



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

Cyber Cafe
Support Hours: 8:00 AM–4:00 PM (English & Spanish); Mondays & Wednesdays 8:00–10:30 AM (Korean only)

APRIL 2026
SBSS Mid-City Nutrition & Activities Calendar

Featured Programs & Events

04/06: Arts & Craft Workshop

LAPL | Dining Room | 9:00 am

04/07: Health Workshop

Understand Covid-19

CCNP | Dining Room | 1:00 pm

04/03: Easter Party

Music, Games and Food

Dining Room | 1:00 pm

04/14: Health Workshop

Understand Hepatitis A & Measles

CCNP | Dining Room | 1:00 pm

04/16: Alzheimer's Pres.

Alzheimer's Association Presentation

Dining Room | 12pm - 2pm

04/19: Field Trip

California Science Center

10:00 am - 2:00 pm

04/23: SWAP MEET

Bring items to Swap

SBSS | Dining Room | 1:00 pm

04/30: Field Trip

Steamers Railroad Museum

10:00 am - 2:00 pm

04/16 – Alzheimer Association Resource Event

	MON	TUE	WED	THU	FRI
WEEK 5	* Vitamin C Rich **Vitamin A Rich ***Vitamin C & A Rich Milk is served daily. Meal is subject to change without notice.		1 Beef Brisket Seasoned Carrots** Potato & Onion Kugel Citrus Salad (Orange Wedges) * Herbed Quinoa NF or 1% Milk Bread Pudding	2 Chile Verde Chicken Flauta LS Black Beans Kiwi * OR Strawberries * Flour Tortilla in entrée NF or 1% Milk	3 Good Friday Meal Baked Fish Beurre Blanc Steamed Kale** Spring Mix Salad Greens w/ Cucumber & Cherry Tomatoes Tangerine OR Tangelo * Brown Rice Pilaf NF or 1% Milk
WEEK 1	6 Orange Chicken Garlic Zucchini & Carrots ** Cantaloupe*** Brown Rice NF or 1% Milk	7 Beef Stir Fry Broccoli ** Orange * WG Noodles NF or 1% Milk	8 Baked Chicken LS White Beans Baked Yams ** Tangerine OR Tangelo* WG Roll NF or 1% Milk	9 Fish Almandine Garlic Spinach ** Carrots ** Pineapple & Papaya*** OR Pineapple & Mango*** Quinoa NF or 1% Milk	10 Harissa Chickpeas Onion, Yellow Bell Pepper & Kale (in entrée) Roasted Eggplant Honeydew Melon * WG Pita NF or 1% Milk
WEEK 2	13 Beef Fajitas Corn Green Beans Tangerine OR Tangelo* WG Tortilla NF or 1% Milk	14 Chicken Chile Verde LS Pinto Beans Cantaloupe*** Brown Rice NF or 1% Milk	15 Fish Piccata Sautéed Red & Orange Bell Peppers & Onions Pineapple & Papaya** OR Pineapple & Mango*** WG Pasta NF or 1% Milk	16 Beef Stew Garlic Kale** Onion, Carrot, Celery, & Potato (in entrée) Honeydew Melon* Brown Rice NF or 1% Milk	17 Poblano Creamy Chicken Green Beans Mushrooms & Onions in entrée Orange* WG Roll NF or 1% Milk
WEEK 3	20 Chicken Tikka Masala Roasted Eggplant, Tomatoes, & Onion Cantaloupe*** Brown Rice NF or 1% Milk	21 Lemon Glazed Fish Sweet Potato Mash** Green Beans Pineapple & Papaya*** OR Pineapple & Mango*** Quinoa NF or 1% Milk	22 Beef & Broccoli Broccoli (in entrée) ** Bok Choy Honeydew Melon* Brown Rice NF or 1% Milk	23 Chicken Pasta Primavera Green Peas Carrots** Tangerine OR Tangelo* WG Pasta NF or 1% Milk	24 Beef Chile Colorado LS Black Beans Zucchini Kiwi* OR Strawberries* WG Tortilla NF or 1% Milk
WEEK 4	27 Fish w/ Garlic Sauce Spinach** Corn Orange* Quinoa NF or 1% Milk	28 Carne Asada LS Refried Beans Chayote w/ Onions & Tomatoes Kiwi* OR Strawberries* WG Tortilla NF or 1% Milk	29 Sesame Chicken Parsnips Cantaloupe*** WG Noodles w/ Bamboo Shoots & Cabbage NF or 1% Milk	30 Meatloaf Vegetable Medley Mashed Potatoes Pineapple & Papaya*** OR Pineapple & Mango*** WG Dinner Roll NF or 1% Milk	

April Weekly Activities

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00 AM	Coffee & News Alison Atrium	8:00 AM	Coffee & News Celeste Atrium	8:00 AM	Coffee & News Celeste Atrium	8:00 AM	Coffee & News Celeste Atrium	8:00 AM	Coffee & News Celeste Atrium
8:00 AM	Brain Games Alison Atrium	8:00 AM	Breakfast Celeste Dining Room	8:00 AM	Brain Games Celeste Atrium	8:00 AM	Brain Games Celeste Atrium	8:00 AM	Brain Games Celeste Atrium
9:00 AM	Korean Tech Class Derek Cyber Cafe	9:00 AM	Chair Fitness Darlene Dining Room	9:00 AM	Korean Tech Class Derek Cyber Cafe	9:00 AM	Morning Workout Isaac Dining Room	9:00 AM	Dancing Shauna Dining Room
9:00 AM	Chair Stretching Darlene Dining Room	9:00 AM	Word Search Celeste Atrium	9:00 AM	Chair Stretching Darlene Dining Room	9:00 AM	Bingo Celeste Atrium		
10:00 AM	Wordsearch Alison Dining Room	10:00 AM	Paper Plate Flowers Celeste Dining Room	10:00 AM	Site Council Darlene/Candy Atrium	10:00 AM	Chair Yoga Mooni Gym	10:00 AM	Celeste Dining Room
		11:30AM	Rainbow Milk Veronica Atrium			10:00 AM	Painting Class Celeste Dining Room		
12:00 PM	Dance Alison Gym	12:00 PM	Fitness w/ Kerry Kerry Dining Room	11:30AM	Word Search Veronica Atrium	11:30 AM	Balloon Volleyball Celeste/Shaua Dining Room	11:30AM	Word Search Veronica Atrium
1:00 PM	Bingo Alison Dining Room	12:00 PM	Haiku Poetry Veronica Dining Room	12:00 PM	Dance with Shauna Shauna Dining Room	12:00 PM	Fitness Kerry Dining Room	12:00 PM	Party Hosted by Prince Junior Prince Junior Atrium
		1:00 PM	ESL-Spanish Ann Meeting Room			1:00 PM	Beads & Bracelets Celeste Dining Room		
2:00 PM	Coloring Alison Dining Room	1:00 PM	Covid Presentation CCNP Dining Room	1:00 PM	Music Mends Minds MMM Dining Room	1:00 PM	Spanish Tech Class Paola Cyber Cafe	1:00 PM to 2:00 PM	Party Hosted by Prince Junior Prince Junior Atrium
		1:00 PM	Tech Class Veronica Cyber Cafe	1:00 PM	Chair Yoga Mooni Gym	1:00 PM	Cooking Class Edgar Kitchen Room		
		2:00 PM	Make Oobleck Celeste Dining Room	2:00 PM	Word Search Shauna/Celeste Dining Room	2:00 PM	2:00pm Trivia Celeste/Shaua Dining Room		