



THE SCOOP

H. Louis Lake
SENIOR CENTER

Senior Resource Newsletter

November - December 2021

Seasons Greetings,

It's hard to believe this is the last issue for 2021! The Center reopened for indoor programming on June 15th with some classes and services that participants could safely take part in. Many of you have asked when in person lunch program and parties will resume at the Senior Center. Unfortunately, we don't have a definitive date as to when these activities will once again be offered. At this time our priority is to ensure we serve and keep our older adult community safe.

As we enter into the holiday season it can be a sad reminder of those we have lost or family we miss during the holidays. I want to remind our senior community that you are not alone. We have worked diligently to expand our social support program. This service provides valuable community resources, social support, and counseling services to seniors 60 and over. If you are in need of support or looking for a friendly person to connect with, stop by the Center or contact staff at (714) 741-5251 and one of our support care navigators will be happy to connect with you.

Despite all of the challenges during this pandemic, we have been able to continue to add new programs and services. Some highlights include our Halloween Senior Resource Fair in October (see page 11), and our partnership with Santa Ana College has provided a popular introductory Painting with the Masters Art class. Due to the popularity of this class, we are happy to announce that a new session has been added in 2022 and scheduled to begin in January. Sign up now to reserve your spot!

We are also excited to launch a new technology class for 2022, Technology Tips & Tricks. Laptops and instruction will be provided by Santa Ana College. More information can be found in this issue on page (12). Additionally, we are partnering with Healthy Smiles Orange County to offer free or low cost dental services for low income adults via a mobile clinic which will be on site once a month. To obtain qualification information, see page (19).

I am proud to say our staff, volunteers, and community have continued to stay safe and healthy. We want to thank all of you for your continued patience and understanding as we adjust to the new normal.

Wishing you a safe and happy holiday season!

Warm wishes,

Gabi O'Cadiz-Hernandez
Human Services Division Supervisor

happy holidays

Find a digital version of this newsletter online at www.ggcity.org/seniorcenter

H. Louis Lake Senior Center
11300 Stanford Ave.
Garden Grove, CA 92840
(714) 741-5253

MONDAY 9:00A.M. - 3:30P.M.

TUESDAY 1:00P.M. - 3:30 P.M.

WEDNESDAY 9:00 A.M. - 3:30 P.M.

THURSDAY 9:00 A.M. - 3:30 P.M.

FRIDAY - CLOSED (By Phone Only)

In This Issue

- Important Numbers
- Volunteers Needed
- Food Service
- Activity Schedule
- Class Schedule
- Let's Chat About It
- Support Page
- 2021 Halloween Resource Fair
- SAC Technology Class
- Movie Days
- Community Legal Aid
- Paint Like The Masters
- Be Well Mobile Response Program
- GG Community Conversation Series
- Healthy Smiles
- Office on Aging
- Recipe
- Crossword Puzzle

The mission of the Community Services Department is creating and celebrating a healthy and vibrant community.

Important Phone Numbers

City of Garden Grove Directory/ Important Numbers

Agencies/Services	Phone Number	Email/Website
Adult Protective Services	(800) 451-5155	www.ssa.ocgov.com
Acacia Adult Day Care Center	(714) 530-1566	www.acacia-services.org
Community Legal Aid SoCal	(714) 571-5200	www.communitylgalsocal.org
Garden Grove Community Services Department	(714) 741-5200	recreation@ggcity.org
Garden Grove Community Meeting Center	(714) 741-5262	events@ggcity.org
Garden Grove City Hall	(714) 741-5000	www.ggcity.org
Garden Grove Code Enforcement	(714) 741-5358	www.ggcity.org/code-enforcement
Garden Grove Graffiti Hotline	(714) 741-5381	
Garden Grove Animal Care Services	(714) 741-5565	animalcare@ggcity.org
Garden Grove Police Department (Non-Emergency)	(714) 741-5704	police@ggcity.org
Garden Grove Main Library	(714) 530-0711	www.ocpl.org
Garden Grove Water Department	(714) 741-5078	www.ggcity.org/water
H. Louis Lake Senior Center	(714) 741-5253	www.ggcity.org/seniorcenter
HICAP-A Program of Council on Aging	(714) 560-0424	www.cahealthadvocates.org
O.C.T.A. Access	(714) 220-0224 (714) 636-7433	www.octa.net
Orange County Fire Authority	(714) 573-6000	www.ocfa.org
Republic Services	(714) 238-2444	www.republicservices.com
Social Security Administration	(800) 772-1213	www.ssa.gov

