

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 1:30pm

**Maintenance Occupational Therapy**

8:00am to 11:30am &  
12:30pm to 1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Valentines Bingo 10:00 am <b>Health &amp; Wellness w/ Matthew *</b> 10:00 am Memories in the Making 11:00 am Table Games 12:45 pm <b>Gardening Class w/ Trino *</b> 1:15 pm Bean Bag Toss w/ Mia 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Movie Time</p>	<p><b>4</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Art Class w/ Jennifer *</b> 10:00 am ESL Class w/ Mai 10:00 am Disney Bingo 11:00 am Table Games 1:00 pm <b>Let's Move it w/ Luisa*</b> 1:00 pm <b>Sensory Spa w/ Mai</b> 1:00 pm Number Games 1:30 pm Fun in coloring 2:00 pm Cultural Movie</p>	<p><b>5</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Cooking Class w/ Luisa *</b> 10:00 am Nutrition Bingo 10:00 am Music Class w/ Mai 10:15 am <b>Polynesian Dance w/ Catherine</b> 11:00 am Table Games 1:00 pm <b>Fitness Fun w/ Devon*</b> 1:15 pm Nail &amp; Hand care 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Education Video</p>	<p><b>6</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Sweet Bingo 10:00 am <b>Music Appreciation With Greg *</b> 10:30 am Coloring Zone 11:00 am Table Games 1:00 pm Care-eoke with Caroline 1:15 pm Sensory Spa w/ Mai 2:00 pm Reminiscing &amp; Table Talk</p>	<p><b>7</b></p> <p><b>Super Bowl Party</b> 9:00 am Pledge of Allegiance 9:10 am Sports Bingo 10:00 am Football Toss 10:30 am <b>Indoor soccer w/ Dee</b> 11:00 am Table Games 1:00 pm Cultural Rhythm w/ Luisa* 1:15 pm Dominos &amp; Tri Ominos 2:00 pm Home Run Movie</p>
<p><b>10</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Quiz Mo 10:00 am <b>Health &amp; Wellness w/ Matthew *</b> 10:30 am Cup stacking Contest 11:00 am Table Games 12:45 pm <b>Gardening class w/ Trino</b> 1:00 pm Price Is Right Mia 1:15 pm Dominos &amp; Tri Ominos 1:30 pm Word Scrabble 2:00 pm Movie Time</p>	<p><b>11</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Art Class w/ Jennifer*</b> 10:00 am ESL Class w/ Mai 10:30 am Loteria 11:00 am Table Games 1:00 pm <b>Movement &amp; Music w/ Gina*</b> 1:00 pm <b>Let's Move It w/ Luisa*</b> 1:15 pm Sensory Spa w/ Josie 1:30 pm Fun in coloring 2:00 pm Cultural Movie</p>	<p><b>12</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Cooking Class w/ Luisa *</b> 10:00 am Arts &amp; Craft w/ Mia 10:00 am <b>The Aloha Carinio Experience</b> 10:30 am Music Class w/ Mai 11:00 am Table Games 1:00 pm <b>Fitness Fun w/ Devon *</b> 1:15 pm Nail &amp; Hand care 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Educational Video</p>	<p><b>13</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Hawaiian Bingo 10:00 am <b>Music Appreciation With Greg*</b> 10:30 am Table Games 11:00 am Monthly Reminders 1:00 am Let's Mambo w/ Mai 1:15 pm Puzzle w/ Friends 1:30 pm Sensory Spa 2:00 pm Reminiscing &amp; Table Talk</p>	<p><b>14</b></p> <p><b>Valentine's Masquerade</b> 9:00 am Pledge of Allegiance 9:10 am Valentines Bingo 10:00 am <b>Valentine Dance w/ Marco*</b> 11:00 am Table Games 11:00 am <b>King &amp; Queen Winner</b> 1:00 pm Cultural Rhythm w/ Luisa* 1:15 pm Nail &amp; Hand Care 1:30 pm Dominos &amp; Tri Ominos 2:00 pm <b>My Heart will go on Movie</b></p>
