

# THE SCOOP

Senior Resource Newsletter

July-August 2021



We are excited to welcome you all back to the Senior Center with the spirit of Aloha. Many of us think Aloha is merely the Hawaiian saying for hello and goodbye, but the Aloha spirit is much more than that. In the Hawaiian culture it is the connection not only of how we think but how we feel, bridging our mind and heart within each person to think and share good feelings, and care for others without expecting anything in return. It is quite beautiful when you think about it. This is exactly the culture we want to have at the Center, to have all participants feel welcome and hope that you evoke that spirit among one another. We realize the past year and half has taken a tremendous toll on our community and we hope that we can bring the Aloha spirit to share with you all and make your day a little brighter.

As the Human Services Division Supervisor for the past 3 years, I (Gabi O'Cadiz-Hernandez), would like to give all of our participants a warm welcome back to the Center. For those of you that I have not had the pleasure to meet yet, I'd like to give you some background information about myself. I have been with the City for almost 25 years, starting my career in workforce development, and the bulk of my career in children and family services coordinating one of our family resource centers here in the City. I have a long standing passion for bringing important critical resources to our undeserved populations and coordinate a collaborative partnership of more than 30 organizations.

Our Senior Center opened June 15th and has been slowly resuming programs in a safe environment for all. Currently we are still asking our community to wear masks and are still continuing to offer frozen grab and go meals in place of our congregate lunch program. Things continue to rapidly change and staff will adjust programs based on the regulations set forth by the Office on Aging in partnership with OC Meals on Wheels. For up-to-date information, we encourage you to call the Center and ensure we have your most current contact information. We hope you enjoy this summer edition that provides a glance of our summer activities and programs.

With much Aloha,

Gabi

Find a digital version of this newsletter online at [www.ggcity.org/seniorcenter](http://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
- Food Services
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- Movie Days
- Volunteers needed
- Turning Silver into Gold Event
- Jeopardy
- Puzzles
- Recipes

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





# 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.

## Coming Soon!

DRIVEN TO COMBAT FOOD INSECURITY



ONE TASTY MEAL AT A TIME

Bracken's Kitchen delivers hot and nutritious meals to those in need. The Center plans to partner to offer Seniors a hot meal.

Call the Center for more information

## 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



## 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





## COVID-19 Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
<b>Administration for Community Living</b>	Coronavirus disease resources and information. Please visit website: <a href="https://acl.gov/COVID-19">acl.gov/COVID-19</a>	1-800-677-1116
<b>COVID-19 Pandemic "Neighbor to Neighbor Check-In"</b>	"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
<b>County Of Orange Health Referral Line</b>	For COVID-19 questions	1-800-564-8448 Daily: 8 AM to 8 PM

## Older Adult Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
<b>Adult Protective Services-Orange County Social Services</b>	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
<b>Council on Aging ReConnect Program</b>	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
<b>Family Caregiver Resource Center Orange County</b>	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
<b>In Home Support Services-Orange County Social Services Agency</b>	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
<b>Office on Aging Information &amp; Resources</b>	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. <a href="http://www.officeonaging.ocgov.com/resources">www.officeonaging.ocgov.com/resources</a>	(800) 510-2020
<b>Orange County Older Adult Services</b>	Mental health and crisis services.	(714) 972-3700



**Community  
Legal Aid SoCal**

Advocates for Justice in Orange and Los Angeles Counties

Receive assistance on a variety of legal issues  
including but not limited to:

- Elder Abuse
- Landlord/Tenant Disputes
- Government Benefits
- Limited Conservatorships
- Consumer Issues
- Guardianships

**HOTLINE: 800-834-5001**



[www.communitylegalsocal.org](http://www.communitylegalsocal.org)

## Free Legal Aid for Seniors



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.

Appointments available for:

Wednesday July 28, 2021 1:00 p.m. – 3:00 p.m.

Wednesday August, 25 1:00 p.m. – 3:00 p.m.

Call the Center to make an appointment

(714) 741-5253

# 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](mailto: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



# CLASSES RETURNING TO H. LOUIS LAKE SENIOR CENTER

11300 Stanford Ave., Garden Grove, CA 92840



**Welcome back H. Louis Lake Senior Center Instructors.**

All classes 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:**

Longevity stick exercise aims to improving balance, flexibility, mental focus and breathing capacity.