COVID-19 Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Administration for Community Living	Coronavirus disease resources and information. Please visit website: acl.gov/COVID-19	1-800-677-1116
COVID-19 Pandemic "Neighbor to Neighbor Check-In"	"Stay Home. Save Lives. Check In." campaign urging Californians to help combat social isolation and food insecurity among Californians who are 65+ by helping them obtain basic necessities like groceries and prescriptions.	1-833-544-2374 Crisis Hotline
County Of Orange Health Referral Line	For COVID-19 questions	1-800-564-8448 Daily: 8 AM to 8 PM

Older Adult Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Adult Protective Services-Orange County Social Services	Adult Protective Services (APS) is a program designed to prevent and remedy the abuse, neglect, or exploitation of elders and dependent adults who have been harmed or are at risk of harm.	(800) 451-5155 APS EMERGENCY AVAILABLE 24 HOURS
Council on Aging ReConnect Program	Program offers short-term comprehensive services to OC residents who are experiencing emotional challenges and overall health barriers, particularly those appearing later in life.	(714) 479-0107 Monday to Friday 8 AM to 6 PM
Family Caregiver Resource Center Orange County	Providing supportive services to families coping with physical, emotional, and financial responsibilities of caregiving. Services include family consultation, assessment, and care planning.	(800) 543-8312
In Home Support Services-Orange County Social Services Agency	Eligibility: must be 65 or older, disabled, or blind and must be living at home. Must meet financial eligibility criteria for Medi-Cal, and must be unable to live at home safely without IHSS services.	(714) 825-3000
Office on Aging Information & Resources	Info on shelters, housing, affordable rental housing, senior apartments, nursing homes, and board & care homes. Older adult disability resources: hearing, motion (balance loss), and vision. www.officeonaging.ocgov.com/resources	(800) 510-2020
Orange County Older Adult Services	Mental health and crisis services.	(714) 972-3700



Volunteers Needed!



We are in need of volunteers to support the Meals on Wheels Program on Mon., Wed., and Thurs. between the hours of 8:30 AM and 12:30 PM. We are looking for reliable and committed volunteers, who are willing to give of their time to help us provide food to homebound seniors in Garden Grove!

In this role you will be using your own vehicle to deliver meals to 6-8 seniors on a weekly route. You will pick up the food at the H. Louis Lake Senior Center, where the food will be pre-packed for your convenience.

Please note: You will need to complete an application process and pass a background check, via an online website.

Important Info: Safety procedures are in place, such as wearing gloves & face masks for ALL volunteer positions.

If interested, please contact Tracy Hall at thall@mealsonwheelsoc.org or (714) 229-3349

Thank you for your heart to serve in Garden Grove!



H. Louis Lake
SENIOR CENTER



MEALS
on WHEELS
ORANGE COUNTY



Food Services



Lunch Café Program

Due to COVID-19 (Coronavirus), the H. Louis Lake Senior Center Lunch Café program has been converted to a frozen meal pick-up program. Frozen meals will be available for pick-up via a drive through or walk-up option every Tuesday from 9:00 a.m. until 10:00 a.m. at the H. Louis Lake Senior Center (11300 Stanford Avenue). Adults age 60 and over are eligible to receive meals. For more information, please call (714) 741-5253. Days, times, and locations for pick-up are subject to change.

Lunch Café participants can have a family member or friend pick up their meals by providing a valid form of ID for which the meal is intended for.

DRIVEN TO COMBAT FOOD INSECURITY



ONE TASTY MEAL AT A TIME

Bracken's Kitchen delivers hot and nutritious meals to those in need. In partnership with Bracken's Kitchen the Center plans to offer seniors a hot meal.

Please call the Center for more information at (714) 741-5253.

Garden Grove Special Senior Shopping Hours

The retailers below have announced special shopping hours dedicated to older adults (65+) who are among the most vulnerable to severe complications from COVID-19. Confirm with your local stores that the senior hours are being enforced during the times listed.