<p><b>17</b></p> <p><b>CLOSED</b></p> <p><b>Presidents Day</b></p>	<p><b>18</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Art Class w/ Jennifer *</b> 10:00 am ESL Class w/ Mai 10:30 am Quiz Mo 11:00 am Table Games 1:00 pm <b>Let's move it w/ Luisa*</b> 1:00 pm Sensory Spa w/ Dee 1:15 pm Puzzle w/ Friends 1:30 pm Fun in coloring 2:00 pm Cultural Movie</p>	<p><b>19</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Cooking Class w/ Luisa *</b> 10:00 am Table Games 10:00 am Nutrition Bingo 10:00 am Music class w/ Mai 11:00 am Balloon Volleyball 1:00 pm <b>Fitness Fun w/ Devon*</b> 1:15 pm Nail &amp; Hand care 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Educational Video</p>	<p><b>20</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Sweet Bingo 10:00 am <b>Music Appreciation w/ Greg *</b> 10:00 am Fun in coloring 11:00 am Balloon Volleyball 1:00 pm Care- eoke w/ Mia 1:15 pm Sensory Spa 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Reminiscing &amp; Table Talk</p>	<p><b>21</b></p> <p><b>Flannel Friday</b> 9:00 am Pledge of Allegiance 9:10 am <b>Quynh Music Singers*</b> 10:00 am Flannel Day Craft w/ Dee 10:30 am Fun in coloring 11:00 am Table Games 1:00 pm <b>Cultural Rhythm w/ Luisa*</b> 1:15 pm Nail &amp; Hand Care 1:30 pm Number Game 2:00 pm <b>The Bucket List Movie</b></p>
<p><b>24</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Loteria 10:00 am <b>Health &amp; Wellness w/ Matthew *</b> 10:30 am Number Games 11:00 am Table Games 12:45 pm <b>Gardening Class w/ Trino *</b> 1:15 pm Bean Bag Toss w/ Carol 1:30 pm Puzzle w/ Friends Mia 2:00 pm Movie Time</p>	<p><b>25</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Art Class w/ Jennifer *</b> 10:00 am ESL Class w/ Mai 10:00 am Music Bingo 11:00 am Table Games 1:00 pm <b>Let's Move it w/ Luisa*</b> 1:00 pm Sensory Spa w/ Mia 1:00 pm Memory Game 1:30 pm Fun in coloring 2:00 pm Cultural Movie</p>	<p><b>26</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Cooking Class w/ Luisa* 10:00 am Nutrition Bingo 10:00 am Music Class w/ Mai 10:15 am <b>Polynesian Dance w/Catherine</b> 11:00 am Table Games 1:00 pm <b>Fitness Fun w/ Devon*</b> 1:15 pm Nail &amp; Hand care 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Education Video</p>	<p><b>27</b></p> <p><b>Birthday Celebration</b> 9:00 am <b>Pledge of Allegiance</b> 9:10 am Birthday Bingo 10:00 am <b>Music Appreciation with Greg*</b> 10:30 am Table Games 11:00 am Participant Council Meeting 1:00 pm Let's Mambo w/ Mai 1:15 pm Fun in coloring 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Reminiscing &amp; Table Talk</p>	<p><b>28</b></p> <p><b>Carnival Day</b> 9:00 am Pledge of Allegiance 9:10 am Carnival Game 9:30 am Cup Stacking 10:00 am Price is Right 11:00 am Table games 1:00 pm <b>Cultural Rhythm w/ Luisa*</b> 1:15 pm Carnival Craft w/ Caroline 1:30 pm Dominos &amp; Tri Ominos 2:00 pm <b>Carnival - The Movie</b></p>



