving Bingo 1:15 pm Dominos & triominos 2:00 pm Native American Movie	**26** **Thursday, 26th & Friday, 27th** **Closed for the Holidays** Happy Thanksgiving	**27**
30 9:00 am Pledge of Allegiance 9:15 am Hair Salon 9:30 am Dominos & triominos 10:00 am **Health & Wellness** 10:00 am Memories in the Making 11:00 am Table Games 1:00 pm **Gardening w/ Trino*** 1:00 pm Arts & Craft w/ Carol& Mia 1:15 pm Sensory Spa w/ Mai 2:00 pm Movie Time	**Theme outfit** 11/02 – black /sugar skulls print/ Flowery headbands 11/06 – wear brown color 11/11– wear red, white & blue 11/13 – Earth tones/Harvest Hues 11/20 – wear fall color 11/25 – favorite color	Wishing you a happy Thanksgiving	2026 HELLO November	

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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
2 *Dia De Los Muertos* 9:00 am Pledge of Allegiance 9:15 am Halloween Bingo 10:00 am **Khỏe mạnh cùng Matt *** 10:45 am Vòng tưởng niệm Dia's De Los Muertos 10:00 am Làm nên kỷ niệm w/Dee 1:00 pm **Học làm vườn w/ Trino*** 1:00 pm Thủ công làm đầu lâu / Mai 1:15 pm Xoa bóp thư giãn w/ Mia 2:00 pm Movie "CoCo"	**3** 9:00 am Pledge of Allegiance 9:15 am **Nghệ thuật/Jennifer*** 10:00 am Lớp ESL với w/ Mai 10:30 am Quizmo 11:00 am Trò chơi trên bàn 1:00 pm **Thể dục vui với w/ Zoila*** 1:00 pm Xoa bóp thư giãn w/ Dee 1:15 pm Puzzles 1:30 pm Chơi Dominos 2:00 pm Xem phim buổi chiều	**4** 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Dee 9:15 am Trò chơi trên bàn 9:45 am Nutrition Bingo 10:00am Lớp học Âm nhạc với Mai 11:00am Di chuyển theo nhịp 1:00 pm **Thể dục vui với / Devon*** 1:15 pm Xoa bóp thư giãn w/ Mai 1:30 pm Chơi Dominos 2:00 pm Xem Phim	**5** 9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Chơi Dominos 10:30 am Indoor Golf Dee & Mia 11:00 am Di chuyển theo nhịp 1:00 pm Dance & Sing – Along 1:15 pm Xoa bóp thư giãn w/ Dee 1:30 pm Phác Thảo w/ Adrian 2:00pm Xem Phim	**6** *Lễ Hội Gà Tây* 9:00 am Pledge of Allegiance 9:15 am Thanksgiving Bingo 10:00 am Chơi Dominos 10:30 am Di chuyển theo nhịp Dee/ Mia 11:00 am Chuyền bong bóng 1:00 pm Thủ Công với w/ Carolyne 1:15 pm Trò chơi trên bàn 1:15 pm Tô màu và trò chuyện 2:00 pm Phim "It's a Wonderful Life"
9 9:00 am Pledge of Allegiance 9:15 am Thanksgiving Bingo 10:00 am **Khỏe mạnh cùng Matt *** 10:00am Chơi Dominos 10:00 am Làm nên kỷ niệm w/Dee 11:00 am Trò chơi trên bàn 1:00 pm Thể Thao với nhạc điệu 1:00 pm **Học làm vườn w/ Trino*** 1:15 pm Xoa bóp thư giãn /Carolyne 2:00 pm Xem Phim	**10** 9:00 am Pledge of Allegiance 9:15 am **Nghệ thuật/Jennifer*** 10:00 am Lớp ESL với w/ Mai 10:30 am Quizmo 11:00 am Trò chơi trên bàn 1:00 pm **Thể dục vui với w/ Zoila*** 1:00 pm Xoa bóp thư giãn /Carolyne 1:15 pm Tô màu và trò chuyện 1:30 pm Chơi Dominos 2:00 pm Xem phim buổi chiều	**11** *Ngày Cựu chiến binh* 9:00 am Pledge of Allegiance 9:15 am I love America Bingo 10:30 am **Acacia Tôn vinh các cựu chiến binh** 11:00 am Một chọi một w cựu chiến binh 12:45 am **Mừng ngày Cựu chiến binh** 1:15 pm **Thể dục vui với / Devon*** 