Albertsons: Daily
7-9 AM

ALDI: Tues & Thurs,
8:30-9:30 AM

Costco: Mon– Fri,
9-10 AM

El Super: Every day,
7-8 AM

Food 4 Less: Every day,
6-7 AM

Northgate: Every day,
7-8 AM

Ralphs: Every day,
6-7:30 AM

Sam's Club: Tues &
Thurs, 7-9 AM

Vallarta Supermarket:
Daily, 7-8 AM

Walmart: Tues, 6-7 AM



ACTIVITIES SCHEDULE

All in person classes and activities require pre-registration due to limited capacity.

Please call and reserve your spot one week prior to the class.

For information, please call us at 714-741-5253.

BINGO



Day: Thursdays

Time: 10:00 am. to 11:30 a.m.

Activity Description:

Join us for some Bingo fun and prizes!

Cost is \$1.00 for ten cards.



LET'S "CHAT" ABOUT IT

Days: Wednesdays

Join us in-person

Time: 11:00a.m. to 12:00p.m.

Activity Description:

Please join our "Chats" to learn about resources, health & wellness, technology and participate in craft classes.



PAINT CERAMICS

Day: Mondays

Time: 10:00 a.m. to 12:00 noon

Activity Lead: Judi

Activity Description:

Starting September 13th, beginner start up supply kits will be available or you may bring your own. The activity lead will provide you more information on how to obtain materials needed.

OPTIONAL: \$5.00 MATERIAL FEE FOR START UP KIT.



POOL TABLES



Day: Monday-Thursday

Time: 9:00 a.m. to 3:30 p.m.

****Tuesdays 1:00p.m. to 3:30p.m.**

Activity Description:

Pool tables are open daily, on a first come, first serve basis. Come in to enjoy a game or two by yourself or along with some friends.

MOVIE DAYS



Days: Wednesdays

November 24th &

December 15th

Time: 1:00 p.m. to 3:00 p.m.

Activity Description:

Please call the center for more information about our movie days schedule.

GAME ROOM

Day: Wednesdays

Time: 1:00 p.m. to 3:00 p.m.

Activity Description:

Drop in game room, card games, board games and more.



PLEASE NOTE: NO GAME DAY ON November 24th & December 15th



H. Louis Lake
SENIOR CENTER

SCHEDULE OF CLASSES

All in person classes and activities require pre-registration due to limited capacity.

Please call and reserve your spot one week prior to the class.

For information, please call us at 714-741-5253.

LONGEVITY STICK

Day: Wednesdays

Time: 10:00 a.m. to 11:00 a.m.

Instructors: Beatrice & Andrew

Class Description:

An outdoor exercise, which aims to improve balance, flexibility, mental focus and breathing capacity.

 *Due to inclement weather class may be cancelled*



BALANCE & MOBILITY

Days: Tuesdays & Thursdays

Time: 1:30 p.m. to 2:30 p.m.

Instructor: Molly

Class Description:

Focuses on stretching and strength training, with an emphasis on balance while utilizing various tools.

ZUMBA

Day: Thursdays

Time: 1:30 p.m. to 2:30 p.m.

Instructor: Carmen

Sponsored by Amistad Clinic

Class Description:

This is a chance to let go and dance like no one is watching. Zumba burns calories, improves heart health, and reduces stress.

 **PLEASE DO NOT COME TO THE CENTER IF YOU HAVE BEEN SICK OR HAVE BEEN IN CONTACT WITH SOMEONE WHO IS FEELING SICK OR EXHIBITING COLD OR FLU LIKE SYMPTOMS.** 



TAI CHI

Day: Mondays

Time: 10:00 a.m. to 11:00 a.m.

Instructor: Blanca

Class Description:

An outdoor, low impact, slow motion exercise. Helps reduce risk of falls and stress, and enhance mental capacity.

 *Due to inclement weather class may be cancelled*



ADAPTIVE LINE DANCING

Day: Mondays

Time: 1:00 p.m. to 3:00 p.m.

Instructors: Pearl & Fred

Class Description:

This class focuses on recreation line dancing to help maintain strength and mobility for overall health and wellness.



PAINT LIKE THE MASTERS 2022

Day: Mondays (01/12/22 - 05/26/22)

Time: 9:30 a.m. to 11:30 a.m.

Instructors: SAC College Staff

Class Description:

Concentrates on improvement of motor skills and decision-making through utilization of a variety of art media and techniques.