**Class begins  
Wednesday, July 21st**



## TAI CHI



**Day: Mondays**

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

**Instructor:** Blanca

**Class Description:**

Low impact, slow motion exercise, helps reduce risk of falls. Helps reduce stress and enhance mental capacity.

**Class begins  
Monday, July 19th**

## 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.

**Class begins  
Tuesday, July 27th**

## ADAPTIVE LINE DANCING

**Day: Mondays**

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

**Instructors:** Pearl & Fred

**Class Description:**

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

**Class begins  
Monday, July 19th**



*H. Louis Lake*  
SENIOR CENTER

**G**  
GARDEN GROVE



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

## COMMUNITY CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo	2
5 1:00pm-3:30pm Lounge/Pool Tables open	6 9:30am-10:30am Frozen Meal Grab N Go 1:00pm - 3:30pm Lounge/ Pool Tables open	7 9:00am-3:30pm Lounge/Pool Tables open	8 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo 1:00pm-2:00pm Let's Chat <b>Maintain A Healthy Brain Via Zoom or In person</b>	9
12 9:00am-3:30pm Lounge/ Pool Tables open	13 9:30am-10:30am Frozen Meal Grab N Go 1:00pm - 3:30pm Lounge/ Pool Tables open	14 9:00am-3:30pm Lounge/Pool Tables open	15 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo 1:00pm-2:00pm Let's Chat <b>Technology Smartphone Updates Via Zoom or In person</b>	16
19 9:00am-3:30pm Lounge/ Pool Tables open 10:00am-11:00am Tai Chi 1:00pm-3:00pm Line Dancing	20 9:30am-10:30am Frozen Meal Grab N Go 1:00pm - 3:30pm Lounge/ Pool Tables open	21 9:00am-3:30pm Lounge/Pool Tables open 10:00am - 11:00am Longevity Stick	22 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo 1:00pm-2:00pm Let's Chat <b>Summer Craft Class In person</b>	23
26 9:00am-3:30pm Lounge/ Pool Tables open 10:00am-11:00am Tai Chi 1:00pm-3:00pm Line Dancing	27 9:30am-10:30am Frozen Meal Grab N Go 1:00pm - 3:30pm Lounge and Pool Tables open 1:30pm-2:30pm Balance and Mobility	28 9:00am-3:30pm Lounge/Pool Tables open 10:00am - 11:00am Longevity Stick 1:00pm-3:00pm Legal Aid 1:00pm-3:00pm Movie Day	29 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo 1:00pm-2:00pm Let's Chat <b>Alzheimer's Orange County Via Zoom only</b> 1:30pm-2:30pm Balance and Mobility	30



**Center Hours:**  
Monday 9:00 a.m. - 3:30 p.m.  
Tuesday 1:00 p.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



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

## COMMUNITY CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00am-3:30pm Lounge/ Pool Tables open 10:00am-11:00am Tai Chi 1:00pm-3:00pm Line Dancing	3 9:30am-10:30am Frozen Meal Grab N Go 1:00pm-3:30pm Lounge/ Pool Tables open 1:30pm-2:30pm Balance and Mobility	4 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:00am Longevity Stick 10:30am-11:30am Let's Chat <b>Summer Craft In person</b>	5 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo 1:30pm-2:30pm Balance and Mobility	6
9 9:00am-3:30pm Lounge/ Pool Tables open 10:00am-11:00am Tai Chi 1:00pm-3:00pm Line Dancing	10 9:30am-10:30am Frozen Meal Grab N Go 1:00pm-3:30pm Lounge/ Pool Tables open 1:30pm-2:30pm Balance and Mobility	11 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:00 am Longevity Stick 10:30am-11:30am Let's Chat <b>Photography Basics For Smartphones &amp; Tablets Via Zoom or In person</b>	12 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo 1:30pm-2:30pm Balance and Mobility	13
16 9:00am-3:30pm Lounge/ Pool Tables open 10:00am-11:00am Tai Chi 1:00pm-3:00pm Line Dancing	17 9:30am-10:30am Frozen Meal Grab N Go 1:00pm-3:30pm Lounge/ Pool Tables open 1:30pm-2:30pm Balance and Mobility	18 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:00am Longevity Stick 10:30am-11:30am Let's Chat <b>Concierge Care Navigators Via Zoom or In person</b>	19 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo 1:30pm-2:30pm Balance and Mobility	20
23 9:00am-3:30pm Lounge/ Pool Tables open 10:00 am-11:00am Tai Chi 1:00pm-3:00pm Line Dancing 1:30pm-2:30pm Jeopardy	24 9:30am-10:30am Frozen Meal Grab N Go 1:00pm-3:30pm Lounge/ Pool Tables open 1:30pm-2:30pm Balance and Mobility	25 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:00am Longevity Stick 10:30am-11:30am Let's Chat <b>Benefits Of Drinking More Water Via Zoom or In person</b> 1:00pm-3:00pm Legal Aid 1:00pm-3:00pm Movie Day	26 9:00am-3:30pm Lounge/Pool Tables open 10:00am-11:30am Bingo 1:30pm-2:30pm Balance and Mobility	27
30 9:00am-3:30pm Lounge/ Pool Tables open 10:00am-11:00am Tai Chi 1:00pm-3:00pm Line Dancing	31 9:30am-10:30am Frozen Meal Grab N Go 1:00pm-3:30pm Lounge/ Pool Tables open 1:30pm-2:30pm Balance and Mobility			



