



The SCOOP



Senior Resource Newsletter

May– June 2022

May is here and you know what that means... it's officially strawberry season! We are excited to bring back the Strawberry Ball this year and recognize our outstanding senior volunteers. We hope you can join us as we celebrate and crown this year's King and Queen, enjoy live music, appetizers, and dessert. Tickets are on sale at the front desk. For more information see page 4.

We have some important updates regarding our food programs. We will be phasing out our drive up grab and go frozen meals distribution in June to a walk up only option.. Meals on Wheels OC has also reduced the amount of meals per senior from 6 meals to 4 per week (see page 10 and 11 for more information). Join us weekly for indoor lunch on Thursdays provided by Bracken's Kitchen see page 8 for more information. Reservations are required. Additionally, we plan to resume the indoor Congregate Lunch Program provided by Meals on Wheels in the coming months. Be sure to check with the front desk for updates.

Lastly, in June we hope to have a mobile dental clinic on site for senior participants that will be hosted by Healthy Smiles of OC. Don't put off your dental check-up. See page 18 for more information or call the front desk on how to make an appointment.

Wishing you a safe and happy Memorial Day Weekend!

Gabi

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

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

Modified Hours:

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

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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



The City of Garden Grove presents the 45th Annual

Strawberry Ball 2022

Thursday, May 26, 2022

Community Meeting Center

Butterfield AB Room

11300 Stanford Avenue, Garden Grove

4:30 p.m. - 7:30 p.m.

Introduction of the 2022 Strawberry Ball King & Queen

Senior Volunteers of the Year

\$5.00 per person

(Includes Hors D'oeuvres, Desserts & Entertainment)

Advance reservations only

RSVP by May 23, 2022

Tickets available at

H. Louis Lake Senior Center

11300 Stanford Avenue, Garden Grove

(714) 741-5253



H. Louis Lake
SENIOR CENTER



**COME JOIN US FOR A FUN
AFTERNOON OF FOOD, MUSIC,
AND GAMES AS WE KICK OFF THE
SUMMER SEASON AND
CELEBRATE OUR
INDEPENDENCE DAY.**

**TUESDAY
JUNE 28TH**

**FROM 2PM TO 4PM
11300 STANFORD AVE.
GARDEN GROVE, 92840**

**PRE-REGISTRATION IS REQUIRED.
SPACE IS LIMITED.**

For more information, please call (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: Residents of Garden Grove, 60+ years of age

Walk In Hours: Thursdays from 11:00 a.m. to 1:00 p.m.

For more information, please call: 714-741-5253

FREE ENROLLMENT ASSISTANCE

Apply For:

- Medi-Cal
- CalFresh
- CalWORKs
- Covered Ca
- General Relief/
Alivio General

Required Documents

- Proof of income/Prueba de ingresos o impuestos
- Birth certificate (children)/ Acta de nacimiento (para niños)
- Proof of address/ Comprobante de domicilio
- Identification card/ Tarjeta de identificación
- Proof of citizenship/ Prueba de ciudadanía
- Social Security card (if applicable) /Tarjeta de Seguro Social (si es aplicable)
- Immunization record/ Tarjeta de vacunas
- Proof of pregnancy/ Comprobante de embarazo

Dates/ Fecha: Third Thursday of the month/ Tercer jueves del mes

Time/ Hora: 9:00 AM -2:30 PM

Address/ Dirección: 11300 Stanford Ave
Garden Grove, CA 92840

Call for appointment/ Llame para hacer su cita: (714) 741-5253

In collaboration with/ En colaboración con:



**WALK-INS ACCEPTED
AFTER 1:00pm/ PUEDE
LLEGAR SIN CITA DESPUÉS DE
LA 1:00PM**



**COMMUNITY HEALTH INITIATIVE
OF ORANGE COUNTY**

For more information regarding the services call CHIOC/ Para más información sobre los servicios hable a CHIOC (855) 927-8333



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 walk-up option starting June 7th, 2022, 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 Senior Center plans to offer seniors a hot meal on:

Tuesday, May 10, 2022






9:00 a.m.-10:00 a.m.

Tuesday, June 14, 2022

9:00 a.m.-10:00 a.m.