TECHNOLOGY CLASS 2022

Day: Mondays (01/24/22 - 05/24/22)

Time: 10:00 am to 12:00 noon

Instructor: SAC College Staff

Class Description:

Introductory technology class for older adults. Laptops will be provided.



H. Louis Lake SENIOR CENTER



LET'S "CHAT" ABOUT IT WEDNESDAYS



NOVEMBER 2021 WORKSHOPS

JOIN US WEDNESDAYS, 11:00AM TO 12:00PM

PLEASE DO NOT COME TO THE CENTER IF YOU HAVE BEEN SICK OR HAVE BEEN IN CONTACT WITH SOMEONE WHO IS FEELING SICK OR EXHIBITING COLD OR FLU LIKE SYMPTOMS.

Happy Thanksgiving

NOVEMBER 10TH

OC PUBLIC LIBRARIES
&
OFFICE ON AGING

Join us in person
AT THE H. LOUIS LAKE SENIOR CENTER
Learn more about library resources &
Office on Aging programs.

NOVEMBER 24TH

**CHRISTMAS
WREATH CRAFT**
\$5.00 material fee

Join us in person
AT THE H. LOUIS LAKE SENIOR CENTER
**Space is limited to the first 10 paid
registrations.**

**PRE-REGISTRATION IS REQUIRED,
PLEASE CALL 714-741-5253.**

Programs are for individuals age 55+.

Happy
holidays



LET'S "CHAT" ABOUT IT WEDNESDAYS
DECEMBER 2021 WORKSHOPS
WEDNESDAYS, 11:00AM TO 12:00PM

Join us In person

AT THE H. LOUIS LAKE SENIOR CENTER

**PLEASE DO NOT COME TO THE CENTER IF YOU HAVE BEEN SICK OR HAVE BEEN IN CONTACT
WITH SOMEONE WHO IS FEELING SICK OR EXHIBITING COLD OR FLU LIKE SYMPTOMS.**

December 1st

HOLIDAY BLUES

**Join us in-person to learn more about
how manage the holiday blues.**

December 8th

CHRISTMAS CRAFT

\$5.00 material fee

**Space is limited to the first
10 paid registrations.**

Pre-registration is required, please call 714-741-5253

Programs are for individuals age 55+.

CITY OF GARDEN GROVE H. LOUIS LAKE SENIOR CENTER PROGRAMA DE APOYO PARA PERSONAS MAYORES



El Programa de Apoyo Para Personas Mayores se dedica al logro del envejecimiento exitoso a través de opciones de apoyo y recursos comunitarios para satisfacer sus necesidades de salud y bienestar.

Elegibilidad: Residente de Garden Grove y 60 años de edad o mayor.

Para más información, por favor llame al 714-741-5253.



CITY OF GARDEN GROVE H. LOUIS LAKE SENIOR CENTER SENIOR SUPPORT PROGRAM



Senior Support is dedicated to the achievement of successful aging through support and community resource options to meet your health and wellness needs.

Eligibility: Garden Grove resident, 60+ years of age.

For more information please call 714-741-5253



THÀNH PHỐ GARDEN GROVE TRUNG TÂM PHỤC VỤ NGƯỜI CAO NIÊN H. LOUIS LAKE CHƯƠNG TRÌNH HỖ TRỢ NGƯỜI CAO NIÊN



Bộ phận Hỗ trợ người cao niên chú trọng việc hỗ trợ cộng đồng người cao niên qua các nguồn tài nguyên trong cộng đồng để tăng cường và giữ gìn sức khỏe.

Điều kiện hợp lệ: Cư dân Garden Grove, trên 60 tuổi.

Để biết thêm thông tin, vui lòng gọi 714-741-5253



H. LOUIS LAKE SENIOR CENTER 2021 HAUNTED HALLOWEEN RESOURCE FAIR





FREE introductory technology class
coming in 2022

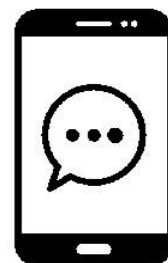
Technology Tips and Tricks



Learn how to use computers, social media,
the internet, and more.

Laptops provided!

Sign up today, space is limited.



**PRE-REGISTRATION IS REQUIRED,
PLEASE CALL 714-741-5253.**



ENROLL TODAY!

