

July 2026  
SBSS Mid-City Nutrition & Activities Calendar



**SBSS Mid-City**  
675 S. Carondelet St.  
Los Angeles, CA 90057  
(213) 388-4444 Ext.1

**Cyber Cafe Support**  
**Hours 8:00am-4:00pm for**  
**English and Spanish**  
**except on Mondays and**  
**Wednesdays for Korean**  
**only from 8:00am-**  
**10:30am**

Featured Programs & Events

- 07/01: LAPL workshop**  
*Creative Crafts/Cyber Cafe/9:30am-10:30am*

**07/01: Closed at 1:00 PM**

**07/02: Food Bank**  
*Dining Room | 12:00pm-3:00pm*

**07/03: Closed**

**07/06: Independence Day Celebration**  
*Dance and Music | Dining | 1:00pm-3:00pm*
- 07/07: Metro Pop-up**  
*Workshop | Atrium | 9:00am-2:00pm*

**07/09-07/23: Queens Care**  
*Nurse | Atrium | 8:00am-2:00 pm*

**07/14: Bicycle & Pedestrian**  
*Workshop | Dining Room | 10:00am-11:00am*

**07/16: LA Brea Tar pits**  
*Field Trip | outside | 10:00am-1:00pm*
- 07/15-07/29: Music Mends Minds**  
*Music and Karaoke | Dining Room | 1:00pm 10:00 am - 2:00 pm*

**07/24- Moca Museum**  
*Field Trip | outside | 10:30am-1:30pm*

**07/31-July Birthday's Celebration's**  
*Dance and Music /Dining /1:00pm-3:00pm*



675 S Carondelet St  
Los Angeles CA 90057

Live Well Feel Well Age Well  
213-388-4444

|        | MON                                                                                                                               | TUE                                                                                                                                           | WED                                                                                                                      | THU                                                                                                                                                                                                     | FRI                                                                                                                                                        |
|--------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WEEK 1 |                                                                                                                                   | * Vitamin C Rich<br>**Vitamin A Rich<br>***Vitamin C & A Rich<br>Milk is served daily.<br>Meal is subject to change without notice.           | 1<br><b>Baked Chicken</b><br>LS White Beans<br>Baked Yams **<br>Tangerine OR Tangelo *<br>WG Roll<br>NF or 1% Milk       | 2 <b>4th of July Meal</b><br><b>BBQ Pulled Turkey Sandwich</b><br>Roasted Brussels Sprouts<br>Spring Mix Salad w/ Italian Dressing<br>WG Bun<br>Pineapple & Mango***<br>NF or 1% Milk<br>Oatmeal Cookie | 3 <b>Happy Independence Day!</b><br>SBSS CLOSED                                                                                                            |
| WEEK 2 | 6<br><b>Beef Fajitas</b><br>Corn<br>Green Beans<br>Tangerine OR Tangelo*<br>WG Tortilla<br>NF or 1% Milk                          | 7<br><b>Chicken Chile Verde</b><br>LS Pinto Beans<br>Cantaloupe***<br>Brown Rice<br>NF or 1% Milk                                             | 8<br><b>Fish Piccata</b><br>Sautéed Red & Orange Bell Peppers<br>Creamy Coleslaw<br>Apple<br>WG Pasta<br>NF or 1% Milk   | 9<br><b>Beef Stew</b><br>Garlic Kale**<br>Onion, Carrot, Celery, & Potato (in entrée)<br>Honeydew Melon*<br>Brown Rice<br>NF or 1% Milk                                                                 | 10<br><b>Poblano Creamy Chicken</b><br>Green Beans<br>Mushrooms<br>Orange*<br>WG Pasta<br>NF or 1% Milk                                                    |
| WEEK 3 | 13<br><b>Chicken Tikka Masala</b><br>Roasted Eggplant, Tomatoes, & Onion<br>Cantaloupe***<br>Brown Rice<br>NF or 1% Milk          | 14 <b>Lemon Glazed Fish</b><br>Sweet Potato Mash**<br>Cabbage<br>Kale Chopped Salad w/ Lemon Vinaigrette<br>Banana<br>Quinoa<br>NF or 1% Milk | 15<br><b>Beef &amp; Broccoli</b><br>Broccoli (in entrée)**<br>Bok Choy<br>Honeydew Melon*<br>Brown Rice<br>NF or 1% Milk | 16<br><b>Chicken Pasta Primavera</b><br>Green Peas<br>Carrots**<br>Tangerine OR Tangelo*<br>WG Pasta<br>NF or 1% Milk                                                                                   | 17<br><b>Beef Chile Colorado</b><br>LS Black Beans<br>Zucchini<br>Kiwi/Strawberries**<br>WG Tortilla<br>NF or 1% Milk                                      |
| WEEK 4 | 20<br><b>Fish w/ Garlic Sauce</b><br>Spinach **<br>Corn<br>Orange*<br>Quinoa<br>NF or 1% Milk                                     | 21<br><b>Carne Asada</b><br>LS Refried Beans<br>Chayote w/ Onions & Tomatoes<br>Kiwi/Strawberries**<br>WG Tortilla<br>NF or 1% Milk           | 22<br><b>Sesame Chicken</b><br>Parsnips<br>Cantaloupe***<br>WG Noodles w/ Bamboo Shoots & Cabbage<br>NF or 1% Milk       | 23<br><b>Meatloaf</b><br>Vegetable Medley<br>Mashed Potatoes<br>Pineapple & Papaya/Mango***<br>WG Dinner Roll<br>NF or 1% Milk                                                                          | 24 <b>Chicken Pesto Pasta</b><br>Carrots**<br>Broccoli Slaw w/ Red Onion & Cranberry w/ Tangy Vinaigrette**<br>Apple<br>Whole Grain Pasta<br>NF or 1% Milk |
| WEEK 5 | 27<br><b>Pepper Steak</b><br>Green Bean, Mushroom, & Onion<br>Bok Choy<br>Asian Slaw<br>Banana<br>WG Dinner Roll<br>NF or 1% Milk | 28<br><b>Chicken Tinga</b><br>Roasted Corn<br>Cantaloupe***<br>Brown Rice<br>NF or 1% Milk                                                    | 29<br><b>White Fish</b><br>Carrots **<br>Green Peas<br>Orange*<br>Quinoa<br>NF or 1% Milk                                | 30<br><b>Chile Verde Chicken Flauta</b><br>LS Black Beans<br>Kiwi* OR Strawberries**<br>Flour Tortilla in entrée<br>Brown Rice<br>NF or 1% Milk                                                         | 31<br><b>Beef w/ Onions &amp; Tomatoes</b><br>Steamed Collard Greens OR Kale**<br>Potatoes<br>Tangerine OR Tangelo*<br>WG Dinner Roll<br>NF or 1% Milk     |