**Center Hours:**  
Monday 9:00 a.m. - 3:30 p.m.  
Tuesday 1:00 p.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







## JULY 2021 WORKSHOPS LET'S "CHAT" ABOUT IT THURSDAYS



**JOIN US EVERY THURSDAY, 1:00PM TO 2:00PM**

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

**JULY 8TH**  
**LET'S STAY HEALTHY  
MAINTAIN  
A HEALTHY BRAIN**

Join us to learn about how to  
keep a healthy brain.

Via **zoom**  or join us in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN



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

**JULY 15TH**  
**TECHNOLOGY  
SMARTPHONE  
UPDATES**

Join us to learn more about how to  
utilize your smartphone features.

Via **zoom**  or join us in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN



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

**JULY 22nd**  
**SUMMER  
CRAFT CLASS**



Space is limited to the first 10 registrations.  
There will be a material fee of \$5.00

**Join us in person**


AT THE H. LOUIS LAKE SENIOR CENTER



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

**JULY 29TH**  
**ALZHEIMER'S  
ORANGE COUNTY**

Join us to learn about  
Alzheimer's OC  
programs and services.

Via **zoom**  ONLY

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

**Programs are for individuals age 55+.**

If you are not familiar with Zoom, a staff member is available to assist you.  
Please call the H. Louis Lake Senior Center to register and receive password/code to join.

Zoom ID: 943 1136 6298 **zoom**

You can also dial in: 1-669-900-6833





# LET'S "CHAT" ABOUT IT WEDNESDAYS

## AUGUST 2021 WORKSHOPS

JOIN US EVERY WEDNESDAY, 10:30AM TO 11:30AM

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



**AUGUST 4TH**  
**SUMMER CRAFT DAY**

**Join us in person**

AT THE H. LOUIS LAKE SENIOR CENTER  
Space is limited to the first 10 paid registrations.  
**\$5.00 material fee**

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



**AUGUST 11TH**  
**PHOTOGRAPHY BASICS  
FOR SMARTPHONES &  
TABLETS**

Join us to learn more about how to  
utilize your smartphone features.

Via **zoom** or join us in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN

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



**AUGUST 18TH**  
**CONCIERGE  
CARE NAVIGATORS**

**Do you need help caring for a loved one?**  
You don't have to do it alone.  
Concierge Care Navigators is here to help.

Via **zoom** or join us in person

PRESENTATION PROVIDED BY COUNCIL ON AGING

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



**AUGUST 25TH**  
**BENEFITS OF  
DRINKING  
MORE WATER**

Join us to learn more about the  
benefits of drinking more water.

Via **zoom** or join us in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN

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

Programs are for individuals age 55+.

If you are not familiar with Zoom, a staff member is available to assist you.  
Please call the H. Louis Lake Senior Center to register and receive password/code to join.