**reminder**

2/7 - wear your fav. Team jersey, Shirt or hat  
2/14 - wear red, pink or lavender  
1/21 - wear your fav. color  
2/28 - wear Carnival colors like bright red, yellow, blue, purple



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**Horario del Centro**

Lunes - Viernes  
8:00am - 4:30pm

**Horario de CBAS**

Lunes - Viernes  
9:00am - 3:00pm

**Horas de ADHC/ADP**

Lunes - Viernes  
8:00am - 3:00pm

**Se proporcionará desayuno.**

Hasta las 10:00am

**Se servirá el almuerzo.**

A las 12:00pm

**Se servirá 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 a nuestra línea de ayuda

**844-373-4400**

**Mantenimiento Terapia física**

8:00am - 11:30am  
12:30pm - 1:30pm

**Mantenimiento**

**Terapia ocupacional**

8:00am - 11:30am  
12:30pm - 1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Valentines Bingo 10:00 am <b>Salud y bienestar con Matthew*</b></p> <p>10:00 am Memories in the Making 11:00 am Juegos de mesa 12:45 pm Clase de jardinería – Toni* 1:15 pm Bean Bag Toss con Mia 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Matiné de película</p>	<p><b>4</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Clase de arte - Jennifer*</b> 10:00 am Clase de inglés con Mai 10:00 am Disney Bingo 11:00 am Juegos de mesa 1:00 pm <b>Muévelo con Luisa *</b> 1:00 pm Spa Sensorial con Mai 1:00 pm Juegos de mesa 1:30 pm Zona de colorear 2:00 pm Vídeo cultural</p>	<p><b>5</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Clase de cocina - Luisa*</b></p> <p>10:00 am Nutrition Bingo 10:00 am Clase de música con Mai 10:15 am <b>Danza polinesia con Catherine*</b> 11:00 am Juegos de mesa 1:00 pm <b>Diversión física – Devon *</b> 1:15 pm Cuidado de uñas y manos 1:30 pm Dominos &amp; Tri Ominos 2:00 pm video educativo</p>	<p><b>6</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Sweet Bingo 10:00 am <b>Apreciación Musical con Greg *</b></p> <p>10:30 am Zona de colorear 11:00 am Juegos de mesa 1:00 pm Care-eoke con Caroline 1:15 pm Spa Sensorial con Mai 2:00 pm Recuerdos y convesaciones</p>	<p><b>7</b></p> <p><b>Super Bowl Party</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Sports Bingo 10:00 am Fútbol americano 10:30 am <b>Fútbol con Dee</b> 11:00 am Juegos de mesa 1:00 pm <b>Ritmo cultural con Luisa *</b> 1:15 pm Dominos &amp; Tri Ominos 2:00 pm <b>Película – Home Run</b></p>
<p><b>10</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Quiz Mo 10:00 am <b>Salud y bienestar con Matthew*</b></p> <p>10:30 am Cup stacking Contest 11:00 am Juegos de mesa 12:45 pm Clase de jardinería – Toni* 1:00 pm El precio correcto con Mia 1:15 pm Dominos &amp; Tri Ominos 1:30 pm Word Scrabble 2:00 pm Matiné de película</p>	<p><b>11</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Clase de arte - Jennifer*</b> 10:00 am Clase de inglés con Mai 10:30 am Lotería 11:00 am Juegos de mesa 1:00 pm <b>Movimiento y música con Gina</b></p> <p>1:00 pm <b>Muévelo con Luisa *</b> 1:15 pm Spa Sensorial con Josie 1:30 pm Zona de colorear 2:00 pm Vídeo cultural</p>	<p><b>12</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Clase de cocina – Luisa*</b> 10:00 am Manualidades con Mia 10:00 am <b>El Aloha Carinio Experiencia</b></p> <p>10:30 am Clase de música con Mai 11:00 am Juegos de mesa 1:00 pm <b>Diversión física – Devon *</b> 1:15 pm Cuidado de uñas y manos 1:30 pm Dominos &amp; Tri Ominos 2:00 pm vídeo educativo</p>	<p><b>13</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Hawaiian Bingo 10:00 am <b>Apreciación Musical con Greg *</b></p> <p>10:30 am Juegos de mesa 11:00 am Monthly Reminders 1:00 pm <b>Pasos de Mambo con Mai</b></p> <p>1:15 pm Rompecabezas 1:30 pm Spa Sensorial con Josie 2:00 pm Recuerdos y convesacion</p>	<p><b>14</b></p> <p><b>Valentine's Masquerade</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Valentines Bingo 10:00 am <b>Baile de San Valentin - Marco*</b> 11:00 am Juegos de mesa 11:00 am <b>El anuncio del rey y la reina</b> 1:00 pm <b>Ritmo cultural con Luisa *</b> 1:15 pm Cuidado de uñas y manos 1:30 pm Dominos &amp; Tri Ominos 2:00 pm <b>Película – My Heart will Go On</b></p>
