

**2020 Scoop
H. Louis Lake Senior Center**

**February
&
March**

**Happy Valentine's
Day!**

Happy St. Patrick's Day!

Hours

Monday-Friday

8:00 a.m.-3:30 p.m.

**11300 Stanfprd Ave.
Garden Grove, CA 92840
714-741-5253**

CITY OF GARDEN GROVE

COMMUNITY SERVICES DEPARTMENT

"We Create Community Through People, Programs and Parks"



GARDEN GROVE

H. Louis Lake

Senior Citizens Center

Monday – Friday
8:00 a.m. – 3:30 p.m.

Steven R. Jones	<i>Mayor</i>
John R. O'Neill	<i>Mayor Pro Tem - District 2</i>
George S. Brietigam III	<i>Council Member - District 1</i>
Thu-Ha Nguyen	<i>Council Member - District 3</i>
Patrick Phat Bui	<i>Council Member - District 4</i>
Stephanie Klopfenstein	<i>Council Member - District 5</i>
Kim Nguyen	<i>Council Member - District 6</i>
John Montanchez	<i>Community Services Director</i>
Janet Pelayo	<i>Community Services Manager</i>
Gabi O'Cadiz-Hernandez	<i>Human Services Supervisor</i>
Dana Saucedo	<i>Senior Center Assistant Supervisor</i>

The Mission of the
City of Garden Grove
is to provide responsible leadership
and quality services as we promote
safety, cultural harmony and
life enrichment.

DISRUPTIVE PARTICIPANTS POLICY

PURPOSE

The H. Louis Lake Senior Center provides a safe, friendly and welcoming environment for adults 50 years of age and older to participate in social, educational and recreational activities. For the safety and benefit of all participants, the following Code of Conduct Policy will be observed in the policy below:

POLICY

- A. Participants at the H. Louis Lake Senior Center shall:
- Treat staff, volunteers and participants respectfully
 - Treat others in the same manner you would like to be treated
- B. Behavior that constitutes violation of this Policy includes:
- Loud, disruptive, obscene, hateful or abusive language
 - Making threats or demonstrating threatening behavior, verbally or in writing, to participants, volunteers or staff
 - Carrying an object that can be considered a weapon
 - Violation of smoking ordinances inside and outside of the building
 - Defacing or destroying any City property
 - Lack of personal cleanliness and proper hygiene
 - Racial, religious, or sexual harassment of participants, volunteers or staff
 - Physical altercations with participants, volunteers or staff
 - Removal of City property without permission
 - Participating in activities while under the adverse influence of drugs or alcohol
 - Committing or attempting to commit any activity that would constitute a violation of any federal, state or local criminal statute or ordinance
 - Other behavior that is deemed inappropriate by City staff or volunteers
 - Persons who steal from participants or the Center or present a clear and present danger to participants, volunteers or staff

CONSEQUENCES OF POLICY VIOLATION

Violation of this policy may result in the suspension of participant(s) from senior services activities.

The Assistant Supervisor is responsible for ensuring that this policy is adhered to.

The City of Garden Grove programs and activities held at the H. Louis Lake Senior Center are for adults who are 50 years of age and older. Participants must exhibit independence and the ability to care for their own personal needs. Participants are welcome to bring an attendant or care giver with them in order to enjoy the programs and services.

Mental disorientation or physical disabilities requiring individual care cannot be accommodated. The Senior Center staff will exercise discretionary judgment as to the Center's ability to accommodate any individual. The H. Louis Lake Senior Center reserves the right to decline services to individuals if the staff and/or facilities are inadequate for their needs. In such cases, the Center will suggest appropriate resources to care givers; evaluation services may be utilized to determine level of functional ability.

ADDITIONAL COMMUNITY SERVICES

Community
Services Office..... 714-741-5200

Community
Meeting Center..... 714-741-5262

O.C.T.A. Access..... 714-636-7433
877-628-2232

Acacia Adult Day
Care Center 714-530-1566

H. Louis Lake Senior
Citizens Center 714-741-5253

HICAP
(Medicare Assistance) 714-560-0424

Legal Aid Hot Line 714-571-5200

Library
(Regional Branch) 714-530-0711

Nursing Home
Ombudsman 714-479-0107

Senior Information
and Referral 800-510-2020

Community SeniorServ
(Home Delivered Meals) 714-220-0224

Social Security
Administration 800-772-1213
714-636-8690

SHOPP Nurse..... 714-972-3700



If you eat lunch here or participate in a class or activity, please make sure that we have a current "participation card" on file for you. The information you give to us is **CONFIDENTIAL** and private. Check with our front office.

Join us for Bingo!
Tuesday and Thursday

*Dining
Room*

*12:35 -
2:30*



SENIOR CITIZENS LEGAL AID PROGRAM

3rd Thursday of Each Month, 9:00 a.m. ~ 12:00 p.m.

BY APPOINTMENT ONLY

The legal advocacy program provides seniors 60 yrs and older with free counseling, referrals and representation in Administrative and civil cases. The program helps with:

- ❖ Government Benefits; Social Security and Supplemental Security Income (SSI).
- ❖ Housing: landlord-tenant, eviction defense, mobile home, and board & care issues.
- ❖ Consumer Problems: contracts and debt collection defense.
- ❖ Elder Abuse: financial and personal.
- ❖ Health: Medicare, MediCal HMO's and nursing home issues.

Advice and referrals are also made by paralegals (under the direction of an attorney) in areas such as bankruptcy, small claims, wills, powers of attorney, conservatorships, personal injury workers' comp., family law and real estate.

LEGAL AID
SOCIETY OF
ORANGE & COI



GARDEN GROVE

HICAP

**Health Insurance Counseling Advocacy Program
thru the Council on Aging-Southern California**

1st Thursday of Each Month 9:00a.m. ~ 11:15a.m

BY APPOINTMENT ONLY

"HICAP" is a volunteer supported program that provides free counseling and educational services for older adults and their families. You will receive unbiased information to help you make the best choices for your individual health care needs including information on:

- ❖ Your rights as a health care consumer.
- ❖ Medicare benefits & rights, including information on Medicare Part D, prescription drug coverage.
- ❖ Private Medicare supplemental health insurance policy benefits and exclusions.
- ❖ HMOs and how they work.
- ❖ Long-term care insurance.



HICAP

A VERY SPECIAL NUMBER

An important phone number you should all know about: **"211"**. Orange County has a straightforward mission, which is to help people find the help they need. 211 is an inclusive, county-wide, multicultural service, providing information and referral services to connect persons in need with community health and human services and support, including food, shelter, transportation, substance abuse, government assistance programs, health insurance access programs, prevention and safety services, elder care, medical, dental and vision care and more.

Callers seeking assistance can dial 211 (toll free) 24 hours a day and be connected to trained multilingual Information and Referral specialists who can share resource information from an extensive, up-to-date data base. Simply put, 211 is to health and human services what 911 is to emergency services.

For further exploration, access 211 Orange County at www.211oc.org.

H. LOUIS LAKE SENIOR CENTER
11300 STANFORD AVE., GARDEN GROVE
(714) 741-5253

Monday thru Friday 8:00 a.m. - 3:30 p.m.

SERVICES FREE TO SENIORS

Appointments Needed

Legal Aid	3 rd Thursday
HICAP (Medicare/Insurance)	1 st Thursday
G.G.E.E.K. Squad	Every Tuesday
Tax Preparation Assistance (February thru April)	Fridays

COMMUNITY ORGANIZATION MEETINGS

50 Plus Club 1st Tuesday 11:00am-1:30pm

~ ~ ~ ~ ~

**50 Plus
Club of Garden Grove**

Come socialize, play bingo and enjoy a pot luck lunch!

The Fifty Plus Club of Garden Grove General Membership meetings are held on the 1st Tuesday of each month from 11:00 a.m.- 1:30 p.m. Each member is asked to bring a dish of their choice that will serve 10-12 people.