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

Food Resources in Orange County for Seniors – 2022

Organization	Ask About These Programs!	Contact Info
	<ul style="list-style-type: none"> • SNAP • CalFresh Expedited Services • Restaurant Meals Program • CalFresh & Farmers Markets • Market Match Program 	<p>For interactive assistance: (714) 541-4895 For live assistance: (800) 281-9799 www.MyBenefitsCalwin.org www.getcalfresh.org Restaurant Meals Program Locations: http://ssa.ocgov.com/calfresh/calfresh/rmp_locations</p>
	<ul style="list-style-type: none"> • Pre-Screening for CalFresh Program • Senior Grocery Program • CalFresh & Farmers Markets • Senior Meals Programs (Congregate or Home Delivered Meals) • Additional Food Assistance Programs 	<p>Dial 2-1-1 or (888) 600-4357 (toll free) 24-hrs www.211oc.org Farmers Markets & CalFresh: https://ocfoodhelp.org/farmers-markets/</p>
	<ul style="list-style-type: none"> • Child and Adult Care Food Program (CACFP) • Senior Meals Programs (Congregate or Home Delivered Meals) • Senior Farmers Market Nutrition Program (SFMNP) 	<p>(800) 510-2020 http://officeonaging.ocgov.com</p>
	<ul style="list-style-type: none"> • Pre-Screening for CalFresh Program • The Emergency Food Assistance Program (TEFAP or EFAP) • Commodity Supplemental Food Program (CSFP) 	<p>(714) 897-6670 www.ocfoodbank.org</p>
	<ul style="list-style-type: none"> • Pre-Screening for CalFresh Program • The Emergency Food Assistance Program (TEFAP or EFAP) • Senior Grocery Program 	<p>Call 2-1-1 or text your zip code to 898-211 www.OCFoodHelp.org</p>



Health Promotion and Community Planning



This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging



Beginning 6/7/22 the Grab & Go Frozen Lunch Café Program at the H. Louis Lake Senior Center will be a WALK-UP PROGRAM only.

Every Tuesday

Distribution Hours: 9:00 a.m. – 10:00 a.m.

Here's what you need to know:

- **Meals will be distributed on a first come/first serve basis.**
- **You must remain in line to maintain your spot.**
- **You may not reserve spots in line for other people.**
- **If you are unable to carry the meals to your car or home, it is recommended that you bring a cart or be accompanied by someone who can assist you.**

For more information contact:

H. Louis Lake Senior Center at (714) 741-5253

Meals on Wheels OC at (714) 823-3294

www.MealsonWheelsOC.org





Dear Grab & Go Meal Program Participant,

This notice is to inform you that starting June 6, 2022, Grab & Go meal program participants will receive 4 meals per person, per week.

The Grab & Go meals are offered as a COVID19 Emergency Response program. The reduction of meals is due to the limited funding provided for the program.

If this provides a hardship for you, please contact the following for additional resources:

- the senior/community center where you receive the meals
- the Orange County Office on Aging at (800) 510-2020
- dial 2-1-1 or visit 211OC.org

Thank you for your participation in our temporary Grab & Go Meal Program.

For more information, please contact us at the phone number provided below.

Thank you,
Meals on Wheels Orange County
714-823-3294

“This project is funded in part through the grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors and administered by the Office on Aging.”

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.

**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.**

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.

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 ROOM ON
May 25th & June 29th**

***Schedule subject to change.**

BINGO



Day: Thursdays

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

Activity Description:

Join us for some Bingo fun and prizes!
Cost is \$1.00 for ten cards.

PAINT CERAMICS



Day: Mondays

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

Activity Lead: Judi

Activity Description:

Join in on some creative time with friends to paint and create your own art. You may bring your own materials or purchase a starter kit from the Center. The activity lead will be able to provide assistance and information on where to purchase materials.

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

MOVIE DAYS



Days: Wednesdays

May 25th & June 29th

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

Activity Description:

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

COMING SOON

THE SOUND OF MUSIC

Days: Wednesdays (07/06/22-08/03/22)

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

Activity Description:

Please call the center for more information.

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.

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:

Tai Chi is an outdoor, low impact, slow motion exercise. Helps reduce risk of falls and stress, and enhances mental capacity.

 **In the case of inclement weather class may be canceled.**

SMARTPHONE TIPS AND TRICKS



Day: Mondays (July 11, 18 & 25)

Time: 9:00 a.m. to 11:00 a.m.

Instructor: SAC College Staff

Class Description: Unlock the potential of your smartphone in a workshop taught by Santa Ana College.

PAINT LIKE THE MASTERS



Day: Wednesdays

(Summer Session I 06/01/22-06/29/22)

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.

*Summer Session II (07/06/22-08/03/22)

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.

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.

 **In the case of inclement weather class may be canceled.**

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: 1:00 p.m. to 2:00 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.

JOIN US FOR

*Craft
Days*

WEDNESDAY, MAY 4, 2022

11:30 AM-12:30 PM

&

WEDNESDAY, MAY 18, 2022

11:30 AM-12:30 PM

SPACE IS LIMITED AND REQUIRES REGISTRATION.