<p><b>17</b></p> <p><b>CLOSED</b></p> <p><b>President's Day</b></p>	<p><b>18</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Clase de arte - Jennifer*</b> 10:00 am Clase de inglés con Mai 10:30 am Quiz Mo 11:00 am Juegos de mesa 1:00 pm <b>Muévelo con Luisa *</b> 1:00 pm Spa Sensorial con Caroline 1:15 pm Rompecabezas 1:30 pm Zona de colorear 2:00 pm Vídeo cultural</p>	<p><b>19</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Clase de cocina – Luisa *</b> 10:00 am Juegos de mesa 10:00 am Nutrition Bingo 10:00 am Clase de música con Mai 11:00 am Voleibol con globos 1:00 pm <b>Diversión física – Devon *</b> 1:15 pm Cuidado de uñas y manos 1:30 pm Dominos &amp; Tri Ominos 2:00 pm vídeo educativo</p>	<p><b>20</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Sweet Bingo 10:00 am <b>Apreciación Musical con Greg *</b></p> <p>10:00 am Zona de colorear 11:00 am Voleibol con globos 1:00 pm Care- eoke con Mia 1:15 pm Spa Sensorial con Dee 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Recuerdos y convesaciones</p>	<p><b>21</b></p> <p><b>Flannel Friday</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Quynh Music Singers*</b> 10:00 am Manualidad del día de la franela</p> <p>10:30 am Zona de colorear 11:00 am Juegos de mesa 1:00 pm <b>Ritmo cultural con Luisa *</b> 1:15 pm Cuidado de uñas y manos 1:30 pm Juego de números 2:00 pm <b>Película –The Bucket List</b></p>
<p><b>24</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Lotería 10:00 am <b>Salud y bienestar con Matthew*</b></p> <p>10:30 am Juegos de Numero 11:00 am Juegos de mesa 12:45 pm Clase de jardinería - Toni* 1:15 pm Bean Bag Toss con Carol 1:30 pm Rompecabezas con Mia 2:00 pm Matiné de película</p>	<p><b>25</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Clase de arte - Jennifer*</b> 10:00 am Clase de ESL con Mai 10:00 am Music Bingo 11:00 am Juegos de mesa 1:00 pm <b>Muévelo con Luisa *</b> 1:00 pm Spa Sensorial con Dee 1:00 pm Juego de memoria 1:30 pm Zona de colorear 2:00 pm Vídeo cultural</p>	<p><b>26</b></p> <p>9:00 am Juramento de Lealtad 9:10 am <b>Clase de cocina – Luisa *</b> 10:00 am <b>Nutrition Bingo</b> 10:00 am <b>Clase de música con Mai</b> 10:15 am <b>Danza polinesia con Catherine*</b></p> <p>11:00 am Juegos de mesa 1:00 pm <b>Diversión física – Devon *</b> 1:15 pm Cuidado de uñas y manos 1:30 pm Dominos &amp; Tri Ominos 2:00 pm vídeo educativo</p>	<p><b>27</b></p> <p><b>Birthday Celebration</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Birthday Bingo 10:00 am <b>Apreciación Musical Grg*</b></p> <p>10:30 am Juegos de mesa 11:00 am Reunión del Consejo de Participantes</p> <p>1:00 pm <b>Pasos de Mambo</b> 1:15 pm Zona de colorear 1:30 pm Dominos &amp; Tri Ominos 2:00 pm Recuerdos y convesaciones</p>	<p><b>28</b></p> <p><b>Carnival Day</b></p> <p>9:00 am Juramento de Lealtad 9:10 am Juegos de carnaval 9:30 am Cup Stacking 10:00 am El precio correcto 11:00 am Juegos de mesa 1:00 pm <b>Ritmo cultural Luisa *</b> 1:15 pm Manualidades de carnaval- Carol 1:30 pm Dominos &amp; Tri Ominos 2:00 pm <b>Película – Carnival</b></p>
<p><b>February</b></p> <p><i>Valentine's Day</i></p>				
				<p><b>reminder</b></p> <p>2/7 - usa la camiseta o gorra de tu equipo favorito 2/14 - vestir de rojo, rosa o lavanda 1/21 - usa tu color favorito 2/28 - use colores de Carnaval como rojo, amarillo, azul, morado</p>