Revised 9/24/19

CLASSES

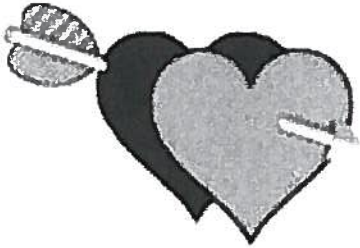
CLASSES WITH AN ASTERICK **REQUIRE PRIOR REGISTRATION AT RECREATION DEPT. IN CITY HALL.

<u>CLASS</u>	<u>DAY</u>	<u>TIME</u>
Arthritis Exercise	Tue & Fri	9:15-10:30am
Balance & Mobility	Tue & Thur	2:00-3:00 pm
Beginning English	Wednesdays	8:30-10:30am
Paint Ceramics	Mondays	12:30- 3:00pm
Citizenship Class	Tue & Fri	1:30-3:00pm
Knit & Crochet	Wednesdays	9:00-11:45am
Line Dance	Mon & Fri	1:00- 3:00pm
Longevity Stick	Fridays	10:45-11:45am
Low Impact Aerobics**	Mon & Thur	9:00-10:30am
Recreational Zumba	Wednesdays	1:00- 2:00pm
Tai Chi	Mon & Thur	10:45-Noon

Activities

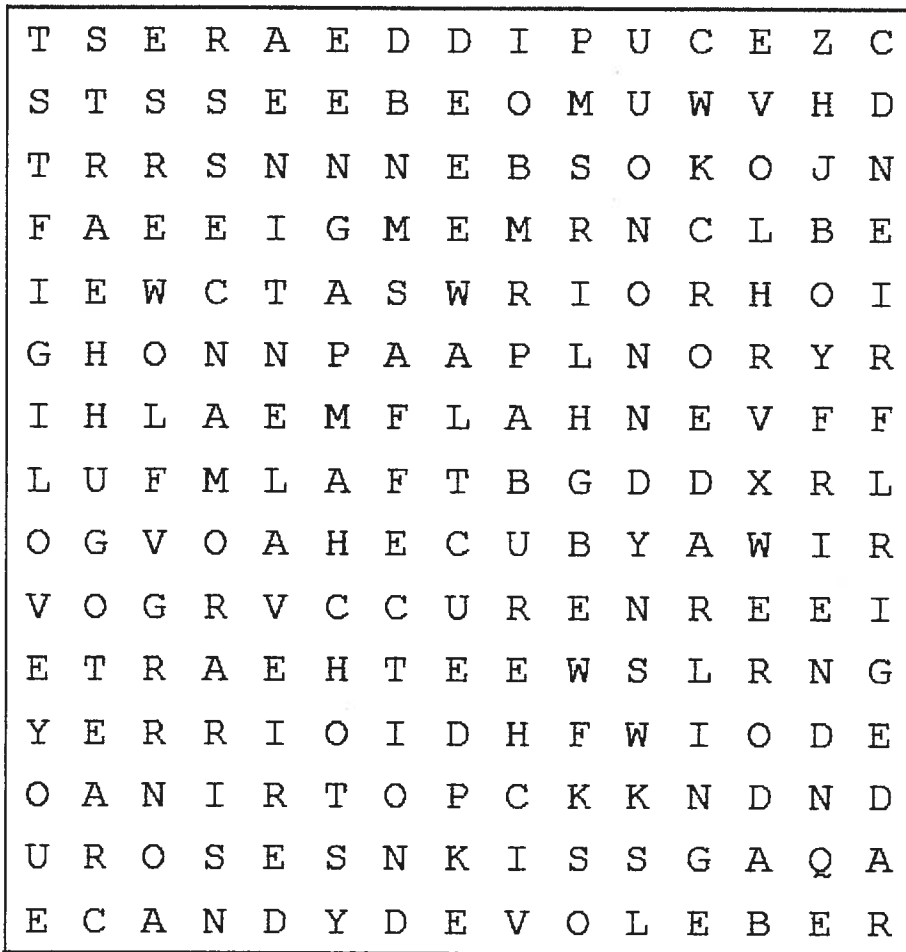
Bingo	Tue & Thur	12:35-2:30pm
Live Band/Dancing	Wednesdays	10:00-Noon
Pinochle	Wed & Fri	12:30-3:15pm
Wii Bowling	Tue & Thur	2:30-3:30pm

WORDSEARCH PUZZLE #1



Valentine's Day

February 14th




ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE

CUPID
DARLING
DEAREST
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS


LOVE
PINK
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE



February 2020 Special Events

Feb. 4 Tues. **Valentine's Day Craft Activity w/ Santa Ana College** 
9:30a-11:30a, Dining Room


Feb. 5 Wed. **Monthly Chat with Amistad**
10:30a-11:30a, Dining Room

Feb. 1-Apr. 10 Every Fri. **Tax Assistance Begins*** 
AARP (*See front office for appointment availability)

Feb. 7 Fri. **Sweetheart Dinner Dance \$15** 
6p-10p, Dining Room, Sponsored by MemorialCare

Feb. 10 Mon. **Monthly Chat with GGPD** 
10a-11a, Dining Room


Feb. 12 Wed. **Valentine Day Celebration**
10a-12p, CMC A Room

Monthly Chat with  **scan**
HEALTH PLAN.
10a-11a, Dining Room



Feb. 13 Thurs. **Monthly Chat with** 
10a-11a, Dining Room, Entertainment by John Cosgriff

Feb. 14 Fri. **Valentine's Day** *Happy Valentine's Day* 



Feb. 17 Mon. **~Senior Center Closed~** **President's Day!**

Feb. 18 Tues. **Movie Day** 
9:30a-11:30a, CMC A Room

Feb. 19 Wed. **Monthly Chat with MemorialCare** 
10a-11a, Dining Room

Feb. 24 Mon. **Monday Madness Bingo** 
10:30a-11:30a, Dining Room, Sponsored by  **scan**
HEALTH PLAN.

Feb. 25 Tues. **Health and Wellness Presentation by Santa Ana College**
9:30a-11:30a, Dining Room

Feb. 27 Thurs. **February Birthday Celebrations** 
10:30a-11a, Dining Room, Sponsored by *Visiting Angels* 

Feb. 28 Fri. **Blood Pressure and Diabetes Screenings**
By AMISTAD
9a-11a, Dining Room

FEBRUARY BIRTHDAYS

1-Feb

Alma Liscano
 Carl W. Thies
 Carol Grobee
 Diem Phan
 Hee Sook Chon
 Hien Nguyen
 Jong Soon Do
 Juliana Kim
 Kathy Maloney
 Minh-Tam Nguyen
 Nguyet Truong
 Paulette Edmonston
 Sokhey Khy

2-Feb

Diane Fung
 Fred Granados
 Eiko McKay
 Elvia Colin
 Joyce Fisher
 Kadriye Arslan
 Men Do
 Nhu Ngoc Tran
 Paul Gonzalez
 Rita Lincoln
 Rosario Zaragoza
 Ruth Anderson
 Soccoro Cantillo
 Xuan Do

3-Feb

Am Nguyen
 Bob Bartlett
 Christine Smith
 Cung Ngoc Chau
 Jama Mackey
 Jane Martin
 Jonell Ely
 Judith Romero
 Kim Tran
 Lan Anh Nguyen
 Melinda Pineda
 Mike Hausske
 Stewart Dand

4-Feb

"OB" McConathy
 Alene Bersoh
 Arthur Moreno
 Christine Sandberg
 Gilford Berry
 Jemma Kim
 Jolly Grace Lebarido
 Louis LaRoca
 Manh Vuong
 Mary Lopez
 Quy Do
 Sal Larderuccio
 Thang Ton Truong
 Thinh Nguyen