Mondays:

10:00 a.m. to 12:00 noon

Classes begin on

Monday, January 24, 2022

and run through

Monday May 23, 2022.

This class is being brought to you by



Santiago Canyon College
DIVISION OF CONTINUING EDUCATION
What happens here matters.

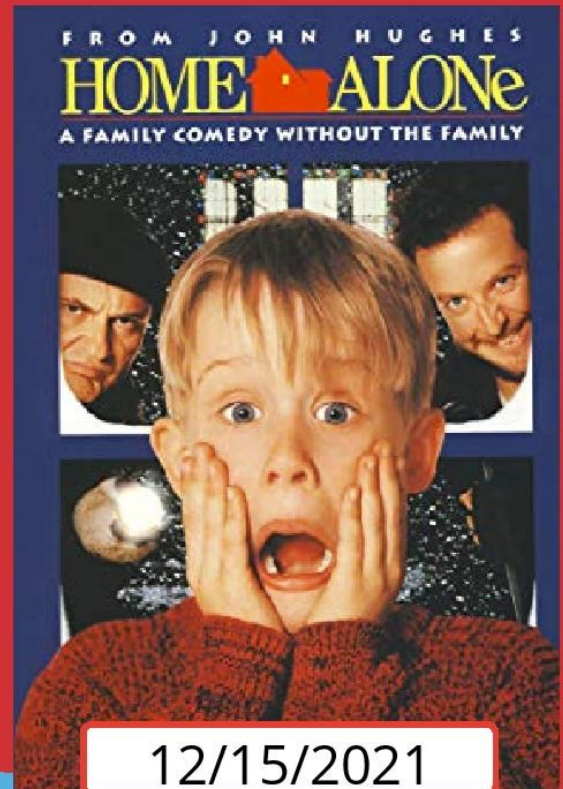
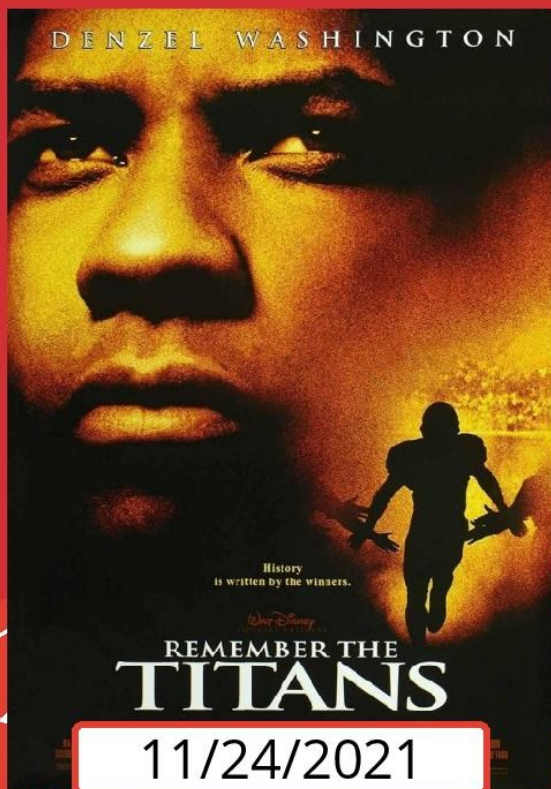


H. LOUIS LAKE SENIOR CENTER MOVIE DAY

11300 STANFORD AVE., GARDEN GROVE, 92840

MUST PRE-REGISTER. CALL (714) 741-5253

Come enjoy our free Fall movie series! Each movie will start promptly at 1:00pm.



Please do not come to the center if you have been sick or have been in contact with someone who is feeling sick or exhibiting cold or flu like symptoms.

FREE LEGAL AID FOR SENIORS

Receive assistance on a variety of legal issues including:

Family Security



We support clients with divorce, child custody, limited conservatorship, foster and transition age youth issues, and barriers to education.

Housing Defense



Support with eviction, publicly subsidized housing, substandard housing, landlord/tenant issues, housing discrimination, and predatory mortgage lending practices.

Economic Justice



We support families struggling with financial challenges and assist clients with consumer debt relief, discrimination, employment issues, expungement, loans, tax controversies, unemployment benefits, and utilities.