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

8:00am - 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 1:30pm



**Liệu pháp vận động**

8:00am to 11:30am &

12:30pm to 1:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Valentines Bingo 10:00 am <b>Khỏe mạnh cùng Matt *</b> 10:00 am Làm nên kỷ niệm 11:00 am Trò chơi trên bàn 12:45 pm <b>Học làm vườn w/ Toni</b> 1:15 pm Chơi ném túi đậu w/ Mia 1:30 pm Dominoes &amp; Tri Ominos 2:00 pm Xem Phim</p>	<p><b>4</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Nghệ thuật/Jennifer*</b> 10:00 am Lớp ESL với Mai 10:00 am Disney Bingo 11:00 am Trò chơi trên bàn 1:00 pm <b>Thẻ đục vui với w/ Luisa*</b> 1:00 pm Xoa bóp thư giãn w/ Mai 1:00 pm Trò chơi số 1:30 pm Niềm vui tô màu 2:00 pm Phim về các nền văn hóa</p>	<p><b>5</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Lớp nấu ăn với w/ Luisa *</b> 10:00 am Nutrition Bingo 10:00 am Lớp học Âm nhạc với Mai 10:15 am <b>Khiêu vũ trị liệu w/ Catherine *</b> 11:00 am Trò chơi trên bàn 1:00 pm <b>Thẻ đục vui với Devon *</b> 1:15 pm Chăm sóc móng &amp; tay 1:30 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông</p>	<p><b>6</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Sweet Bingo 10:00 am <b>Tri Ân Âm nhạc / Greg*</b> 10:30 am Góc Tô Màu 11:00 am Trò chơi trên bàn 1:00 pm Care-eoke w/ Caroline 1:15 pm Xoa bóp thư giãn w/ Mai 2:00 pm Âm nhạc &amp; Thư giãn</p>	<p><b>7</b></p> <p><b>Super Bowl Party</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Sports Bingo 10:00 am Ném banh bầu dục 10:30 am Đá Banh trong nhà w/ Dee 11:00 am Trò chơi trên bàn 1:00 pm <b>Nhịp điệu văn hóa w/Luisa*</b> 1:15 pm Chơi Dominos 2:00 pm Home Run Movie</p>
<p><b>10</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Quiz Mo 10:00 am <b>Khỏe mạnh cùng Matt *</b> 10:30 am Trò chơi xếp cốc 11:00 am Trò chơi trên bàn 12:45 pm <b>Học làm vườn w/ Toni</b> 1:00 pm Đoán giá cả đúng w/ Mia 1:15 pm Chơi Dominos 1:30 pm Trò chơi tìm chữ 2:00 pm Xem Phim</p>	<p><b>11</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Nghệ thuật/Jennifer*</b> 10:00 am Lớp ESL với Mai 10:30 am Loteria 11:00 am Trò chơi trên bàn 1:00 pm <b>Thẻ Thao với nhạc điệu SCFTA w / Gina</b> 1:00 pm <b>Thẻ đục vui với w/ Luisa*</b> 1:15 pm Xoa bóp thư giãn w/ Josie 1:30 pm Niềm vui tô màu 2:00 pm Phim về các nền văn hóa</p>	<p><b>12</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Lớp nấu ăn với w/ Luisa *</b> 10:00 am Nghệ thuật &amp; Thủ công w/ Mia 10:00 am <b>The Aloha Carinio Experience</b> 10:30 am Lớp học Âm nhạc với Mai 11:00 am Trò chơi trên bàn 1:00 pm <b>Thẻ đục vui với Devon *</b> 1:15 pm Chăm sóc móng &amp; tay 1:30 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông</p>	<p><b>13</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Hawaiian Bingo 10:00 am <b>Tri Ân Âm nhạc / Greg*</b> 10:30 am Trò chơi trên bàn 11:00 am Monthly Reminders 1:00 am <b>Cùng nhảy Mambo/ Mai</b> 1:15 pm Xếp hình với Bạn 1:30 pm Xoa bóp thư giãn 2:00 pm Âm nhạc &amp; Thư giãn</p>	<p><b>14</b></p> <p><b>Valentine's Masquerade</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Valentines Bingo 10:00 am <b>Valentine Dance w/ Marco*</b> 11:00 am Trò chơi trên bàn 11:00 am <b>King &amp; Queen Winner</b> 1:00 pm <b>Nhịp điệu văn hóa w/Luisa*</b> 1:15 pm Chăm sóc móng &amp; tay 1:30 pm Chơi Dominos 2:00 pm <b>My Heart will go on Movie</b></p>