Anna Richards

Johnny Solis
 Nhu Tran
 Rebecca Acosta
 Theresa Faulkner

5-Feb

An-Hai Tran
 Baek Kyu Park
 Felipa Sierra
 Howard Kieffer
 Thach Nong

6-Feb

Ana William
 David McRae
 Esther Saldana
 Fuying Mao
 Rosa Gonzalez Herrera
 Thanh Phung
 Thi Van Vo
 Thuy Vu

7-Feb

Clement S. De Alwis
 Elisa Jarlego
 James Cosper
 Julie S. Britania
 Laszlo Hodosi
 Linda McMahon
 Linda Roberts
 Michie Shigaki
 Mo Garcia
 Sylvia Denis
 Thelma Galvez

8-Feb

Gia Minh Hua
 Diane Cumberworth
 Dolores Gaylord
 Jose Herrera
 Mary Alcalá
 Phong T. Nguyen
 Soon Kim
 Teleforo Torrez
 Tin Le

9-Feb

Apolonia Lagapa
 Joyce Loving
 Lawrence A. Barth
 Lobsel Dang
 Lori Perkins
 Vinh Nguyen

10-Feb

Cirilo Barron
 Danny Recor
 David Ceballos
 Diem Nguyen
 Hoa Ngo
 Kim Danh Tran
 Susanna Park
 Thuy Ha

11-Feb

Beverly Harris
 Cecilia Pyun
 Jong Lee
 Kap Soon Kim
 Myung Ja Kim
 Roger Kepner
 Sandra Maxwell
 Soo Carlson
 T.C. Bradhey

12-Feb

Binh Tran
 Gordon White
 Jasmine Nguyen
 Kang Pongsun
 Laura Johnson
 Lisa Pong Sun Kang
 Phuong Nguyen
 Tam Hoang
 Thien Nguyen
 Xuyen Dam

13-Feb

Arlene Anderson
 Joanne Fagel
 Julio Martinez
 Leo Fukuyama
 Leroy K. Tamashiro
 Mike Naimo
 Phyllis Ewing
 Tina Nguyen
 Chun Jacho
 Crisandra Silva
 Dinh Suy
 Frances Tran
 Lucille Freer
 Lyle Nissan
 Mabel Reyes
 Marge Phillips
 Maryann Schrott
 Ora Williams

Rita Magale
 Rosie Hartman
 Zenaida Serpino

15-Feb

Carolina Handdojo
 Dao Tran
 David Hoover
 Dianne Miller
 Erica Schafer
 Khiet Dang
 Loc Ngo
 Lucy Tumolo
 Mary Valdez
 Morton Neiss
 Nancy Dionne
 Norma Echt
 Robert Powers

Anh Le

Priscilla Fedore
 Sherry Lewis
 Vo Van Luong

16-Feb

Alfredo Gomez
 Anh-Minh (Amy) Le
 Cam Tu Ha
 Da Ue
 Ha Tran
 Jacqueline Huynh
 Lam T. Nguyen
 Nancy Felkner
 Sandy White
 Thai Dao
 Tom Trealor
 Tu Ha
 Vinh Nguyen

17-Feb

Delores Weimann
 Emilia Guerra
 Jim Low
 Julia Gutierrez
 Justin H. Bendezu
 Peggy Gulli
 Phong Tran
 Phuong Vo
 Yong Lee

18-Feb

Celia Garcia
 Diane Stantucci
 Dung Pham
 Jennifer Tran
 Larry Vu
 Tham Hong Nguyen

19-Feb

Carol Russell
 Fe Garcia
 Kim To
 Louie Auria
 Martina Erspamer
 Paik Nam Kyu
 Teresa Murphy
 Valerie Long
 Virginia Vargas
 Helen Sheffer
 Leon (Mike) Anderson
 Maria Lopez
 Nam Soo Cho
 Prapat Yungyuen
 Thanh Do
 Verna Dickerson
 Vincent Scotti
 You Le

21-Feb

Maryann Palmer
 Mark Aldridge

Barbara DeMello

Fausto Oviedo
 Juliana Chinn
 Maria Gonzalez
 Tricia McFarland
 Wendy Bailey

22-Feb

Charlene Gurski
 Chon Le
 Eugenia Cardenas
 George Anderson
 Gerald Dankner
 Kay Scheppele
 Loan Tran
 Lynn Mata
 Martha Casillas
 Tram Ngoc Nguyen

Wally Kreissig

William Hall

23-Feb

Cuc Bui
 Cynthia Moore
 Hung Duong
 Margie Toyne
 Marianne Wood
 Richard Mata
 Soon Ja Joh
 Sun Hee Yi
 Tam Nguyen
 Wilfredo Trinidad
 Yong Le

24-Feb

Bon Nguyen
 Emma Benavides
 Viki Fletcher

25-Feb

Amalia Barajas
 Candelario Sanchez
 David Garlow
 Doddie Stirrat
 Edwin Margarit
 George Masequesmay
 Hariette Perkins
 Joyce Violette
 Kathleen Lopez
 Khanh Le
 Margarita Torres
 Michelle Ha
 Renee Victor
 Viki Fletcher

26-Feb

Bertha Estrada
 Connie Sharp
 Hee Soo Lee
 Madan Kaushal
 Patricia Long

27-Feb

Patrizia Wright

Earl Carter

Odette Nguyen

28-Feb

Bob Wallis
 Connie Aguirre
 Dana Richter
 Hye Myung Chon
 Jong Cha
 Kendall Despain
 Marysue Reitz
 Randy Davison
 Rosetta Cullen
 Virginia Booth

29-Feb

Lien Tran
 Norm Parenteau

Happy Valentine's Day



City of Garden Grove Community Services Department

H. Louis Lake
SENIOR CENTER

presents

Sweetheart Dinner Dance



Friday, February 7, 2020

5:00 p.m. - 9:00 p.m.

Dinner served from 5:30 p.m. - 6:30 p.m.

NO OUTSIDE BEVERAGES

H. Louis Lake Senior Center Dining Room

11300 Stanford Avenue, Garden Grove

\$15 Pre-Sale Only. All sales are final - NO REFUNDS.

Includes a delicious dinner, yummy dessert, entertainment, and beverages.



For information, call (714) 741-5253.

H. Louis Lake
SENIOR CENTER

Valentine's Day Celebration 2020



Wednesday
February 12, 2020
10am — 12pm

Sponsored By  **scan**
HEALTH PLAN®

Location: **CMC "A" ROOM**
11300 Stanford Ave.

For more information
please call (714) 741-5423

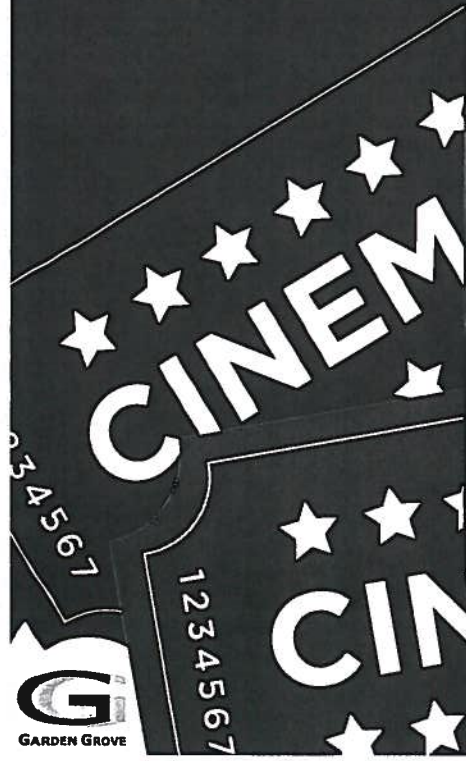
There will be treats, music, lunch and more. Join us as "CUPID" makes his way to the H. Louis Lake Senior Center.