1:30 pm Chơi Dominos 2:00 pm Phim Giải Cứu Binh Nhì Ryan	**12** 9:00 am Pledge of Allegiance 9:15 am Music Bingo 10:00 am Trò chơi trên bàn 10:30 am Bowling w/ Carol & Adrian 11:00 am Di chuyển theo nhịp w/ Mia 1:00 pm Dance & Sing – Along 1:15 pm Xoa bóp thư giãn Carolyne 1:30 pm Tô màu và trò chuyện 2:00 pm Xem Phim	**13** *Harvest & Farm Day* 9:00 am Pledge of Allegiance 9:15 am Thanksgiving Bingo 10:30 am Chơi ghép hình mùa màng 10:45 am Trò chơi bắt bí ngô 11:00 pm Di chuyển theo nhịp w/ Mai 1:00 pm Sing Along & Dancing 1:15 pm Thủ công mùa màng cùng Mia 2:00pm "Harvest Day" Movie
16 9:00 am Pledge of Allegiance 9:15 am Quizmo 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 **Gardening w/ Trino*** 1:00 pm Di chuyển theo - Dee/Mai 1:15 pm Xoa bóp thư giãn w/ Mia 2:00 pm Xem Phim	**17** 9:00 am Pledge of Allegiance 9:15 am **Nghệ thuật/Jennifer*** 10:00 am Lớp ESL với w/ Mai 10:30 am Thanksgiving Bingo 11:00 am Trò chơi trên bàn 1:00 pm **Thể dục vui với w/ Zoila*** 1:15 pm Xoa bóp thư giãn w/ Mai 1:15 pm Tô màu và trò chuyện 1:30 pm Chơi Dominos 2:00 pm Xem phim buổi chiều	**18** 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Dee 9:15 am Trò chơi trên bàn 9:30 am Sweet Bingo 10:30 am **Khiêu vũ trị liệu/ Kath*** 11:00 am Trò chơi trên bàn 1:00 pm **Thể dục vui với / Devon*** 1:15 pm Xoa bóp thư giãn w/ Adrian 1:30 pm Chơi Dominos 2:00 pm Xem Phim	**19** *Birthday Celebration* 9:00 am Pledge of Allegiance 9:15 am Birthday Bingo 10:00 am Chơi Dominos 10:30 am Golf w/ Dee & Carolyne 11:00 am Di chuyển theo nhịp /Carol 1:00 pm Dance & Sing –Along /Mia 1:00 pm Xoa bóp thư giãn w/ Dee 1:30 pm Phác Thảo w/ Adrian 2:00 pm Xem Phim	**20** *Lễ Tạ ơn* 9:00 am Pledge of Allegiance 9:15 am **Nhóm nhạc Quỳnh Hoa** 10:00 am Chơi Dominos 10:30 am Trò chơi trên bàn 11:00 am Cuộc thi ăn bánh bí 1:00 pm Di chuyển theo nhịp Dee/Mai 1:15 pm Thủ Công với w/ Carol 2:00 pm Thanksgiving Movie
23 9:00 am Pledge of Allegiance 10:00 am Carnival Bingo 10:00 am Làm nên kỷ niệm w/Dee 10:00 am Chơi Dominos 10:30 am Trò chơi trên bàn 11:00 am Trò chơi trên bàn 1:00 pm Phác Thảo w/ Adrian 1:00 pm Xoa bóp thư giãn w/ Dee 1:15 pm Chơi Dominos 2:00 pm Xem Phim	**24** 9:00 am Pledge of Allegiance 9:15 am Let's Paint w/ Mai 10:00 am Chơi Dominos 10:30 am Thanksgiving Bingo 11:00 am Trò chơi trên bàn 1:00 pm Thể thao / Carol & Adrian 1:00 pm Xoa bóp thư giãn -Carolyne 1:30 pm Chơi Dominos 2:00 pm Xem phim buổi chiều	**25** *Thankful Hearts Day* 9:00 am Pledge of Allegiance 9:15 am Lớp nấu ăn với w/ Mai 9:45 am Bingo dinh dưỡng 10:30 am **Âm nhạc & Giải trí - Greg** 11:00 am Trò chơi trên bàn 1:00 pm Thanksgiving Bingo 1:15 pm Chơi Dominos 2:00 pm Native American Movie	**26** **Thứ năm, 26th và thứ sáu,27th** **Đóng cửa mừng** **Lễ Tạ ơn** Happy Thanksgiving	**27**
30 9:00 am Pledge of Allegiance 9:15 am **Salon cắt tóc** 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 **Học làm vườn w/ Trino*** 1:00 pm Thủ Công với /Carol& Mia 1:15 pm Xoa bóp thư giãn w/Mai 2:00 pm Xem Phim	**Theme outfit** 11/02 – Màu đen /Họa tiết đầu lâu đường/ mang Băng đô hoa 11/06 – mặc đồ màu nâu 11/11– mặc đồ đỏ, trắng và xanh 11/13 –Màu đất/Màu mùa thu hoạch 11/20 –mặc đồ màu sắc mùa thu 11/25 –màu sắc yêu thích		2026 HELLO November	