<p><b>17</b></p> <p><b>ĐÓNG CỬA</b></p> <p><b>ĐỒN CỬA</b></p> <p><b>ĐỒ ĂN NHẸ SẼ PHỤC VỤ LÚC</b></p> <p>10:00 am</p> <p><b>ĐỒ ĂN NHẸ SẼ PHỤC VỤ LÚC</b></p> <p>12:00 pm</p> <p><b>ĐỒ ĂN NHẸ SẼ PHỤC VỤ LÚC</b></p> <p>2:00 pm</p> <p><b>Giám đốc Điều hành</b></p> <p>Natalie Franks</p> <p><b>Điều phối viên hoạt động</b></p> <p>Kate Koo</p> <p><b>Trợ lý Điều phối viên</b></p> <p>Agnes Tolentino</p>	<p><b>18</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Nghệ thuật/Jennifer*</b> 10:00 am Lớp ESL với Mai 10:30 am Quiz Mo 11:00 am Trò chơi trên bàn 1:00 pm <b>Thẻ đục vui với w/ Luisa*</b> 1:00 pm Xoa bóp thư giãn 1:15 pm Xếp hình với Bạn 1:30 pm Niềm vui tô màu 2:00 pm Phim về các nền văn hóa</p>	<p><b>19</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Lớp nấu ăn với w/ Luisa *</b> 10:00 am Trò chơi trên bàn 10:00 am Nutrition Bingo 10:00 am Lớp học Âm nhạc với Mai 11:00 am Chuyên bong bóng 1:00 pm <b>Thẻ đục vui với Devon *</b> 1:15 pm Chăm sóc móng &amp; tay 1:30 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông</p>	<p><b>20</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Sweet Bingo 10:00 am <b>Tri Ân Âm nhạc / Greg*</b> 10:00 am Niềm vui tô màu 11:00 am Chuyên bong bóng 1:00 pm Care- eoke w/ Mia 1:15 pm Xoa bóp thư giãn 1:30 pm Chơi Dominos 2:00 pm Âm nhạc &amp; Thư giãn</p>	<p><b>21</b></p> <p><b>Flannel Friday</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Quynh Music Singers*</b> 10:00 am Thủ công Flannel Day w/ Dee 10:30 am Niềm vui tô màu 11:00 am Trò chơi trên bàn 1:00 pm <b>Nhịp điệu văn hóa w/ Luisa*</b> 1:15 pm Chăm sóc móng &amp; tay 1:30 pm Trò chơi số 2:00 pm <b>Xem Phim The Bucket List</b></p>
<p><b>24</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Loteria 10:00 am <b>Khỏe mạnh cùng Matt *</b> 10:30 am Trò chơi số 11:00 am Trò chơi trên bàn 12:45 pm <b>Học làm vườn w/ Toni</b> 1:15 pm Chơi ném túi đậu w/Carol 1:30 pm Xếp hình với Bạn /Mia 2:00 pm Xem Phim</p>	<p><b>25</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Nghệ thuật/Jennifer*</b> 10:00 am Lớp ESL với Mai 10:00 am Music Bingo 11:00 am Trò chơi trên bàn 1:00 pm <b>Thẻ đục vui với w/ Luisa*</b> 1:00 pm Xoa bóp thư giãn 1:00 pm Trò chơi trí nhớ 1:30 pm Niềm vui tô màu 2:00 pm Phim về các nền văn hóa</p>	<p><b>26</b></p> <p>9:00 am Pledge of Allegiance 9:10 am <b>Lớp nấu ăn với w/ Luisa *</b> 10:00 am Nutrition Bingo 10:00 am Lớp học Âm nhạc với Mai 10:15 am <b>Khiêu vũ trị liệu w/ Catherine *</b> 11:00 am Trò chơi trên bàn 1:00 pm <b>Thẻ đục vui với Devon *</b> 1:15 pm Chăm sóc móng &amp; tay 1:30 pm Chơi Dominos 2:00 pm Phim về Kiến thức phổ thông</p>	<p><b>27</b></p> <p><b>Birthday Celebration</b></p> <p>9:00 am <b>Pledge of Allegiance</b> 9:10 am Birthday Bingo 10:00 am <b>Tri Ân Âm nhạc / Greg*</b> 10:30 am Trò chơi trên bàn 11:00 am <b>Họp Hội đồng thành viên</b> 1:00 pm <b>Cùng nhảy Mambo/ Mai</b> 1:15 pm Niềm vui tô màu 1:30 pm Chơi Dominos 2:00 pm Âm nhạc &amp; Thư giãn</p>	<p><b>28</b></p> <p><b>Carnival Day</b></p> <p>9:00 am Pledge of Allegiance 9:10 am Carnival Game 9:30 am Trò chơi xếp cốc 10:00 am Đoán giá cả đúng/ Mia 11:00 am Trò chơi trên bàn 1:00 pm <b>Nhịp điệu văn hóa w/Luisa*</b> 1:15 pm Thủ công Carnival w/ Caroline 1:30 pm Chơi Dominos 2:00 pm <b>Xem Phim- Carnival</b></p>
<p><b>February</b></p>				
<p><b>reminder</b></p> <p>2/7 - mặc áo thí đấu, áo sơ mi hoặc mũ yêu thích của đội. 2/14 - màu đỏ, hồng hoặc tím nhạt 1/21 - mặc màu yêu thích của bạn 2/28 - Màu của Lễ hội như đỏ trời, vàng, xanh lam, tím</p>				