H. LOUIS LAKE SENIOR CENTER MOVIE DAY

Enjoy a **FREE MOVIE** on Tuesday Feb 18th

Movie starts
at 9:30 and
ends at 11:30

Movie will
be located
in CMC A
Room



H. Louis Lake
SENIOR CENTER



CROSSWORD PUZZLE #1

ACROSS

- | | |
|--|-------------------------------------|
| 1) Native of Novi Sad | 42) Feature of some modern stadiums |
| 5) Sassy, like a shampoo brand? | 43) Model, originally |
| 9) Riding costume | 44) Sphere |
| 14) Cafe ___ (black coffee) | 45) Cousin of an ostrich |
| 15) Gray-matter creation | 46) One submitting a 1040 |
| 16) Freezing home | 48) Anything of material value |
| 17) Birdbath organism | 52) A Rockefeller |
| 18) Godmother, sometimes | 54) Have something |
| 19) Senator who made the rounds? | 56) In the style of, on menus |
| 20) Bird-brained baseball instructors? | 57) Bird-brained posterior? |
| 23) Snacked on | 61) Practical |
| 24) Army bunk | 63) Java can be found in it |
| 25) Initial start | 64) Ready to be picked |
| 28) Pain spasm | 65) Strongboxes |
| 30) It's canceled when it's accepted | 66) Talese and Goldin |
| 33) It puts you off-course | 67) Aphrodite's husband |
| 34) Chat | 68) Pharaoh's land |
| 36) Keg contents, sometimes | 69) Buttocks, in slang |
| 37) Like average grades | 70) Nag. e.g. |
| 38) Result of a bird-brained dissection? | |

DOWN







- 1) Speak irritably to
- 2) Stone Age tool
- 3) Square-___ (sailing ship)
- 4) Highlands hill
- 5) Key instrument?
- 6) Chemical extractions
- 7) You may get a hand here
- 8) "Bye now!"
- 9) Loftily situated
- 10) Shoelace end
- 11) Response to a sneeze
- 12) A positively charged atom
- 13) Amount of bricks?
- 21) Cousteau's bailiwick
- 22) Certain facial blemish
- 26) Opposite of west
- 27) "___ can play that game"
- 29) Jack's giant, for one
- 31) One of the five senses
- 32) Kentucky boxing legend
- 35) It has two pieces on the beach
- 37) Cries openly
- 38) Scholarly reference book
- 39) Disperse oil in water
- 40) Nada
- 41) One of the Muses
- 42) Bear's lair
- 46) Woodlands
- 47) Pine products
- 49) Comedic takeoff
- 50) Emulates Romeo and Juliet
- 51) Least wild
- 53) Drag behind
- 55) Make ashamed
- 58) "The Metaphysics of Morals" author
- 59) Jacob's twin brother, in the Bible
- 60) Duffer's sandy challenge
- 61) Fair ___ (copyright issue)
- 62) Clothing attachment




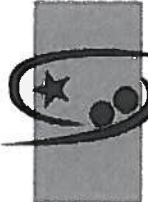

BIRD BRAIN

By Carla Azure

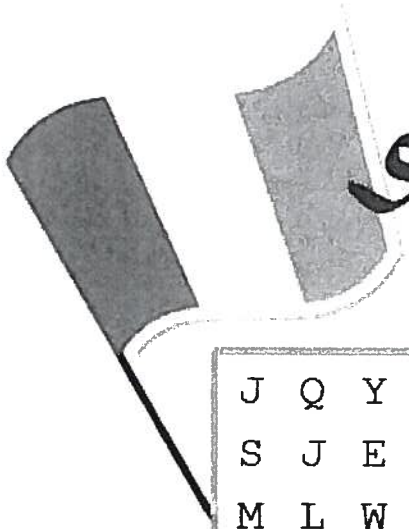
1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
23				24					25				26	27
28			29			30	31	32				33		
			34		35		36				37			
	38	39				40				41				
42					43				44					
45				46				47		48		49	50	51
52			53					54	55			56		
		57				58	59				60			
61	62					63					64			
65						66					67			
68						69					70			

February/March 2020 ♥♣♥♣♥♣♥♣♥♣♥♣♥♣♥

Monday	Tuesday	Wednesday
<p>LOW IMPACT AEROBICS** 1,2,3 9:00-10:30 1/6-4/13 (Winter/Spring) [No class 2/17-2/20]</p> <p>TAI CHI 1,2,3 10:45-12:00</p> <p>CERAMICS CLASS 1 & 2 12:30-3:00</p> <p>LINE DANCE CLASS D 1:00-3:00</p> 	<p>ARTHRITIS EXERCISE 1,2,3 9:15-10:30</p> <p>BINGO D 12:35-2:30</p> <p>CITIZENSHIP CLASS C 1:30-3:00</p> <p>BALANCE & MOBILITY 1,2,3 2:00-3:00</p> <p>WII BOWLING L 2:30-3:30</p> 	<p>KNIT & CROCHET 3 9:00-11:45</p> <p>BEGINNING ENGLISH 2 8:30-10:30</p> <p>LIVE BAND ~ DANCING D 10:00-11:45</p> <p>PINOCHLE 1 & 2 12:30-3:15</p> <p>ZUMBA EXERCISE D 1:00-2:00</p> 
 <p>MONDAY MADNESS BINGO</p> <p>10:45 – DINING ROOM</p> <p>FEBRUARY 24, 2020</p> <p>MARCH 30, 2020</p> <p>SPONSORED BY  scan</p>	<p>LEGAL AID SOCIETY OF ORANGE COUNTY COMMUNITY LEGAL SERVICES OF SOUTHEAST LOS ANGELES COUNTY</p> <p>February 20th March 19th</p>	

Thursday	Friday	
<p>LOW IMPACT AEROBICS** 1,2,3 9:00-10:30 1/9-4/16 (Winter/Spring) [No class 2/17-2/20]</p> <p>TAI CHI 1,2,3 10:45-12:00</p> <p>BINGO D 12:35-2:30</p> <p>BALANCE & MOBILITY 1 & 2 2:00-3:00</p> <p>WII BOWLING L 2:30-3:30</p> 	<p>ARTHRITIS EXERCISE 1,2,3 9:15-10:30</p> <p>LONGEVITY STICK P 10:45-11:45</p> <p>PINOCHLE 1 & 2 12:30-3:15</p> <p>CITIZENSHIP CLASS C 1:30-3:00</p> <p>LINE DANCE CLASS D 1:00 - 3:00</p> 	<p>Happy Valentine's Day</p> 
 <p>HICAP health insurance counseling and advocacy program</p> <p>FEBRUARY 6TH MARCH 5TH</p>	<p>*** NOTE ***</p> <p>CLASSES WITH ** MUST PRE-REGISTER at the RECREATION DEPT. in CITY Hall</p> <p>(714) 741-5200</p> <p>ROOM ABBREVIATIONS:</p> <p>1,2,3 ~ ACTIVITY ROOMS C ~ CONFERENCE ROOM D ~ DINING ROOM L ~ LOBBY P ~ PAVILLION</p>	<p>St. Patrick's Day</p> 