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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
2 *Dia De Los Muertos* 9:00 am Juramento de Lealtad 9:15 am Halloween Bingo 10:00 am **Salud y bienestar** 10:45 am Círculo de recuerdo 10:00 am Crear recuerdos con pintura 1:00 pm **Jardinería con Trino *** 1:00 pm Manualidad de calaveras 1:00 pm Spa sensorial con Mia 2:00 pm Película - Coco	**3** 9:00 am Juramento de Lealtad 9:15 am **Clase de arte - Jennifer** 10:00 am Clase de inglés con Mai 10:30 am Quizmo 11:00 am Juegos de mesa 1:00 pm **Muévelo con Zoila** 1:00 pm Cuidado de uñas con Dee 1:15 pm Rompecabezas 1:30 pm Dominos / Uno 2:00 pm Video educativo	**4** 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Dee 9:15 am Juegos de mesa 9:45 am Nutrition Bingo 10:00am Clase de musica con Mai 11:00am Estiramientos con Mia/ Adrian 1:00 pm **Diversión física – Devon*** 1:15 pm Spa sensorial con Mai 1:30 pm Dominos y Triominos 2:00 pm Película de matiné	**5** 9:00 am Juramento de Lealtad 9:15 am Music Bingo 10:00 am Dominos y Triominos 10:30 am Golf con Dee y Mia 11:00 am Estiramientos con Adrian 1:00 pm Baila y canta con Carol 1:00 pm Cuidado de uñas con Dee 1:00 pm Dibuja con Adrian 2:00 pm Vídeo Cultural	**6** *Día del pavo* 9:00 am Juramento de Lealtad 9:15 am Thanksgiving Bingo 10:00 am Dominos / Uno 10:30 am Estiramientos - Dee/ Mia 11:00 am Voleibol con globos 1:00 pm Manualidad de pavo Carolyne 1:00pm Juegos de mesa 1:15 pm Colorea y charla 2:00 pm Película - "It's a Wonderful Life"
9 9:00 am Juramento de Lealtad 9:15 am Thanksgiving Bingo 10:00 am **Salud y bienestar** 10:00am Dominos y Triominos 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 *** 1:00 pm Spa sensorial con Caroline 2:00 pm Película de matiné	**10** 9:00 am Juramento de Lealtad 9:15 am **Clase de arte - Jennifer** 10:00 am Clase de inglés con Mai 10:30 am Quizmo 11:00 am Juegos de mesa 1:00 pm **Muévelo con Zoila** 1:00 pm Cuidado de uñas//Carolyne 1:15 pm Colorea y charla- Adrian 1:30 pm Dominos / Uno 2:00 pm Video educativo	**11** *Día de los Veteranos* 9:00 am Juramento de Lealtad 9:15 am I love America Bingo 10:30 am **Honrando a nuestros veteranos** 11:00 am Charla de los veteranos 12:45 am Fiesta del día de los veteranos 1:00 pm **Diversión física – Devon*** 1:00 pm Spa sensorial con Adrian 1:30 pm Dominos y triominos 2:00 pm Película - Saving Pvt. Ryan	**12** 9:00 am Juramento de Lealtad 9:15 am Music Bingo 10:00 am Juegos de mesa 10:30 am Boliche- Carol y Adrian 11:00 am Estiramientos con Mia 1:00 pm Baila y canta- Adrian/ Dee 1:00 pm Cuidado de uñas - Carolyne 1:00 pm Colorea y charla con Mia 2:00 pm Vídeo Cultural	**13** *Día de la Cosecha y la Granja* 9:00 am Juramento de Lealtad 9:15 am Thanksgiving Bingo 10:30 am Harvest matching game 10:45 am Juego de la calabaza 11:00 pm Estiramientos con Mai/ Carolyne 1:00 pm Baila y canta 1:00 pm Manualidades de cosecha- Mia 2:00pm Película - Harvest Day