# Healthy Aging Center Acacia February 2025 Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Adult Snack Menu</b> The Great American Lunch Box 2620 Newport Blvd. Costa Mesa, CA 92627</p>	<p><b>*WGR – Whole Grain Rich</b> <b>*All fruit cups are served in natural fruit juices.</b></p> <p><b>The menu is subject to change.</b></p>			
<b>3.</b>	<b>4.</b>	<b>5.</b>	<b>6.</b>	<b>7.</b>
<p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p> <p>Yogurt – Low Fat (4 oz)</p>	<p>Jungle Cracker Bag - WGR (1 oz equivalent)</p> <p>Sliced Apple Bag (1/2 cup)</p>	<p>Pineapple Cup in Natural Juice (1/2 cup)</p> <p>Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)</p>	<p>Wheat Cracker Bag - WGR (1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>Mixed Fruit Cup in Natural Juice (1/2 cup)</p> <p>Mini Bagel - WGR (1 oz)</p>
<b>10.</b>	<b>11.</b>	<b>12.</b>	<b>13.</b>	<b>14.</b>
<p>Applesauce Cup (1/2 cup)</p> <p>Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)</p>	<p>Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>Mini Bagel - WGR (1 oz)</p> <p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p>	<p>Sliced Apple Bag (1/2 cup)</p> <p>Yogurt – Low Fat (4 oz)</p>	<p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p> <p>Banana (1/2 cup)</p>
<b>17.</b>	<b>18.</b>	<b>19.</b>	<b>20.</b>	<b>21.</b>
	<p>Mandarin Orange Cup in Natural Juice (1/2 cup)</p> <p>String Cheese (1 oz)</p>	<p>Cottage Cheese (2 oz)</p> <p>Sliced Apple Bag (1/2 cup)</p>	<p>Banana (1/2 cup)</p> <p>Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)</p>	<p>Mini Bagel - WGR (1 oz)</p> <p>Swiss Cheese Slices (1 oz)</p>
<b>24.</b>	<b>25.</b>	<b>26.</b>	<b>27.</b>	<b>28.</b>
<p>Wheat Cracker Bag - WGR (1 oz equivalent)</p> <p>String Cheese (1 oz)</p>	<p>Applesauce Cup (1/2 cup)</p> <p>Goldfish Pretzel Bag – WGR (1 bag = 1 oz equivalent)</p>	<p>Yogurt – Low Fat (4 oz)</p> <p>Banana (1/2 cup)</p>	<p>Sliced Apple Bag (1/2 cup)</p> <p>Cheez-It Cracker Bag - WGR (.78 oz) (1 oz equivalent)</p>	<p>Pineapple Cup in Natural Juice (1/2 cup)</p> <p>Honey Graham Cracker Bag – WGR (.78 oz) (1 oz equivalent)</p>