WORDSEARCH PUZZLE #2



Saint Patrick's Day

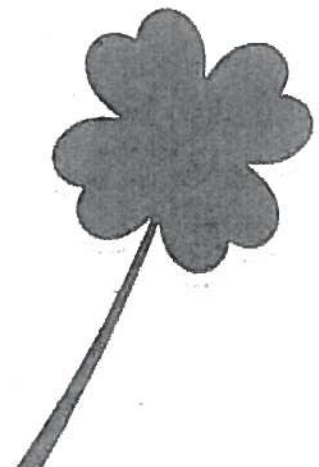
March 17

J	Q	Y	E	S	H	A	M	R	O	C	K	G	B	I
S	J	E	L	U	N	T	D	K	Z	R	X	T	I	V
M	L	W	I	Y	K	B	B	E	C	L	O	V	E	R
M	E	B	M	D	Y	B	I	X	J	D	I	U	Q	A
B	P	B	E	K	A	P	N	R	U	U	L	R	E	I
B	R	H	R	G	U	N	N	V	E	B	T	L	G	N
Y	E	A	I	E	O	C	C	Y	K	L	S	S	L	B
Q	C	Y	C	D	Z	L	P	E	H	I	A	U	V	O
G	H	Q	K	A	Z	C	D	E	B	N	C	N	L	W
H	A	I	A	R	X	V	M	Y	L	K	E	C	D	B
F	U	B	B	A	X	E	Z	F	A	E	B	H	J	H
V	N	E	K	P	R	M	L	B	R	P	R	A	C	E
J	Z	P	D	A	J	M	N	G	N	P	Q	R	J	R
P	P	N	L	E	E	J	D	I	E	P	A	M	X	B
Q	O	D	R	Z	E	M	H	Q	Y	M	M	V	H	I

BLARNEY
CHARM
CLOVER
DANCE
DUBLIN
EMERALD

GOLD
GREEN
IRELAND
ISLE
LEPRECHAUN
LIMERICK

LUCK
MARCH
PARADE
RAINBOW
SHAMROCK



March 2020 Special Events

Feb. 7-Apr. 10 Every Fri.

Tax Assistance 
AARP (*See front office for appointment availability)

Mar. 8 Sun.


Daylight Savings Begins! 
~Spring Forward~

Mar. 11 Wed.

St. Patrick's Day Celebration 
10a-12p, CMC A Room

Monthly Chat with  **SCAN**
10a-11p, Dining Room

Mar. 12 Thurs.

Monthly Chat with 
10a-11a, Dining Room
Entertainment by John Cosgriff

Mar. 13 Fri.

Blood Pressure and Diabetes Screenings
By AMISTAD
9a-11a, Dining Room

Mar. 16 Mon.

Monthly Chat with GGPD 
10a-11a, Dining Room

Mar. 17 Tues.

Pancake Breakfast 
9a-10a, Dining Room

Mar. 18 Wed.

Monthly Chat with MemorialCare 
10a-11a, Dining Room

Mar. 19 Thurs.

Dizziness and Vertigo Presentation
By Ascend Therapy
10:30a-11:30a, Dining Room

Mar. 24 Tues.

Health and Wellness Presentation
By SAC
9:30a-11:30a, Dining Room

Mar. 25 Wed.

Monthly Chat with AMISTAD
10a-11a, Dining Room

Mar. 26 Thurs.

March Birthday Celebrations 
10:30a-11a, Dining Room
Sponsored by *Visiting Angels* 

Mar. 27 Fri.

Connect Hearing
9a-11:30a, Conference Room

Mar. 30 Mon.

Monday MADNESS Bingo 
10:30a-11:30a, Dining Room, Sponsored by  **SCAN**

Mar. 31 Tues.

Spring Craft with Santa Ana College 
9:30a-10:30a, Dining Room





MARCH BIRTHDAYS

1-Mar

Albina Perez
Bonifacio Mirto
Cam Van Ong
Dawn Ham
Esther Martinez
Judith Souza
Linda Quintero
Maria Serna
Pam Dove
Sheila McCarthy
Victor Careisa

2-Mar

Donald Hutchins
Edna Straub
Eleanor Gibbons
Elvira Ramirez
Hoa Tran
Huong Vo
Isabel Peterson
Nida Saile
Patricia Sixel

3-Mar

Conrad Jornadal
Donie Quintal
Duc Pham
Jon Elliott
Mary Nguyen
Nancy Le
Sunshine Tandler
Vivian Rogers

4-Mar

Ha Jenny Nhung
Joyce Little
Maria Braga
Vivian Sims
Yun Sup Hong

5-Mar

Lloyd Knight
Alice Pineda
Choon Chu
Hae Ko
Huy Tran
Hyun Chung
Lazaro Garcia
Le Hung Duong
Mary Goble
Shigeko Powers
Sue Jeanette Tallmon
Thien Nguyen
Tuyet Pham
Walter Kaminski

6-Mar

Larry Gray
Cathy Seabourne
Gilberto Flores
Jean T. Crane
Kelly Simpson

Dung Nguyen
Leota Krivokopich
Pamela Wichman
Steve Pearson
William Humble

7-Mar

Anthony Nguyen
Anthony Salvatore
Irene Huggett
Kelvin Nguyen
Nita Culver
Rebecca Icasas
Tracy Tran

8-Mar

Anthony Balfour
Dac Thi Hoang
Glenda Dittamore
James Purcey
Juan Argame
Julio Garcia
Robert Singer
Sau Nguyen
Tam Luu

9-Mar

Carmen Kostronis
Chuck Martin
Frances Kisselburg
Kyu On Lee
Lisa Sharp
Lynda Hoodward
Mary Kusuda
May Lou

10-Mar

Samuel Chung
Alice Salcido
Chong Chun Kim
Covie O'Cadiz
Don Conner
Douaxong Yang
Eddie Brown
Mary Lyons
Phuong Hoang
Quy Doan
Rafael Torres
Shirley Nguyen
Tho Hoang
Vincent Marcotrigiano

11-Mar

Katsu Ko Knight
Carmen Carrillo
Elizabeth Furr
Elvia Isabel Rodriguez
Joe Ruiz
Linda Wright
Robert Lopez
Trinh Diep
Yolanda Martinez

12-Mar

Carol North
Diane Hayworth
Emily Hsu
Fred Thackeray
Herminia Garcia
Hoan Nguyen
Jenny Ha
John Ward
Katherine Phan
Nai Nguyen
Norma C. Manning
Tomaso DeBenedictis
Vikki Montgomery

13-Mar

Bonnie Squier
Chap Phan
Elisa Savord
Everett Turner
Geroge Yablonsky
Hang Le
Kristi Bon
Manuela Ibasco
Patricia Ford
Richard Geyer
Roger Johnson
Truyet Nga Le

14-Mar

Bonnie Dillingham
Fanny Lopez
James Campos
Kunio Nakawatase
Kurt Faller
Maria Salas
Melinda Rojo
Theresa Callahan

15-Mar

Shirley Mendoza
Alene Bersh
Chae Kim
Claire Bosse
Dennis Kemp
Francine Patten
Hau Tran
Joo Young Kim
Josephine Carrillo
Kim-Anh Dang
Lilia Aguirre Reyes
Lois Wood
Najdah Joudeh
Pat Dobbins
Steve Dao
Violet Zachariah

16-Mar

Fronce Vrolyks
Guadalupe Ulloa
Henry Quintada
Irma Hernandez

Xinh Nguyen
Barbara Maestas
Carol Beckles
Daniel Chinn
Debby Young
Elisa Capparelli
Henry Quijada
Julianne Gooselaw
Lan Doan
Patricia Falconer

17-Mar

Betty Appolinaris
Don Ambrosius
Eileen Bassil
Eileen Martin
Gloria Flores
Jose Bendezu
Jung Park
Lucy Klaus
Patricia McLean
Ricardo Cholo

18-Mar

Anthony Villane
Blanca Aguilar
Connie Garcia
Estella Torres
Isitolo Malo
John D. Jenkins
Khan Sherif
Rachel Parga
Ralph Zavala

19-Mar

Josefina Espiritu
Chin Yi
Cuc Mai
Daisy Ramos
Emma Guerra
Josephine King
Leonila Tuvera
Linda Dunsworth
Linda Saunderson
Lowell West

20-Mar

Carol Brewer
Chun Oh
Cindy Giang
Diane Starr
Evelyn Fuchs
Hai Le Bui
Janis Williams
Kim Bui
Lan Le
Maria Hernandez
Maryam Gorgie
Rosa Rivera-Lapierre
Stephen Goldstein

