

August 2026
SBSS Hollywood Nutrition & Activities Calendar



SBSS Hollywood
5170 Santa Monica Blvd.
Los Angeles, CA 90029
(213) 388-4444 Ext.3

- 8/7 Birthday Celebration
- 8/11 Health Education presentation -12pm.
- 8/18 Field Trip - Santa Monica Beach.
- 8/27 Field Trip- Beach (TBD)
- 8/31 Potluck

Featured Programs & Events

- 08/07: Birthday Celebration**
Dining Room | 12:00pm-2:00pm

08/11: Health Education
Presentation: Dining Room
12:00pm-1:00pm

08/12: Breakfast w/Yancy
Dining Room | 9:30am-10:30am

8/18: Field Trip Santa Monica
Beach-Meet in Dining room 10:30am-2pm
- 08/19: Creative Workshop**
Dining Room | 9:30am-10:30am

08/21: National Senior Citizens Day
Dining Room | 12:00pm-2:00pm-Tea Party

08/27: Field Trip-TBD
Field Trip | outside | 10:30am-2:00pm
Beach- Meet in Dining room

08/31: Potluck/Celebration
Dining Room | 12:00pm-2:00 pm

Member of the Month:
Julia Marroquin!

Seeds of Hope
12pm (3rd Wednesday of every month)
at Mid-City 675 S. Carondelet St
Food Bank 1pm-2:30pm (1st Wednesday of every month) early arrival suggested!
At Mid-City 675 S. Carondlet St.



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 Vioigrette* 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.	KITCHEN To Go

Hollywood August 2026 Weekly Activities

* Schedule subject to change during Special Events/Presentations.

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00 AM	Coffee & News	8:00 AM	Coffee & News	8:00 AM	Coffee & News	8:00 AM	Coffee & News	8:00 AM	Coffee & News
8:00 AM	Brain Games Yancy Main	8:00 AM	Arrival	8:00 AM	Brain Games Yancy Dining Room	8:00 AM	Brain Games Yancy Dining Room	8:00 AM	Arrival
9:00 AM	Worksheets Yancy Main	9:00 AM	Wordsearch Yancy Main Room	9:00 AM	Breakfast w/Yancy 8/12 Dining Room	9:00 AM	Themed Coloring Yancy Main Room	9:00 AM	Brain Games Yancy Dining Room
9:00 AM	Chair Stretching- Main Yancy	9:00 AM	Pictionary Yancy Dining Room	9:30 AM	Creative Workshop 8/19 Dining Room	9:00 AM	Worksheets Yancy Main Room	9:00 AM	Arthritis Class Yancy Main Room
10:00 AM	Arthritis Class Yancy Main Room	10:00 AM	Fitness w/Kerry Dining Room	10:00 AM	Chair Yoga w/ Yancy Main Room	10:00 AM	Chair Yoga Kerry Fitness	10:00 AM	Team Games Yancy Main
10:00 AM	Yancy Dance Main Room	10:00 AM	Name that Tune Yancy Dining Room	10:30 AM	Arthritis Yancy Dining Room	10:00 AM	Stop Cup Yancy Dining Area	10:00 AM	Jenga Yancy Main
12:00 PM	Council Meeting Mercedes Perez	12:00 PM	Health Presentation Tiana Main Room	12:00 PM	Anna/Yancy Fitness Dining Room	12:00 PM	Jewelry Making Dining Room	12:00 PM	Birthday Celebration Yancy Dining Room
12:00 PM	Crafts Main Room	12:00 PM	Drawing/Art Main Room	12:00 PM	ESL w/Ann Main Room	12:00 PM	Wellness Video Main Room	12:00 PM	Matching Game Yancy Dining
1:00 PM	Bingo/Loteria Yancy Main	1:00 PM	Group Walking Yancy meet in front	1:00 PM	Trivia Dining Room	1:00 PM	Jeopardy Yancy Main Room	1:00 PM	Loteria Yancy Dining Room
1:00 PM	Yoga w/Mooni Front Room	1:00 PM	Games w/Sol Yancy Main Room	1:00 PM	Acrylic Painting Yancy Dining Room	1:00 PM	Games w/Sol Yancy Main	1:30 PM	Blackjack Anna Dining Room
2:00 PM	Art & Drawing Yancy Main Room	2:00 PM	YouTube Music Yancy Dining Room	2:00 PM	Scattergories Dining Room	2:00 PM	YouTube Activity Main w/Yancy	2:00 PM	Memory Cards Yancy Main
2:00 PM	Salsa Dancing Yancy Main Room	2:00 PM	Cards Yancy Dining Room	2:00 PM	Table Games Yancy Dining Room	2:00 PM	Charades Front Room	2:00 PM	Dominoes Front Room
3:00 PM	UNO Yancy Dining Room	3:00 PM	Memory Fun Yancy Dining Room	3:00 PM	Puzzles Front Room	3:00 PM	70's music Yancy Main Room	3:00 PM	Ballon Game Yancy Main Room
3:00 PM	Table Games Yancy Main	3:00 PM	Pictionary Yancy Dining	3:00 PM	Memory Game Yancy Main	3:00 PM	Rummy Q Anna Main	3:00 PM	UNO Yancy Main