Zoom ID: 943 1136 6298 **zoom**

You can also dial in: 1-669-900-6833





*H. Louis Lake*  
SENIOR CENTER

# IN-PERSON BINGO IS BACK!

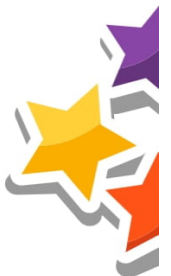
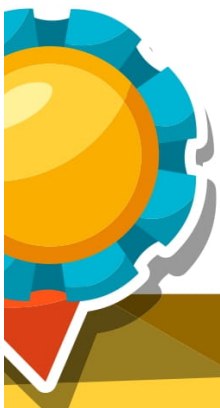
**\*SPACE IS LIMITED\***

**\$1  
for 10  
cards**

**Thursdays  
10:00 am - 11:30 am  
starting 6/17/21**

**Must Pre-Register to  
Participate  
Please call (714) 741-5253**

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



# BINGO





# H. LOUIS LAKE SENIOR CENTER MOVIE DAY

11300 STANFORD AVE., GARDEN GROVE, 92840

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

Sponsored by:  Alignment Healthcare

Come enjoy our free Summer movie series! Each movie will start promptly at 1:00pm. Light snacks and drinks will be provided.



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.



# Turning Silver into Gold

Discover hidden treasures at your local Senior Center

Restart | Reengage | Reconnect

## September 24<sup>th</sup> | 8:30 am–12 noon

### Register Today!

### Encourage all OC seniors to attend!

#### Attending In-Person?

To register, click on the name of the senior center where you plan to attend, or call the phone number listed.

[OASIS Senior Center](#) or call (949) 644-3244

[Norman P. Murray Senior Center](#) or call (949) 470-8441

[Dorothy Visser Senior Center](#) or call (949) 498-3322

[H. Louis Lake Senior Center](#) or call (714) 741-5253

[Buena Park Senior Activity Center](#) or call (714) 236-3870

[Stanton Senior Center](#) or call (714) 890-4271

[Yorba Linda Senior Center](#) or call (714) 961-7181

[Tustin Senior Center](#) or call (714) 573-3340

#### Attending Virtually?

Register here: [RSVP Virtual](#)

For information, contact: [emily.bennett@alzoc.org](mailto:emily.bennett@alzoc.org)  
[patty.mouton@alzoc.org](mailto:patty.mouton@alzoc.org)

#### Sponsorship opportunities are still available!

In-person event capacity is limited to 50 attendees at each senior center (8 total). *Virtual attendance is UNLIMITED!*

Shake off the COVID blues and get re-engaged in all the terrific activities offered at OC Senior Centers.

Blow me down, Mateys and Ahoy there!

**Take note—an event**, one you'll surely share!

There's **treasure galore right here in OC at your Senior Center** is where you'll be Enticed with **pearls of wisdom and fun compelling speakers**, Maddy Dychtwald is one!

Shivver me timbers, mark down this fine date **24<sup>th</sup> of September**—you won't want to be late! **Learning through life, and enhancing romance** Such gems will be offered, **don't miss your chance!**

**This hybrid event** will give folks quite a choice **to join us in-person, or use their virtual voice.** Dubloons and repast, maybe even some grog We'll make it a **party**—rain, shine, drizzle or fog.

Yo ho, yo ho ho, what a day this will be for this exploration—**Senior fun in OC!**

This event is brought to the community by:

OneCare Connect Cal MediConnect Plan, Ting Fiber Internet, SBHIS Insurance Services, Alzheimer's Orange County, Meals on Wheels OC, OC Caregiver Resource Center, Memorial Care Medical Group, OC Aging Services Collaborative, Aging & Disability Resource Connection, The Scan Foundation, Be Well Orange County, and OC Senior Center Directors.



# Friendly Visitor Program – Caring Connections

Support and Friendship for Isolated Adults



## Who We Are

The Council on Aging – Southern California has been a trusted nonprofit organization since 1973. We provide unbiased information, programs and services to more than 290,000 adults and families annually.

Our Friendly Visitor Program prevents and alleviates the physical and mental health challenges of isolated, older adults and individuals with disabilities who lack an adequate support system.

Our program offers case management services and a supportive safety net of prescreened, trained volunteers who provide weekly home visits and telephone checkups.

## Eligibility

- ▶ Older or dependent adults 18 years and above
- ▶ Inadequate support system
- ▶ Frail and/or homebound
- ▶ Willing to participate in the program

## CALL US – WE CAN HELP

Our office are open Monday through Friday from 8am to 5pm. The Friendly Visitor Program provides direct services in English, Spanish and Vietnamese.



