

August 2026
SBSS Echo Park Nutrition & Activities Calendar



SBSS Echo Park
1021 North Alvarado St.
Los Angeles, CA 90026
(213) 388-4444 Ext.2

- **Bingocize w/ Gaby**
Wednesdays @ 1pm
- **Fridays Loteria w/ Gaby**
@ 1pm
- **Nutrition Presentation**
w/ Kiki on Wednesdays
- **Luau & Birthday Party**
Tuesday, August 11

Featured Programs & Events

- 08/05: Queens Care**
Dining Room | 9am-2:00pm

08/19: Queens Care
Dining Room | 9am-2:00pm
- 08/11: Luau Party**
Dining Room | 12:00pm-3:00pm

08/21: Senior Citizen Day
Dining Room | 1:00pm-3:00 pm
- 08/11: Birthdays Party**
Dining Room | 12:00pm-3:00pm

 675 S Carondelet St
Los Angeles CA 90057

August 2026

Live Well · Feel Well · Age Well
213-388-4444

	MON	TUE	WED	THU	FRI
WEEK 6	3 Beef Fajitas Corn Green Beans Tangerine OR Tangelo* WG Tortilla NF or 1% Milk	4 Chicken Chile Verde LS Pinto Beans Garlic Zucchini Cantaloupe*** Spanish Brown Rice NF or 1% Milk	5 Fish Picatta Sautéed Red & Orange Bell Peppers w/ Onions *Creamy Coleslaw Apple Quinoa NF or 1% Milk	6 Beef Stew Garlic Kale Vegetable in Entrée** Honeydew Melon* Brown Rice NF or 1% Milk	7 Turkey Bolognese Broccoli** Mushrooms Orange* WG Pasta NF or 1% Milk
WEEK 1	10 Chicken Tikka Masala Vegetables (in entrée)** Roasted Eggplant Cantaloupe*** Honeydew Melon* Brown Rice Pilaf NF or 1% Milk	11 Lemon Glazed Fish Carrots** Kale Chopped Salad w/ Lemon Vinaigrette Banana Quinoa NF or 1% Milk	12 Beef & Broccoli Vegetables (in entrée)** Bok Choy OR Collard Greens** Honeydew Melon* Brown Rice NF or 1% Milk	13 Chicken Pasta Primavera Green Peas Cauliflower WG Bun Tangerine OR Tangelo* WG Pasta NF or 1% Milk	14 Beef Chile Colorado LS Black Beans Kiwi* OR Strawberries* WG Tortilla Pineapple & Mango*** NF or 1% Milk
WEEK 2	17 Fish w/ Garlic Sauce Spinach ** Corn Orange* Quinoa Pilaf NF or 1% Milk	18 Carne Asada LS Refried Beans Chayote w/ Onions & Tomatoes Kiwi/Strawberries** WG Tortilla NF or 1% Milk	19 Sesame Chicken Parsnips OR Green Beans Cantaloupe*** WG Spaghetti Lo Mein w/ Bamboo Shoots & Cabbage NF or 1% Milk	20 Meatloaf Vegetable Medley Mashed Potatoes Pineapple & Papaya/Mango*** WG Dinner Roll NF or 1% Milk	21 Chicken Pesto Pasta Carrots** Broccoli Slaw w/ Red Onion & Cranberry w/ Tanga Vinaigrette* Apple Whole Grain Pasta NF or 1% Milk
WEEK 3	24 Pepper Steak Green Bean, Mushroom, & Onion Stir Fry Bok Choy OR Collard Greens ** Kiwi* OR Strawberries* WG Dinner Roll NF or 1% Milk	25 Chicken Tinga Roasted Corn Cantaloupe*** Brown Rice NF or 1% Milk	26 White Fish w/ Lemon Wedge Carrots ** Herbed Lentils Orange* Quinoa NF or 1% Milk	27 Chile Verde Chicken Flauta Yellow Squash Cabbage Slaw w/ Cilantro Lime Viaigrette* Banana Flour Tortilla in entrée Spanish Brown Rice NF or 1% Milk	28 Beef w/ Onions & Tomatoes Steamed Kale Roasted Potatoes Tangerine OR Tangelo* WG Dinner Roll NF or 1% Milk
WEEK 4	31 Turkey Picadillo LS Pinto Beans Yellow Squash Orange WG Tortilla NF or 1% Milk			* Vitamin C Rich ** Vitamin A Rich *** Vitamin C & A Rich Milk is served daily. Meal is subject to change without notice.	

August 2026 Weekly Activities

Tech

Fitness

Crafts

Learning

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00 AM	Coffee & News Tashawnda GR	8:00 AM	Coffee & News Tashawnda GR	8:00 AM	Coffee & News Tashawnda GR	8:00 AM	Coffee & News Tashawnda GR	8:00 AM	Coffee & News Tashawnda GR
9:00 AM	Bingo Gaby Great Room	9:00 AM	Loteria Gaby Great Room	9:00 AM	Bingo Gaby Great Room	9:00 AM	Loteria Gaby Great Room	9:00 AM	Bingo Gaby Great Room
10:00 AM	Yoga Mooni Gym	10:00 AM	Stretching Victor/Derryck Gym	10:00 AM	Yoga Mooni Gym	10:00 AM	Stretching Victor/Derryck Gym	10:00 AM	Yoga Mooni Gym
	Tech 1 on 1 Tashawnda CL		Tech 1 on 1 Tashawnda CL		Nutrition Class Kiki Great Room		Tech 1 on 1 Tashawnda CL		Tech 1 on 1 Tashawnda CL
11:00 AM	Lunch	11:00 AM	Lunch	11:00 AM	Lunch	11:00 AM	Lunch	11:00 AM	Lunch
12:00 PM	Tech in Spanish Veronica CL	12:00 PM	Tech Tashawnda CL	12:00 PM	Tech Tashawnda CL	12:00 PM	Tech in Spanish Veronica CL	12:00 PM	Tech Tashawnda CL
12:00 PM	M. T. Dominoes James Great Room	12:00 PM	Exercise Victor/Derryck Gym	12:00 PM	Exercise Victor/Derryck Gym	12:00 PM	Exercise Victor/Derryck Gym	12:00 PM	Exercise Victor/Derryck Gym
1:00 PM	Tech Tashawnda CL	1:00 PM	Yoga Kerry Gym	1:00 PM	Bingocize Gaby / Gym	1:00 PM	Yoga Kerry Gym	1:00 PM	Loteria Gaby / Gym
2:00 PM	Chess Great Room	2:00 PM	Poker Great Room	2:00 PM	Board Games Great Room	2:00 PM	Movie & Popcorn	2:00 PM	Checkers Great Room
3:00 PM	Ping Pong Great Room	3:00 PM	Snakes & Ladder Great Room	3:00 PM	Monopoly Great Room	3:00 PM	Movie & Popcorn	3:00 PM	Snakes & Ladders Great Room