21-Mar

Arnold Sanchez

Andrew Henderson
Confessor Cruz
Gerald Caton
Hideko Rivers
Jon Hilander
Judy Robinson
Teresa R. Mares
Virginia Carvajal
Wayne Kerbs

22-Mar

Ardiss Gordon
Bill Foley
Ignacio Olvera
Jim Pack
Jim Strickland
Rene C. Callero
Sandra Fore-Eng
Sarah Thomas
Sun Jin
Vinh Thi Duong

23-Mar

Bernadette Wiemann
Janet Biehn
Mari Ringle
Ruth Perry
Stan Andrsejesad
Sue Sorensen
Virgil Judd

24-Mar

Chaulare Nokes
Dale Hanson
Edward Herreras
Gloria Barragan
Jorja Lyons
Judy Turner
Larry Wynar
Lisa Nguyen
Lou Tennenini

25-Mar

Alex Talamantes
Ann Wyatt
Dang Tran
Hong Hun Seo
Ida Syn
Mysti Sareptura
Rosemary Johnson
Saburo Horiba
Theresa T. Lilley

26-Mar

Barbara Federico
Barbara Torpey
Charles Lee
Charles Noblitt
Chloris Poggiogalle
Ellie Maxwell
Joy Keyser
Marie Boza
Young Lim

27-Mar

Barbara A. Garber
Charlotte Nesbitt
Fadila Monem
George Paxton
Juan De LaRiva
Juan Gomez
Juanita Obal
Judy Thompson-Mettler
Marilyn Hardison

28-Mar

Bach Lan Bui
Barbara Stodart
Brenda Hickam
Catherine Hukriede
Eulalio Silva
Guadalupe Gonzalez
Hedy Tsoi
Hugo Sandez
Ki Pil Kwon

29-Mar

LaDeane Jacobs
Minh Nguyen Quang
Patricia Ford

29-Mar

Carolyn Hashiba
Charlie Choi
George Fagan
Jesus Ontiveros
Judy Fischbeck
Quynh Lam
Soon Yoon
William Wilson

30-Mar

Ana Duran
Betty Davis
Crisitina Cisterna
Hilda Cortez
Hong Nguyen
Joyce Murray
Maryann Parsons
Max Amato Silivelio

31-Mar

Due Pham
Emma Murray
Jeung Bae
Kenneth Lopez
Margaret Richards
Patricia Parker



H. Louis Lake
SENIOR CENTER

St. Patrick's Day Party



CELEBRATE THE IRISH TRADITION
FILLED WITH DANCING AND FUN!
ENTERTAINMENT PROVIDED BY
THE SERENADERS.



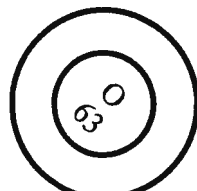
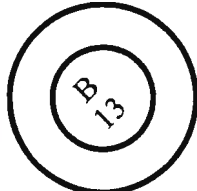
11 | MARCH | 2020

11300 STANFORD AVE. CMC "A" ROOM
10AM - 12PM

FOR MORE INFORMATION CALL (714) 741-5253



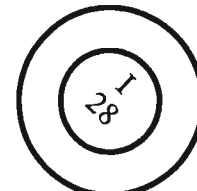
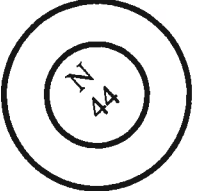
City of Garden Grove
Community Services Department
H. Louis Lake Senior Center
11300 Stanford Avenue
Garden Grove, Ca 92842



**MONDAY
MADNESS BINGO**
Sponsored by



Monday, February 24, 2020
Monday, March 30, 2020
10:30a.m. — 11:30a.m.
@ Senior Center Dining Room



For more information please call (714) 741-5253



**We're
Searching for
Volunteers**

**You can make a difference
Volunteer!**

Do you have a desire to become more involved at the Senior Center? Apply to become a volunteer! Volunteer opportunities include, but are not limited to:

- Front desk receptionist
- Congregate lunch program welcome desk
- Kitchen volunteer
- Lunch server
- Special Events
- Bingo and much more.....

For more information on volunteering contact Lori McIntyre, Senior Center Volunteer Coordinator
(714) 741-5423.



Garden Grove Police Department

Have questions about
your personal safety?

Come chat with our
Community Services Officer.

Monday, February 10th, 2020
10:00am to 11:00am
Senior Center Dining Room



Santa Ana College

Older Adult Education

Join us to learn more about Older Adult
Education programs.

Health & Wellness Presentation

Tuesday, February 25th, 2020

9:30 am to 11:30 am
Senior Center Dining Room

**FREE
HEALTH SCREENINGS**

**Blood Pressure
&
Diabetes**

Friday, February 28th, 2020
9:00 am to 11:00 am



Senior Center Dining Room



- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

FREE HEALTH SCREENINGS

**Blood Pressure
&
Diabetes**

**Friday, March 13th, 2020
9:00 am to 11:00 am**

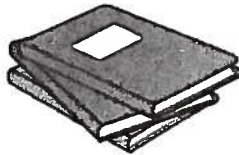
Senior Center Dining Room
Provided by Amistad Clinic



Ascend Therapy

**Discussion
on
Dizziness & Vertigo**

**Thursday, March 19th, 2020
10:30 am to 11:30 am
Senior Center Dining Room**



**Santa Ana College
Older Adult Education**

Join us to learn more about Older Adult
Education programs.

**Health & Wellness Presentation
Tuesday, March 24th, 2020**

**9:30 am to 11:30 am
Senior Center Dining Room**



Free Hearing Screening

Provided by Connect Hearing
Friday, March 27th, 2020

**9:00 am to 11:30 am
Conference Room**

2020 CENSUS: WHAT YOU NEED TO KNOW

The Census is a count of every person living in the U.S. every 10 years. The count is mandated by Article 1, Section 2, of the U.S. Constitution to ensure residents in every state receive fair representation and resources.

WHY IS THE 2020 CENSUS IMPORTANT?



It's about making sure every voice in your community is counted



It's about resources for your community (schools, free lunch programs, college grants, housing vouchers and more)



It's about fair representation in local, state and federal government

HOW IS THE CENSUS DATA USED?



By law, U.S. Census data cannot be shared with immigration or law enforcement agencies



By law, U.S. Census data cannot be used to determine eligibility for government benefits



Census data is used to advocate for more resources for community members



Census data is used to inform public safety, and the building of new schools and hospitals



Census data is used to decide where to open companies and businesses, which creates jobs

2020 TIMELINE

MARCH 12

Self-response begins with an invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires.)

:

MARCH 16 – 24

A reminder letter will go out to those who have not responded

:

MARCH 26 – APRIL 3

A second reminder postcard will be sent out

:

APRIL 1

Census Day!

:

APRIL 8 – 16

A reminder letter and paper questionnaire will be sent out to households who have not responded

:

APRIL 15 – JULY 31

Non-response follow-up begins. Census-takers begin to visit homes through July

:

APRIL 20 – 27

A final reminder postcard will be sent

NEED A PART-TIME, TEMPORARY JOB WITH FLEXIBLE HOURS AND GREAT PAY?

Apply to be a manager, office clerk, address canvasser, or Census-taker at [2020census.gov/jobs](https://www.2020census.gov/jobs).

Pay ranges from \$15 to \$50 per hour.