(714) 479-0107



[www.coasc.org](http://www.coasc.org)

## What We Do

Our program offers ongoing socialization services to isolated adults and seniors. Services are provided at no cost to participants and include:

- ▶ Comprehensive screenings
- ▶ In-home case management services
- ▶ Individual care plan
- ▶ Coordination of care
- ▶ Participant and family education
- ▶ Short-term in-home therapy as needed
- ▶ Ongoing case monitoring
- ▶ Referrals and linkages to resources
- ▶ Weekly telephone checkups
- ▶ Home visitation



**Friendly Visitor**

a Program of Council on Aging





## SENIOR MOBILITY PROGRAM INFORMATION



### WHAT IS THE SENIOR MOBILITY PROGRAM



- The Senior Mobility Program promotes the continuation of an independent lifestyle for individuals age 60 and older, through the provision of dependable door-to-door transportation services for the residents of Garden Grove.
- Transportation is provided by means of California Yellow Cab Company.
- Cost is \$4.00 each way.
- The transportation program provides trips to the H. Louis Lake Senior Center, medical appointments, and Grocery shopping trips within the city of Garden Grove.
- Transportation for medical appointments can be up to five (5) miles outside of Garden Grove city limits.
- The service is provided Monday through Friday from 7:30 a.m. to 6:00 p.m. within the city of Garden Grove.
- The client should be ready for the arrival of a taxi one hour prior to the appointment time.



### HOW DO I JOIN THE PROGRAM



- To sign up for the Senior Mobility Program you must schedule an appointment with the Transportation Coordinator to obtain an application.
- You can pick up an application at the center, request to have it emailed or mailed.
- To submit your completed application, you will need to bring a valid form of identification.
- Enrollment must be approved before utilizing transportation services.



### HOW DO I ORDER THE TAXI SERVICE



- Once your application has been processed by City staff, you will be given an ID number and the dispatcher phone number to schedule transportation rides.
- You can make appointments up to 3 days in advance, but must be made at least 24 hours in advance.
- You must cancel your trips 24 hours in advance.
- Transportation for medical appointments can be up to five (5) miles outside of the city Garden Grove city limits.
- All clients must communicate with California Yellow Cab to change or cancel trips.



### WHAT IF I USE A WHEELCHAIR OR OTHER ASSISTIVE DEVICES



- California Yellow Cab has wheelchair and ADA accessible vans.
- If you need accommodations you can list them on your application so the dispatcher is aware.
- When scheduling the service, it is important to mention certain medical equipment requirements and accommodations to the dispatcher.

Please call the H. Louis Lake Senior Center for additional questions at 714-741-5253.





**Monday, August 23, 2021**

**1:30 PM - 2:30 PM**

**Sponsored by:**



**KAISER PERMANENTE®**

Senior Advantage

The fun game that we all enjoy in the evening at home will be coming to the H. Louis Lake Senior Center! Compete as an individual or be part of a team as you test your knowledge. Space is limited!

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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.

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For more information please call (714) 741-5253.

11300 Stanford Ave., Garden Grove, 92840





# Easy Fresh Strawberry Pie!

*July is upon us and this is a refreshing dessert to help beat that summer heat!*

**Prep Time: 20 min + cooling    Total Time: 35 min + cooling**  
**Cook Time: 15 min + cooling    Servings: 8**

## Ingredients:

- 1 sheet refrigerated pie crust
- 3/4 cup sugar
- 2 tbsp cornstarch
- 1 cup water
- 1 package (3 ounces) strawberry gelatin
- 4 cups fresh strawberries
- whipped cream (optional)

## Instructions:

1. Preheat oven to 450 Degrees F. Unroll crust into a 9-inch pie plate. Trim edge. Line unpricked crust with a double thickness of heavy-duty foil or parchment. Bake 8 minutes. Remove foil and bake 5 minutes longer. Cool on wire rack.
2. In a small saucepan, combine the sugar, cornstarch, and water until smooth. Bring to a boil. Cook and stir until thickened, about 2 minutes. Remove from the heat, stir in the gelatin until dissolved. Refrigerate until slightly cool, about 15-20 minutes.
3. Arrange strawberries in the pie crust. Pour gelatin mixture over the berries. Refrigerate until set. If desired, serve with whipped cream.