July Weekly Activities

| Monday   |                                          | Tuesday  |                                             | Wednesday |                                          | Thursday                      |                                             | Friday   |                                          |
|----------|------------------------------------------|----------|---------------------------------------------|-----------|------------------------------------------|-------------------------------|---------------------------------------------|----------|------------------------------------------|
| 8:00 AM  | Coffee & News<br>Alison   Atrium         | 8:00 AM  | Coffee & News<br>Alison   Atrium            | 8:00 AM   | Coffee & News<br>Alison   Atrium         | 8:00 AM                       | Coffee & News<br>Alison   Atrium            | 8:00 AM  | Coffee & News<br>Alison   Atrium         |
| 8:00 AM  | Brain Games<br>Alison   Atrium           | 8:00 AM  | Breakfast w/ Alison<br>Alison   Dining Room | 8:00 AM   | Brain Games<br>Alison   Atrium           | 8:00 AM                       | Brain Games<br>Alison   Atrium              | 8:00 AM  | Brain Games<br>Alison   Atrium           |
| 9:00 AM  | Korean Tech Class<br>Derek   Cyber Cafe  | 9:00 AM  | Tomando Control<br>Alison   Cyber Cafe      | 9:00 AM   | Korean Tech Class<br>Derek   Cyber Cafe  | 9:00 AM                       | Morning Workout<br>Darlene   Dining Room    | 9:00 AM  | Chair Stretching<br>Alison   Dining Room |
| 9:00 AM  | Chair Stretching<br>Alison   Dining Room |          |                                             | 9:00 AM   | Chair Stretching<br>Alison   Dining Room | 9:00 AM                       | Loteria<br>Alison   Dining Room             |          |                                          |
| 10:00 AM | Board Games<br>Alison   Dining Room      | 10:00 AM | Jenga/Tabel Games<br>Alison   Dining Room   | 10:00 AM  | Arts/Crafts<br>Alison   Dining Room      | 10:00 AM                      | Chair Yoga<br>Mooni   Dining Room           | 10:00 AM | Board Games<br>Alison   Dining Room      |
| 12:00 PM | Dance<br>Alison   Dining Room            | 12:00 PM | Fitness w/ Kerry<br>Kerry   Dining Room     | 12:00 PM  | Dance<br>Alison   Dining Room            | 12:00 PM                      | Fitness<br>Kerry   Gym                      | 12:00 PM | Dance<br>Alison   Dining Room            |
|          |                                          | 12:00 PM | Arts /Crafts<br>Alison   Dining Room        |           |                                          |                               |                                             |          |                                          |
| 1:00 PM  | Bingo<br>Alison   Dining Room            | 1:00 PM  | ESL-Spanish<br>Ann   Meeting Room           | 1:00 PM   | Loteria<br>Celeste   Dining Room         | 1:00 PM                       | Beads & Bracelets<br>Alison   Dining Room   | 1:00 PM  | Bingo<br>Alison   Dining Room            |
|          |                                          | 1:00 PM  | Tech Class<br>Veronica   Cyber Cafe         | 1:00 PM   | Chair Yoga<br>Mooni   Dining Room        | 1:00 PM                       | Spanish Tech Class<br>Veronica   Cyber Cafe |          |                                          |
| 2:00 PM  | Foosball<br>Alison   Atrium              | 2:00PM   | Painting<br>Lupe I Dining Room              | 2:00 PM   | Dominoes<br>Alison   Dining Room         | 2:00 PM<br>3:00 PM<br>3:00 PM | Movie Screening<br>Alison   Dining Room     | 2:00 PM  | Bowling<br>Alison   Dining Room          |
| 3:00 PM  | Coloring<br>Alison   Dining Room         |          |                                             | 3:00 PM   | Foosball<br>Alison   Atrium              |                               |                                             | 3:00 PM  | Cornhole<br>Alison   Dining Room         |