CALL THE CENTER FOR MORE INFORMATION

(714) 741-5253

11300 STANFORD AVE., GARDEN GROVE 92840



JOIN US FOR
Craft
Days

.....

**MONDAY JUNE 6, 2022
FROM 10:30 AM TO 11:30 AM
&
MONDAY JUNE 20, 2022
FROM 10:30 AM TO 11:30 AM**

SPACE IS LIMITED AND REQUIRES REGISTRATION.
CALL THE CENTER FOR MORE INFORMATION
(714) 741-5253
11300 STANFORD AVE., GARDEN GROVE 92840



Every Wednesday
9:30 am-11:30 am
Starts on June 1, 2022
@ H. Louis Lake Senior Center
11300 Stanford Ave
Garden Grove, CA



OLDER ADULTS ACRYLIC Painting Workshop



Call to
Pre-register @
(714) 741-5253



So you can't draw
& you can't paint but
in 5 weeks you can!

Challenge yourself and let Lorna Manapat, who has created over 40,000 portraits worldwide, teach you the tricks of the trade without the frustration of a beginner artist. By the end of this 5 week-workshop, you will surprise your family & friends with the "reveal" of your masterpiece!



Summer Sound OF MUSIC



SINGING AT
H. LOUIS
LAKE WITH
GREG

H. Louis Lake
SENIOR CENTER

**ENJOY YOUR WEDNESDAYS
SINGING AND PLAYING
GOOD MUSIC**

**WEDNESDAYS AT 1-3PM
JULY 6-AUGUST 3, 2022**

TO REGISTER: CALL (714) 741-5253



SANTA ANA COLLEGE
School of Continuing Education



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 (based on income)

Appointments & Information

(714) 537-0700

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

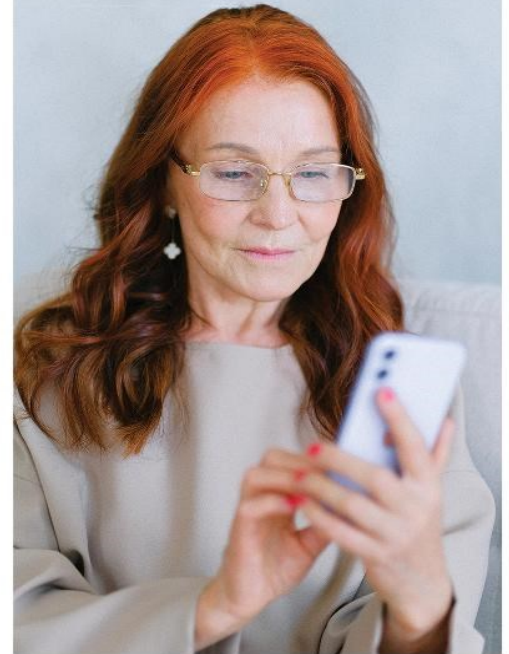


We focus our immigration work on adults and minors who are survivors of a crime. We assist with VAWA Self-Petitions, T-Visas, U-Visas, naturalization, Special Immigrant Juvenile Status, adjustment of status, cancellation of removal, and asylum applications.

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.



June 22, 2022

1:00 PM - 3:00 PM

July 20, 2022

1:00 PM - 3:00 PM



Tips, Tricks and Apps on your Smartphone

Unlock the potential of your smartphone in our workshop!



When: Monday July 11, 18 & 25

Time: 9-11 AM

This class will be held at H. Louis Lake Senior Center
11300 Stanford Ave.
Garden Grove, 92840



SANTA ANA COLLEGE

School of Continuing Education



FREE FOOD FOR SENIOR CITIZENS (60 YEARS AND OLDER)



Each eligible person receives a box of food weighing approximately 32 pounds, including cereal, juice, peanut butter, milk, canned veggies, fruit, soup, milk and cheese.