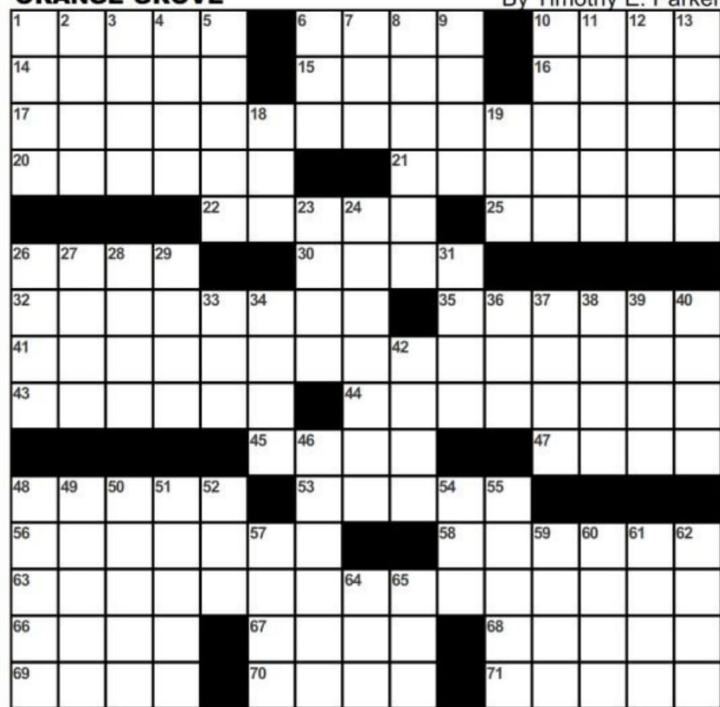




# Crossword Puzzle

## ORANGE GROVE

By Timothy E. Parker



## ACROSS

- 1) Model S maker
- 6) With a cast of thousands
- 10) Two-word anagram for "teas"
- 14) "The \_\_\_\_" (series starring Mr. T)
- 15) Mexican snack food
- 16) Many a Syrian
- 17) Two orange things
- 20) Slip by, as time
- 21) Parts of clowns' wardrobes
- 22) Bygone Toyota sports car
- 25) Suggestive stares
- 26) Word in synagogue names
- 30) Cartoon bear
- 32) Alarm clocks, in the morning
- 35) Linger around a store without purpose
- 41) Four orange things
- 43) Metallic tests
- 44) Shipment amount?
- 45) In this way
- 47) Some shady trees
- 48) Street urchins
- 53) Highly skilled
- 56) Wicked
- 58) Like rain on your wedding day, as per a certain song
- 63) Three orange things
- 66) Holiday precursors
- 67) Polish, as one's skills
- 68) Nimble of foot
- 69) "Out," to an editor
- 70) Fancy pitcher with a lip
- 71) Fabricated stories

## DOWN

- 1) Break, as a horse
- 2) "Too many more to mention" abbr.
- 3) "... \_\_\_\_, whatever will be, will be"
- 4) "Aladdin" discovery
- 5) Stock up on
- 6) Pilot's announcement, briefly
- 7) What a mouse slides on
- 8) It can lead to cooler heads
- 9) Nickname for Conan O'Brien
- 10) Fry just a bit over high heat
- 11) Keebler's head elf
- 12) Spud
- 13) Immeasurable chasm
- 18) Romanian currency
- 19) It gives a hoot
- 23) Ignited funeral heap
- 24) "Citizen Kane" sled
- 26) Ali \_\_\_\_ of "The Arabian Nights"
- 27) Winged god of love
- 28) Auto-club services
- 29) Hip-swiveling Hawaiian dance
- 31) Pelvic bones
- 33) Boar's place
- 34) Old-style prefix for "while"
- 36) Make a selection
- 37) Spot on a map
- 38) Saw or screwdriver
- 39) Cheese that comes in red wax
- 40) Radioactive energy units
- 42) Prepare for a photo
- 46) Make sacred
- 48) Performed a dishwashing chore
- 49) Get \_\_\_\_ on (hurry)
- 50) Drive forward
- 51) "All That Jazz" director Bob
- 52) \_\_\_\_ Lanka
- 54) Apple or cherry treat
- 55) Take the tab for all
- 57) Continuous dull pain
- 59) Gold-medal gymnast Korbut
- 60) Ammunition for a carpenter's gun
- 61) Wait at the light
- 62) Average school grades
- 64) About two o'clock on a compass
- 65) \_\_\_\_ capita





**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](http://ggcity.org/seniorcenter)

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