Small Claims



We offer information to individuals involved in, or could become involved in, Small Claims Court in Orange County. Our Online Dispute Resolution system can help you negotiate a settlement online.

Protection from Abuse



Provide trauma-informed legal services to support clients who are victims of crime including domestic violence, child & elder abuse, harassment, sexual assault, human trafficking, and other serious crimes. Services include protective orders, crime victim assistance, and representation.

Immigration



We focus our immigration work on adults and minors who are survivors of a crime. We assist with VAWA Self-Petitions, T-Visas, U-Visas, naturalization, Special Immigrant Juvenile Status, adjustment of status, cancellation of removal, and asylum applications.

Health Access



We provide legal assistance to clients in Orange County who qualify for our services related to health care coverage and access issues involving Covered California, Cal Medi-Connect (OneCare Connect), Medi-Cal (CalOptima), Medicare, Medical Safety Net Program, and private health insurance plans. We are also the Ombudsman for the OneCare Connect plan.



Community Legal Aid SoCal



Hotline: 800-834-5001



Website:
communitylegalsocal.org

H. Louis Lake Senior Center | Appointments

Call the Senior Center to book a legal aid appointment (60+ only) or for additional information at (714) 741-5253.



November 24, 2021, 1:00 PM - 3:00 PM

December 22, 2021, 1:00 PM - 3:00 PM

Join our Older Adults Program!

PAINT LIKE THE MASTERS

100% Tuition Free!

**In this class, students
will learn to paint like
the masters without the
frustration of a
beginner artist.**

Class meets on Mondays:

January 12 to May 26, 2022

9:30 a.m. to 11:30 a.m.

Instructor: Lorna Manapat

<https://lornamanapat.edublogs.org>



**To register, please call the
H. Louis Lake Senior Center
at (714) 741-5253.**

sccollege.edu/olderadults



Santiago Canyon College
DIVISION OF CONTINUING EDUCATION
What happens here matters.





In Garden Grove, there are an estimated 14,500 calls a year that would benefit from this supportive service.



Be Well OC in Garden Grove Mobile Response Program

Overview

Be Well OC in Garden Grove is a mobile response team, composed of two crisis counselors who provide in-community assessment and stabilization of individuals experiencing mental health or substance use challenges. The team also provides information and referrals, transportation to services, and additional follow-up support and case management.

Who We Serve

The model is designed to get all Garden Grove residents – regardless of income or insurance status – the right help at the right time.

Our Services

The team will be prepared to help with a variety of non-emergency and non-medical situations, which may include:

- Mental Health / Behavioral Crisis
- Suicidal Ideation
- Public Assistance Including Lack of Basic Needs (Food, Shelter, Water, Clothing)
- Failure to Conduct Basic Self-Hygiene, Failure to Thrive
- Non-Domestic Violence Family Issues / Disputes
- Drug & Alcohol Abuse / Addiction
- Welfare Checks
- Death Notifications
- Homelessness (in Conjunction / Collaboration with the Garden Grove SRT)





Access to Be Well OC in Garden Grove

Request Non-Emergency Services

(714) 741-5704


Garden Grove Police Department's Non-Emergency Line

If experiencing a life-threatening emergency, **call 911.**

The Process

As calls are received through the non-emergency and 911 call lines, Garden Grove Police Department (GGPD) dispatchers will triage the situation and when appropriate deploy the mobile response team to assist. In the event an individual requires medical services, dispatchers will continue requesting Fire / Emergency Medical Services (EMS).

By using a team of two crisis counselors skilled in de-escalation, they can effectively address both the emotional and social well-being of the client. As needed, the team can transport clients to facilities such as a crisis center, detox center, outpatient medical clinic or shelter.



Learn More

bewelloc.org/mobile

ggcity.org/be-well

(949) 749-2501

Monday-Friday, 9am - 5pm PT

Calls received after hours will be returned the next day.



GARDEN GROVE COMMUNITY CONVERSATION SERIES

Join us for a community
conversation around mental health
and well-being in Garden Grove.