[WWW.2020CENSUS.GOV](https://www.2020census.gov)

CROSSWORD PUZZLE #2

ACROSS

- | | |
|-----------------------------------|---------------------------------------|
| 1) Emulate a quarterback | 42) Edible Pacific tuber |
| 5) Leak through slowly | 43) Part of a drum kit |
| 9) Prepares for a boxing match | 44) Ribonucleic acid, familiarly |
| 14) With the bow, to a violinist | 45) Old sailor |
| 15) All done | 48) Rustic poems (var.) |
| 16) Hushed | 50) Christian Coalition, e.g. |
| 17) 1986 "fish out of water" film | 52) ___ Island (immigration landmark) |
| 20) Hot and sultry | 56) Partial paralysis |
| 21) Condiment in gourmet cooking | 60) Not at all harsh |
| 22) Perspiration | 62) Good thing to have in the jungle |
| 23) Nicholas I was one | 64) Farm mudholes |
| 24) Become embedded | 65) Big-mouthed pitcher |
| 27) Tire protector | 66) Noted canal |
| 32) Recede like a tide | 67) Is inclined |
| 35) One way to cook eggs | 68) "Friends" friend |
| 37) Common beverage | 69) Changes hair color |
| 38) Cause for ahem? | |

DOWN

- 1) Formal accords
- 2) It points the way
- 3) Rifle attachment
- 4) Like a party animal
- 5) 37-Across, e.g.
- 6) Opposite of good
- 7) Anago, really
- 8) Fourth estate
- 9) Shape learned in preschool
- 10) Corny bits of wordplay
- 11) Verdi classic
- 12) Walk dizzily
- 13) Proofreader's direction
- 18) Multi-armed creatures
- 19) Unable to hear
- 23) "Poly" attachment, in school names
- 25) Have on
- 26) B-movie machine guns
- 28) Major ATM manufacturer
- 29) It can open for you
- 30) Impressive style
- 31) Pro ___ (in proportion)
- 32) Semiaquatic salamanders
- 33) Hillside, to the Scottish
- 34) When doubled, one of the Society Islands
- 36) Be in charge of
- 39) "In ___ We Trust"
- 40) Make an attempt
- 41) Cosmetics queen Curtis
- 46) Be preoccupied with
- 47) Flippant
- 49) Assaulted with goo
- 51) Purple willow, e.g.
- 53) Distrustful
- 54) Private film producer, informally
- 55) Eyelid lumps
- 56) Whispered attention-getter
- 57) Poker pay-in
- 58) Form of precipitation
- 59) Barely managed
- 60) Bottom of the barrel
- 61) Does the wrong thing
- 63) A couple

REPTILE HOUSE

By Alice Goodwin

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
20								21						
22								23						
			24		25	26			27		28	29	30	31
32	33	34		35					36		37			
38			39							40	41			
42								43					44	
45				46	47			48				49		
				50			51			52		53	54	55
56	57	58	59						60	61				
62								63						
64								65					66	
67								68					69	

Protect Yourself from Social Security Scams

Be on the lookout for fake calls and emails



Securing today
and tomorrow

Telephone and email scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

If you receive a suspicious call:

1. HANG UP
2. DO NOT GIVE MONEY OR PERSONAL INFORMATION
3. REPORT THE SCAM AT [OIG.SSA.GOV](https://www.oig.ssa.gov)



What to look out for



The caller says there is a **problem** with your Social Security number or account.



Scammers **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.



Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.



Callers threaten you with arrest or other legal action.

Be Alert

Social Security may call you in some situations but will **never**:

- » Threaten you
- » Suspend your Social Security number
- » Demand immediate payment from you
- » Require payment by cash, gift card, pre-paid debit card, or wire transfer
- » Ask for gift card numbers over the phone or to wire or mail cash



Be Active

Protect yourself, friends, and family!

- » If you receive a questionable call, hang up and report it at [oig.ssa.gov](https://www.oig.ssa.gov)
- » Don't return unknown calls
- » Ask someone you trust for advice before making any large purchase or financial decision
- » Don't be embarrassed to report if you shared personal information or suffered a financial loss
- » Learn more at [oig.ssa.gov/scam](https://www.oig.ssa.gov/scam)
- » Share this information with others

Cuidado con estafadores que se hacen pasar por empleados del Seguro Social



Asegurando el presente y el futuro

Los estafadores telefónicos están fingiendo ser empleados del gobierno. Pueden amenazarlo y exigir un pago inmediato para evitar el arresto u otra acción legal. ¡Que no lo engañen!

Si recibe una llamada sospechosa:

1. ¡CUELGUE!
2. ¡NO LES DÉ DINERO O INFORMACIÓN PERSONAL!
3. REPORTE LA ESTAFA EN OIG.SSA.GOV/ESPANOL



A qué prestar atención



La persona que llama dice que hay un **problema** con su número de Seguro Social o cuenta.



Cualquier persona que llama pidiéndole que pague una multa o deuda con tarjetas de regalo (*gift cards*), efectivo, transferencias bancarias o tarjetas de débito prepagas.



Los estafadores **fingen** ser empleados del Seguro Social u otra agencia gubernamental. El identificador de llamadas o los documentos enviados por correo electrónico pueden parecer oficiales, **pero no lo son.**



Las personas que llaman lo amenazan con arrestarlo u otra acción legal.

Esté alerta

El Seguro Social puede llamarlo en algunas situaciones, **pero nunca para:**

- » Amenazarlo
- » Suspender su número de Seguro Social
- » Exigir un pago inmediato de usted
- » Solicitar pago en efectivo, tarjeta de regalo, tarjeta de débito prepaga o transferencia bancaria



Permanezca activo

¡Protéjase y proteja a sus familiares y amigos!

- » Si recibe una llamada sospechosa, simplemente cuelgue e informe la llamada en oig.ssa.gov/espanol/reportar
- » Obtenga más información en oig.ssa.gov/espanol
- » Comparta esta información con otros



Congregate Lunch Program Code of Conduct

Meals Wheels Orange County is committed to serving participants of our congregate lunch program.

This Participant Code of Conduct is created to ensure a safe and enjoyable environment for all who participate in our lunch program as well as their guests and all other visitors.

In addition to any policy or codes expressed by the operators of the facility hosting our lunch program, the following is a list of behavior that is expected of all participants to our program.

- Be considerate and treat others with kindness, courtesy, and respect.
- Refrain from using abusive, obscene, threatening, harassing, insulting, hateful or suggestive language. Hate Speech or epithets are not allowed.
- Do not engage in (or threaten) physical abuse or violence.
- Do not engage in any illegal activity.
- Refrain from observing or monitoring whether a lunch program participant donates on any given day for his/her lunch. Suggested contributions are voluntary and confidential.
- Support the staff in keeping the facilities clean and refrain from the consumption of food or beverages in any rooms other than the dining room unless otherwise allowed at the Center.
- Refrain from lying down or sleeping on the furniture.
- Maintain an acceptable standard of personal hygiene.
- Be properly clothed at all times: shirt/top, pants/skirt, shoes/sandals.
- Do not consume or be under the influence of any alcoholic beverages and/or illegal drugs.
- Follow non smoking policies as proscribed by law or stated as policy by the host facility.
- Do not leave or store personal possessions unattended in the lunch room.
- Do not perform personal hygiene activities in the dining area.
- Do not circulate petitions, surveys or other material and do not sell items or offer services or solicit donations without the approval of Center Management.
- Be able to provide for his/herself for all lunch program related needs or, have a caregiver dedicated to assist at all times while on site.
- Adhere to all posted rules and signs and follow all rules set by Site Management.

For the success of the lunch program and the benefit of the lunch program participants, **Meals Wheels Orange County** , at its discretion, reserves the right to suspend or deny services (possibly including permanent suspension from the senior nutrition program) to any participant who does not adhere to the items listed above.