Income Guidelines:

Household Size	Maximum Income
1 Senior	\$1,396 per month
2 Seniors	\$1,888 per month
3 Seniors	\$2,379 per month



**QUALIFIED PEOPLE
WILL RECEIVE FOOD
THE SAME DAY**



**BRING YOUR
PHOTO ID
WITH YOU**

Distribution Sites:

Orange County		LA County	Riverside County
Anaheim	Los Alamitos	Hawaiian	Mead Valley
Buena Park	Midway City	Gardens	Menifee
Costa Mesa	Orange	Long Beach	Mira Loma
Cypress	Placentia	Norwalk	Riverside
Garden Grove	San Clemente	Santa Fe Springs	
Huntington Beach	Santa Ana	Whittier	
Irvine	Seal Beach		
La Habra	Tustin		
Laguna Hills	Westminster		



For a site near you, please contact:

Esther - 714-897-6670 ext. 3612
ecarranza@capoc.org

USDA is an Equal Opportunity provider and employer.

www.capoc.org    

Hidden Hazards Around the Home for 65+

Take Steps Toward Safety



3 Million 
ER Visits for Americans over age 65 estimated each year from product-related injuries

Americans Over 65 are at Higher Risk for Product Related Death



Percent of Population



Percent of Product Related Deaths

Falls

HAZARDS

SAFETY STEPS







Falls are the most common cause of injuries and deaths to older Americans.

 **1800** Estimated Deaths Per Year

 **1.5M** Estimated ER-treated Injuries





-  Install handrails on both sides of any stairs in your home.
-  Keep stairs well-lit and free of clutter.
-  Remove loose carpets, cords, and other items you could trip over.
-  Install grab bars and slip-resistant surfaces in your bathroom.

Fires



 **3.5X** more likely to die in fires

 **14X** higher clothing fire death rate


-  Install smoke alarms on every level of the home outside sleeping areas and inside each bedroom.
-  Do not wear loose clothing while cooking on the stove.

Drowning



Most deaths associated with swimming pools, bathtubs and spas.

 **300** Estimated Deaths Per Year

-  Don't swim alone.



United States
Consumer Product Safety Commission

NSN-05-032022

CPSC.gov
f t i n
USCPS

NSN
NEIGHBORHOOD SAFETY NETWORK
A PART OF THE NATIONAL FIRE PROTECTION ASSOCIATION

FREE COVID-19 HOME TEST KITS

**COVID-19 Home Test Kits are
available at the
H. Louis Lake Senior Center
on a first come, first serve basis.**

**For more information call:
(714) 741-5253**

H. Louis Lake
SENIOR CENTER

Margarita Mocktail!



ALSO KNOWN AS A VIRGIN MARGARITA, THIS NON-ALCOHOLIC MARGARITA MOCKTAIL RECIPE IS THE PERFECT BLEND OF SWEET AND TART. ALL AGES CAN ENJOY!

Ingredients:

- 2 cups limeade
- 3/4 cup orange juice
- 1/4 cup simple syrup
- 1/2 - 1 cup club soda
- sugar & coarse salt (for the rim)
- lime for garnish
- ice

*Recipe makes four (4) servings.

**If you are of age, add 1.5-2 ounces of tequila to each glass.

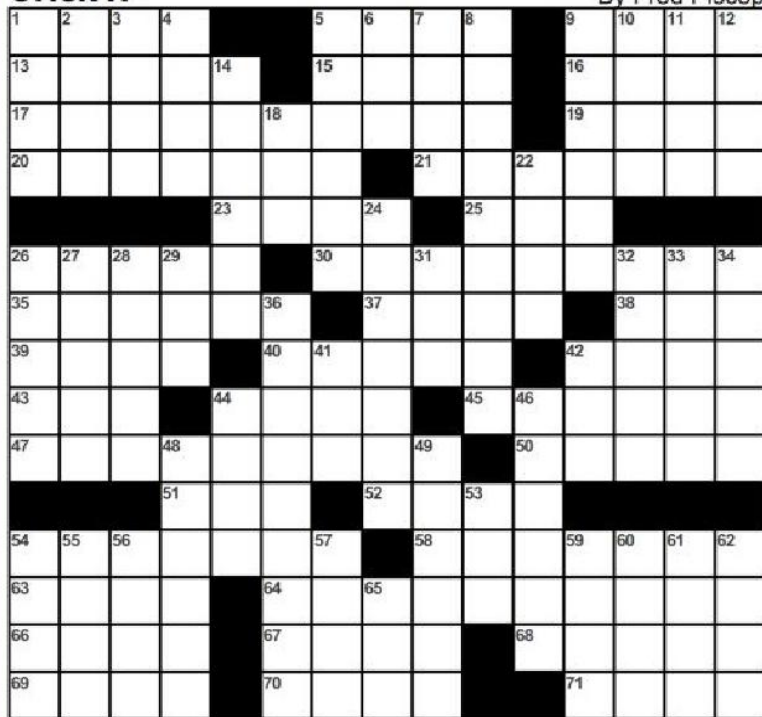
Steps:

- In a small pitcher, mix together limeade, orange juice, and simple syrup.
- Mix together equal parts sugar and coarse salt and pour onto a plate.
- Run lime slice around the rim of the glass and dip into the sugar/salt mixture.
- Fill glass half way with ice.
- Pour limeade mixture into the glass, almost to the top.
- Top off the glass with a splash of club soda.
- Squeeze a lime wedge into your drink and enjoy!