16 9:00 am Juramento de Lealtad 9:15 am Quizmo 10:00 am **Salud y bienestar** 10:00 am Dominos y Triominos 10:00 am Crear recuerdos con pintura 11:00 am Juegos de mesa 1:00 pm **Jardinería con Trino *** 1:00 pm Juego de paracaídas 1:00 pm Spa sensorial con Mai 2:00 pm Película de matiné	**17** 9:00 am Juramento de Lealtad 9:15 am **Clase de arte - Jennifer** 10:00 am Clase de inglés con Mai 10:30 am Thanksgiving Bingo 11:00 am Juegos de mesa 1:00 pm **Muévelo con Zoila** 1:15 pm Cuidado de uñas con Mai 1:15 pm Colorea y charla- Carolyne 1:30 pm Dominos y Triominos 2:00 pm Video educativo	**18** 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Mai 9:15 am Juegos de mesa 9:30 am Sweet Bingo 10:30 am **Danza polinesia** 11:00 am Juegos de mesa 1:00 pm **Diversión física – Devon*** 1:15 pm Sensory Spa con Adrian 1:30 pm Dominos y Triominos 2:00 pm Película de matiné	**19** *Celebración de Cumpleaños* 9:00 am Juramento de Lealtad 9:15 am Birthday Bingo 10:00 am Dominos y triominos 10:30 am Golf- Dee y Carolyne 11:00 am Estiramientos - Carol 1:00 pm Baila y canta- Mia 1:00 pm Cuidado de uñas con Dee 1:00 pm Dibuja con Adrian 2:00 pm Vídeo Cultural	**20** *Celebración de Acción de Gracias* 9:00 am Juramento de Lealtad 9:15 am **Quynh Music Singers** 10:00 am Dominos y Triominos 10:30 am Juegos de mesa 11:00 am **Concurso de comer pastel de calabaza** 1:00 pm Estiramientos- Dee y Mai 1:00 pm Manualidades con Carol 2:00 pm Película de acción de gracias
23 9:00 am Juramento de Lealtad 10:00 am Carnival Bingo 10:00 am Crear recuerdos con pintura 10:00 am Dominos y triominos 10:30 am Simón dice 11:00 am Juegos de mesa 1:00 pm Dibuja con Adrian 1:00 pm Spa sensorial con Dee 1:15 pm Dominos y Triominos 2:00 pm Película de matiné	**24** 9:00 am Juramento de Lealtad 9:15 am Pintemos con mai 10:00 am Dominoes y Triominos 10:30 am Thanksgiving Bingo 11:00 am Juegos de mesa 1:00 pm Estiramientos- Carol/ Adrian 1:00 pm Cuidado de uñas -Carolyne 1:30 pm Dominos / Uno 2:00 pm Video educativo	**25** *Día de corazones agradecidos* 9:00 am Juramento de Lealtad 9:15 am Clase de cocina con Dee 9:15 am Juegos de Numero 9:45 am Nutrition Bingo 10:30 am Música con Greg 11:00 am Juegos de mesa 1:00 pm Thanksgiving Bingo 1:15 pm Dominos y triominos 2:00 pm Película nativa americana	**26** **Jueves 26 de Noviembre y 27 de Noviembre Cerrado por las vacaciones Feliz Día de Acción de Gracias**	**27**
30 9:00 am Juramento de Lealtad 9:15 am **Peluquería** 9:30 am Dominos & triominos 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 Manualidades- Carol y Mia 1:00 pm Spa sensorial con Mai 2:00 pm Película de matiné	**Theme outfit** 11/02 – negro / estampado de Calaveras/ diademas floridas 11/06 – usa color marrón 11/11– Vestir de rojo, blanco y azul 11/13 – Usa tonos tierra o tonos cosecha 11/20 – usa color de otoño 11/25 – usa tu color favorito			**2026 HELLO November**