We are dedicated to have you enjoy your dining experience. Bon Appétit



Alignment Healthcare

Senior Lunch Menu – February 2020

For site specific menu changes or closures click [HERE](#)

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Pork Tenderloin w/Mushroom Sauce Mashed Potatoes Winter Vegetable Blend WW Dinner Roll SF Fruit Crisp	Grilled Hamburger on WW Bun w/Shredded Lettuce, Sliced Tomato & Red Onion Baked Chips [Mayo, Ketchup, Mustard & Relish] Mandarin Oranges	Butternut Squash Soup w/SF Crackers Kung Pao Chicken Jasmine Rice Sliced Carrots Tropical Fruit Mix	Fish Tacos w/Shredded Cabbage, Salsa & Pico De Gallo Corn Tortilla Mexican Street Corn SF Pudding	Tomato Plum Soup w/SF Crackers Heart Health Salad Garbanzo Beans, Corn, Kidney Beans, Diced Tomatoes, Feta Cheese on a bed of Spinach w/Olive Oil & Lemon Juice Pineapple Chunks
10	11	** 12 **	13	14
Lemongrass Grilled Chicken Breast Brown Rice Oriental Vegetable Blend Apricots	Black Bean Soup w/SF Crackers Mexican Chicken Bowl (Rice, corn, black beans, spring mix, diced tomatoes, shredded cheese, tortilla strips & cilantro lime dressing) Seasonal Fresh Fruit	“Valentine’s Day Celebration” Zucchini, Corn & Egg Casserole Redskin Potatoes Spring Mix Salad w/ Raspberry Vinaigrette WW Dinner Roll w/Promise Pico De Gallo Melon	Beef Goulash Mashed Potatoes Spinach Ambrosia	Stuffed Cabbage Mashed Potatoes Chef Vegetables Blend WW Dinner Roll w/Promise Cake Diet: Fresh Fruit
17	18	19	20	21
	Roast Beef w/Mushroom Gravy Baked Potato w/Sour Cream Chef’s Cut Vegetables WW Dinner Roll w/Promise Apple Pie Diet: Fresh Fruit	Tomato Florentine Soup w/SF Crackers Spud Stuffers Baked Potatoes stuffed w/ Vegetarian Chili Shredded Cheese Sour Cream Broccoli Spears SF Custard	Baked Fish w/ Pesto Sauce Rice Pilaf Sliced Carrots WW Dinner Roll w/Promise Mandarin Oranges	Chipotle BBQ Chicken Spanish Rice Mexican Zucchini, Corn & Tomato Salad WW Flour Tortilla SF Fruited Gelatin
24	25	26	27	28
Vegetarian Lasagna Spring Mix w/ Garbanzo Beans Balsamic Vinaigrette Orange Juice Italian Ice Diet: Apricots	Farmers Soup w/SF Crackers Homemade Chicken Drumsticks Baked Sweet Potatoes Mixed Vegetables Pineapple Chunks	Thai Chicken Salad (Chicken Strips Chinese Cabbage, Red Cabbage, Red Peppers, Diced Cucumbers, Chopped Green Onions, Chopped Peanuts & Thai Dressing) WW Dinner Roll w/Promise Canned Fruit Mix	Mexican Beef Enchilada Casserole Spanish Rice Broccoli Spears Melon	Moroccan Lentil Soup w/SF Crackers Turkey Wrap w/ Hummus Spread (Sliced Turkey, Red Bell Peppers, Diced Tomatoes, Romine Lettuce) WW Flour Tortilla Ranch Dressing SF Fruited Gelatin
	Suggested Donation: \$3.00 Meal Cost for Under Age 60 - \$5.00		Meatless Meal	

All meals comply with the Dietary Guidelines for Americans (DGA) 2015 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ’s Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily. indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium. www.MealsOnWheelsoc.org

CROSSWORD #1 SOLUTION

BIRD BRAIN

By Carla Azure

1	S	2	E	3	R	4	B		5	P	6	E	7	R	8	T		9	H	10	A	11	B	12	I	13	T	
14	N	O	I	R					15	I	D	E	A					16	I	G	L	O	O					
17	A	L	G	A					18	A	U	N	T					19	G	L	E	N	N					
20	P	I	G	E					21	O	N	C	O	A	C	H	E	S										
23	A	T	E						24	C	O	T						25	O	U	T	S	E	T	26	27		
28	T	H	R	O	E				29					30	S	T	A	M	P				33	Y	A	W		
									34	G	A	B						35	A	L	E			37	S	O	S	O
									38	T	E	R	N	I	N	S	I	D	E	O	U							
42	D	O	M	E					43	K	I	T						44	O	R	B							
45	E	M	U						46	F	I	L	E	R				48	A	S	S	E	T	49	50	51		
52	N	E	L	S	O	N								54	E	A	T				56	A	L	A				
									57	S	H	R	I	K	E	S	B	O	T	T	O	M						
61	U	T	I	L	E									63	A	S	I	A				64	R	I	P	E		
65	S	A	F	E	S									66	N	A	N	S				67	A	R	E	S		
68	E	G	Y	P	T									69	T	U	S	H				70	P	E	S	T		

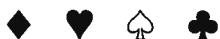
CROSSWORD #2 SOLUTION

REPTILE HOUSE

By Alice Goodwin

1	P	2	A	3	S	4	S		5	S	6	E	7	E	8	P		9	S	10	P	11	A	12	R	13	S	
14	A	R	C	O					15	O	V	E	R					16	Q	U	I	E	T					
17	C	R	O	C	O	D	I	L	E					19	D	U	N	D	E	E								
20	T	O	P	I	C	A	L							21	S	E	A	S	A	L	T							
22	S	W	E	A	T									23	T	S	A	R										
									24	L	O	D	G	E				27	F	E	N	D	E	R	28	29	30	31
32	E	33	B	34	B				35	P	O	A	C	H				37	C	O	L	A						
38	F	R	O	G	I	N	T	H	E	T	H	R	O	A	T													
42	T	A	R	O										43	S	N	A	R	E			44	R	N	A			
45	S	E	A	D	O	G								48	I	D	Y	L	S									
									50	B	L	O	C					52	E	L	L	I	S	53	54	55		
56	P	A	R	E	S	I	S							60	L	E	N	I	E	N	T							
62	S	N	A	K	E	B	I	T	E	R	E	M	E	D	Y													
64	S	T	I	E	S									65	E	W	E	R				66	E	R	I	E		
67	T	E	N	D	S									68	R	O	S	S				69	D	Y	E	S		

PINOCHLE WINNERS



Wednesday , December 18

- 1. Tony Giannone 4950
- 2. Yoni Tepper 4720
- 3. Joe Calafato 4470

Friday , December 20

- 1. Jean Geertsema 5330
- 2. Joan Grosse 4810
- 3. Joe Calafato 4720

Wednesday , December 25



Friday , December 27

- 1. Sandy Dalton 5120
- 2. Joan Grosse 4070
- 3. Jean Geertsema 3750

Wednesday , January 1



Friday , January 3



Wednesday , January 8

- 1. Sandy Dalton 4360
- 2. Joe Calafato 4230
- 3. Jean Geertsema 4160

Friday , January 10

- 1. Tony Giannone 4690
- 2. Jean Geertsema 4300
- 3. Joan Grosse 4170

Wednesday , January 15

- 1. Dave Despane 4470
- 2. Joe Calafato 4200
- 3.

Friday , January 17

- 1. Jean Geertsema 4500
- 2. Joan Grosse 4500
- 3. Judy Burgraff 4330

Wednesday , January 22

- 1. Darlene Steddum 4910
- 2. Tony Giannone 4630
- 3. Judy Burgraff 4290

Friday , January 24

- 1. Dave Despane 4830
- 2. Sandy Dalton 4710
- 3.



GARDEN GROVE

2020

City Hall closed on
highlighted
days

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JANUARY

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

APRIL

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JULY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

OCTOBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

FEBRUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MAY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

NOVEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MARCH

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUNE

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SEPTEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

DECEMBER



Save the Date

Sweetheart Dinner Dance

February 7th

Strawberry Ball

May 21st

MONSTER MASH

October 16th

JINGLE JAM

December 11th

Tickets for Evening Dances are pre-sale only and cost \$15 each. Tickets can be purchased at the front office until sold out. Each dance will feature entertainment and refreshments! For more information call (714) 741-5253.