Crossword Puzzle

STICK IT

By Fred Piscop

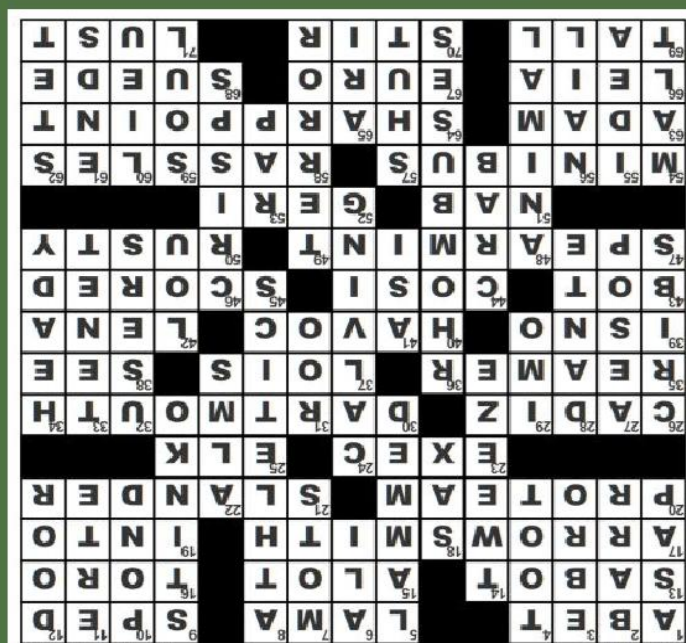


DOWN

- 1) "... and make it fast!"
- 2) "Domestic goddess" Roseanne
- 3) River of Aragon
- 4) Attention-getting sound
- 5) Took a powder
- 6) "1,001 Arabian Nights" hero
- 7) Witty remarks
- 8) Bay Area team
- 9) Downright awful
- 10) Amoeba's home
- 11) Harper's Bazaar artist
- 12) "Let's Make a Deal" option
- 14) Pluck out
- 18) Kenny G's instrument
- 22) Mendicant's plea
- 24) Giving birth to, on the farm
- 26) Homeys' homes
- 27) "Belling the Cat" author
- 28) "All hope abandon ..." writer
- 29) "As I see it," in a text
- 31) "Winnie-the-Pooh" baby
- 32) Geek Squad customers
- 33) Basic principle
- 34) Intoxicating, as wine
- 36) Some quadrilaterals
- 41) "___ live and breathe!"
- 42) Herbert's First Lady
- 44) Fare you can "crack" before eating
- 46) Potato chips, to Brits
- 48) "20 Questions" category
- 49) "Holy" brat
- 53) "Straight Outta Compton" genre
- 54) Brewing ingredient
- 55) Creative nugget
- 56) "Press-on" item
- 57) Boarded up, maybe
- 59) Aretha's forte
- 60) "In ___ of flowers ..."
- 61) Phases out
- 62) "Never mind" mark
- 65) "Exodus" hero

ACROSS

- | | |
|---|---|
| 1) Aid in crime | 42) "Chocolat" actress Olin |
| 5) "Lost Horizon" priest | 43) 'Droid |
| 9) Floored it | 44) "___ fan tutte" (Mozart opera) |
| 13) Wooden shoe | 45) Came home safely |
| 15) Zillions | 47) Candy flavor |
| 16) Lawn mower brand | 50) Out of practice |
| 17) Novel for which Lewis declined a Pulitzer | 51) Slap the cuffs on |
| 19) Division word | 52) "Deadwood" actress Jewell |
| 20) Jets, Nets or Mets | 54) Airport shuttle, most likely |
| 21) Cast aspersions on | 58) Grapples, in dialect |
| 23) Corp. VIP | 63) Original sinner |
| 25) "Benevolent" fellow | 64) Attribute shared by the first parts of 17-, 30- and 47-Across |
| 26) Andalusian port | 66) "The Force Awakens" general |
| 30) One of the Ivies | 67) 100 cents, abroad |
| 35) Boring tool | 68) Glove material |
| 37) First name at the Daily Planet | 69) Starbucks size |
| 38) Get the hang of | 70) Make homogeneous |
| 39) "But there ___ joy in Mudville ..." | 71) Insatiable desire |
| 40) Utter chaos | |



By Fred Piscop

STICK IT

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.

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Modified Hours:

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