*Spanish, Korean & Vietnamese
translators will be available.*

**DECEMBER 2, 2021
6-8PM**

**GARDEN GROVE COMMUNITY
MEETING CENTER**

11300 Stanford Ave.,
Garden Grove, CA 92840

REGISTER TODAY

<https://bit.ly/3BGvlca>

**DECEMBER 11, 2021
10:30AM-12PM
VIA ZOOM**

**REGISTER TODAY
for the virtual event!**

<https://bit.ly/3lDqKrf>

For questions please email: josie.batresemind-oc.org or
paul.hoangemfpinstitute.com

*COVID Protocol: Regardless of vaccination status, please social distance (at
least 6 feet apart) and wear a mask. If needed, a mask can be provided.*





DENTAL SERVICES
AVAILABLE FOR THE
WHOLE FAMILY!

hello@healthysmilesoc.org
healthysmilesoc.org

Redefining Dental Care

Healthy Smiles provides direct dental services through our Smile Mobiles.

Available Services

Our staff adheres to all proper protocols to ensure the safety of our patients and staff.

- Exam
- X-Rays
- Dental cleanings
- Oral Cancer screening
- Fillings
- Extractions

Insurance Accepted

- Medi-Cal
- Most PPO
- Sliding Scale Fee

Appointments & Information

714-537-0700

FREE SUBSCRIPTION



Anyone age 60 or over living in Orange County

ONLINE CLASSES AND GROUPS FOR OLDER ADULTS

Keep learning! GetSetUp provides active older adults with an opportunity to learn, connect and share with peers in small, intimate virtual classes.

Enroll Now! Visit: <https://www.getsetup.io/partner/OC>
Coupon Code: OC



Funding for this program is through the American Rescue Plan Act (ARPA) allocated by the County of Orange and approved by the Orange County Board of Supervisors. The goal of this service is to reduce social isolation among older adults and help bridge the digital divide which has been amplified due to the COVID-19 pandemic.



**iPADS, SET-UP, AND TRAINING
NOW AVAILABLE TO ORANGE
COUNTY OLDER ADULTS.**

TECHNOLOGY SOLUTIONS FOR SENIORS: HELPING TO BRIDGE THE DIGITAL DIVIDE

Older adults may now apply to receive a free iPad with data plan included, as well as training to set-up their devices, and access to an online subscription to GetSetUp for virtual classes.

Eligibility Criteria:

- Must be age 60+ and reside in Orange County
- Must have annual gross income less than \$75k
- Must have at least one risk factor for isolation - Live alone, Live in a Care Facility, Health Issue, Limited Mobility, Functional Disability, Limited English Skills.


**Apply by calling the Orange
County Office on Aging at**

- **1-800-510-2020 or**
- **714-480-6450**

Devices are limited.

This program is funded by the American Rescue Plan Act (ARPA) as allocated by the County of Orange and approved by the Orange County Board of Supervisors. The goal of this program is to reduce social isolation among older adults and help them stay connected to telehealth services, schedule vaccine appointments, participate in virtual programs, and interact with friends and family. Technology has become an important tool for older adults to stay connected while remaining safe during the COVID-19 pandemic.

Eggnog Hot Chocolate

 Yield: 4 Cups

Prep Time: 5 mins Cook Time: 10 mins Total Time: 15 mins

This Eggnog Hot Chocolate is warm, creamy, and perfect for sipping on cold winter nights.



INGREDIENTS

- 3 cups eggnog
- 1 cup milk any kind you prefer or swap for heavy cream or half and half
- 1 teaspoon vanilla extract
- 8 oz. white chocolate chopped
- ground nutmeg optional
- whipped cream or frothed milk for topping optional