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

## February 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>The menu is subject to change.</b>	<b>The Great American Lunch Box</b> 2620 Newport Blvd. Costa Mesa, CA 92627	<i>happy Valentine's day</i>		
<b>3.</b>	<b>4.</b>	<b>5.</b>	<b>6.</b>	<b>7.</b>
<b>(3 oz)</b> <b>Korean BBQ Chicken</b>  Steamed Carrots (1/2 c.) Pears (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	<b>(2.4 oz)</b> <b>Beef Patty w/ Mushrooms</b>  Peas (1/2 c.) Bread - WGR (2 slices) Pineapple (1/2 c.) 1% Milk (8 oz)	<b>(3.15 oz)</b> <b>Chicken Parmesan</b>  Green Beans (1/2 c.) Mixed Fruit (1/2 c.) French Roll - WGR (2 oz) 1% Milk (8 oz)	<b>(2 oz)</b> <b>Beef Meatballs with Kabob Seasoning</b>  Meatballs (4 each = 2 oz) Tomatoes with Red Onion Garnish (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz)	<b>(3 oz)</b> <b>Glazed Pineapple Chicken</b>  Mixed Vegetables (1/2 c.) Peaches (1/2 c.) Roll - WGR (2 oz) 1% Milk (8 oz)
<b>10.</b>	<b>11.</b>	<b>12.</b>	<b>13.</b>	<b>14.</b>
<b>(3 oz)</b> <b>BBQ Chicken Sandwich</b>  Green Beans and Onions (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)	<b>(3 oz)</b> <b>Sweet and Sour Chicken</b> Carrots (1/2 c.) Peaches (1/2 c.) Brown Rice - WGR (1 c.) 1% Milk (8 oz)	<b>(2.4 oz)</b> <b>Beef Patty w/ BBQ Sauce</b>  Broccoli Normandy (1/2 c.) Banana (1/2 c.) Bread - WGR (2 oz) 1% Milk (8 oz)	<b>(3.3 oz)</b> <b>Cheese Lasagna- WGR</b>  Peas and Carrots (1/2 c.) Roll - WGR (2 oz) Pears (1/2 c.) 1% Milk (8 oz)	<b>(2 oz)</b> <b>Chicken Dippers</b>  Green Beans (1/2 c.) Basmati Rice - WGR (1 c.) Applesauce (1/2 c.) 1% Milk (8 oz) <b>Celebration Dessert</b>
<b>17.</b>	<b>18.</b>	<b>19.</b>	<b>20.</b>	<b>21.</b>
	<b>(2 oz)</b> <b>Beef Meatballs with Fajita Vegetables</b>  Meatballs (4 each = 2 oz) Broccoli Normandy (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)	<b>(3.6 oz)</b> <b>Baked Cajun Fish</b>  Roll - WGR (2 oz) Tartar Sauce (1 oz) Red Potatoes (1/2 c.) Peaches (1/2 c.) 1% Milk (8 oz)	<b>(3 oz)</b> <b>Salisbury Steak</b>  Peas (1/2 c.) Mixed Fruit (1/2 c.) Bread - WGR (2 oz) 1% Milk (8 oz)	<b>(3 oz)</b> <b>Chicken w/ Tomatoes</b>  Steamed Carrots (1/2 c.) Brown Rice - WGR (1 c.) Banana (1/2 c.) 1% Milk (8 oz)
<b>24.</b>	<b>25.</b>	<b>26.</b>	<b>27.</b>	<b>28.</b>
<b>(2.5 oz)</b> <b>Chicken Verde</b>  Black Beans (1/2 c.) Mild Salsa (1 oz) Mixed Fruit (1/2 c.) Tortilla - WGR (2 oz) 1% Milk (8 oz)	<b>Meatball Hoagie</b>  Meatballs (4 each = 2 oz) French Roll - WGR (2.6 oz) Red Potatoes (1/2 c.) Pineapple (1/2 c.) 1% Milk (8 oz)	<b>(3.62 oz)</b> <b>Chicken Patty and Gravy</b>  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)	<b>(2 oz)</b> <b>Beef Dippers</b>  Broccoli Normandy (1/2 c.) Basmati Rice - WGR (1 c.) Pears (1/2 c.) 1% Milk (8 oz)	<b>(4 oz)</b> <b>Fish Fillet Sandwich - WGR</b>  Fish (4oz) Tartar Sauce (1 oz) Peas and Carrots (1/2 c.) Applesauce (1/2 c.) Bun - WGR (2 oz) 1% Milk (8 oz)

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