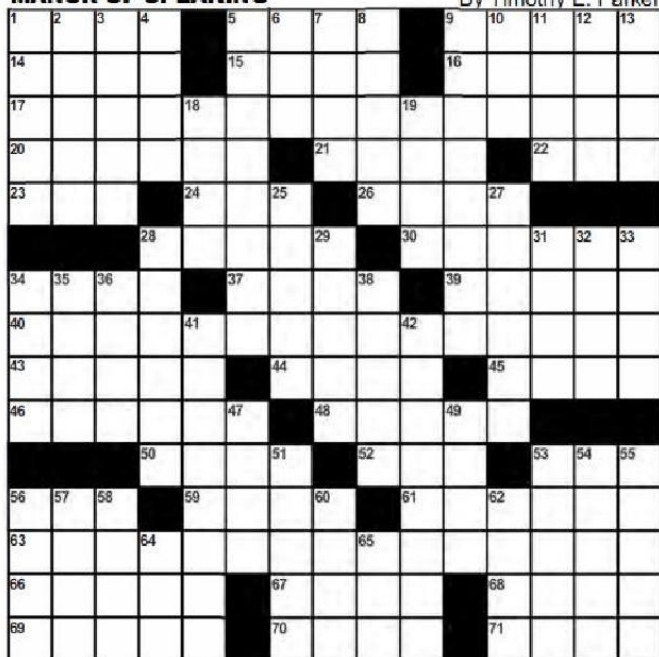
INSTRUCTIONS

1. In a medium saucepan stir together eggnog, milk, vanilla and chopped white chocolate.
2. Over medium heat cook, stirring occasionally, until the white chocolate melts and the drink comes to a simmer. (Do not let it come to a boil.) Continue to stir to ensure all of the white chocolate has melted.
3. Remove from heat and serve immediately, topped with fresh ground nutmeg, whipped cream, or frothed milk.

Crossword Puzzle

MANOR OF SPEAKING

By Timothy E. Parker



ACROSS

- | | |
|--|------------------------------------|
| 1) X-ray doses | 43) In spite of the fact, to bards |
| 5) Sounds of laughter | 44) Dillies |
| 9) Holler | 45) Blunt-tipped sword |
| 14) Assist a robber, e.g. | 46) Take offense to |
| 15) Separable cookie | 48) Flagstones |
| 16) "If a tree falls in the forest and ____" | 50) Airshow stunt |
| 17) "American" schedule components | 52) "We Do Our Part" org. |
| 20) Takes home from the pound | 53) Foolish sentimentality |
| 21) Ukrainian capital | 56) Anger |
| 22) More than a heavy drinker | 59) Wishes undone |
| 23) Certain Civil War fighter | 61) Fall |
| 24) "____ all in your mind" | 63) Some kitchen attachments |
| 26) Set ____ world record | 66) Word with "tube" or "city" |
| 28) "____ Almighty" (Jim Carrey film) | 67) Lemon quality |
| 30) Hawaiian hellos | 68) Exciting part of a seat? |
| 34) Basilica end | 69) Bucks |
| 37) FDR's Scottie | 70) Eyelid malady |
| 39) Verdugo of old Hollywood | 71) Notable deed |
| 40) Longtime maid, e.g. | |

DOWN

- 1) Traffic cop's gun
- 2) Domicile
- 3) Disband
- 4) March movement
- 5) Attractive one, in old slang
- 6) "Entourage" role for Jeremy
- 7) Relative of "Darn!"
- 8) Bulgarian capital
- 9) Whiny individual
- 10) Harley, in slang
- 11) Aahs' partners
- 12) "Render ____ Caesar ..."
- 13) Pop quiz, e.g.
- 18) Use a spoon
- 19) Legendary diva Horne
- 25) Type of duck
- 27) Pack animals
- 28) A house of worship
- 29) ____ Island (old immigration checkpoint)
- 31) Generous serving
- 32) Lestat creator Rice
- 33) Fill up fully
- 34) Worship from ____
- 35) Lacking color
- 36) Does a doggie trick
- 38) Ski mecca
- 41) Award bestowers, essentially
- 42) Alienate
- 47) ____ de force
- 49) Stretched tightly
- 51) Plural of 13-Down
- 53) Sacagawea, historically
- 54) Alpha's opposite
- 55) Beginning or early stages
- 56) Wading marsh bird
- 57) Puniest pup
- 58) Sicilian volcano
- 60) Small lovers' skirmish
- 62) Non-kosher
- 64) A stereotypical pirate may have one
- 65) "Press ____ key"



**H. Louis Lake Senior Center
11300 Stanford Ave.
Garden Grove, CA 92840**

Contact Us

Give us a call for more information about our services, resources, and classes.

(714) 741-5253

MONDAY 9:00A.M. - 3:30P.M.
TUESDAY 1:00P.M. - 3:30 P.M.
WEDNESDAY 9:00 A.M. - 3:30 P.M.
THURSDAY 9:00 A.M. - 3:30 P.M.
FRIDAY - CLOSED (By Phone Only)

Visit us on the web at
ggcity.org/seniorcenter

PRESORT STD
U.S. POSTAGE

PAID

GARDEN GROVE, CA
PERMIT NO. 248

