

ZOOMING FORWARD

We are committed to ensuring that Garden Grove's community has the resources to maintain healthy lives and social engagement during these challenging times. While some of our services are being offered over the telephone, we would like you to "ZOOM" in and check out the virtual programming being offered. For more information please call 714-741-5253.

New Classes!



Zumba Gold

**Class Instructor:
Carmen Gutierrez**

To register and receive your Zoom invite link, please email the H. Louis Lake Senior Center at hlouislakesc@ggcity.org, or call **714-741-5253** with your name, phone number, and address.

1. Zumba Gold: This is a zumba class with exercise to help your body and mind. Classes are Monday, Tuesday, Wednesday from 9:30a.m to 10:30a.m.
2. Slow Movement Exercise for Seniors: This is a chair exercise class that utilizes slower exercise and smooth movements. This class is every Monday from 11a.m. to 12p.m.

New Activities!



Loteria (Mexican Bingo)

**Fridays
3:00PM to 4:00PM**

Join us on Fridays from 3:00p.m. to 4:00p.m while we play Loteria! Stimulate you mind and body all while having fun and winning prizes.

To register and receive the zoom login information please call **714-741-5253** or email hlouislakesc@ggcity.org.



Great Coffee Great Conversations

**Thursdays
1:00PM to 2:00PM**



Brew your favorite morning beverage and join the H. Louis Lake Senior Center staff live on ZOOM. Participants for a chance to win a coffee themed gift basket!

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Workshops

Stability and Balance Class



Every Saturday
11:00 a.m.



Balance is important for everyone, especially as we get older. Strengthen your balance and stability with these online classes. This class is brought to you by Monarch and Sponsored by SCAN. If you are interested in this workshop please call **714-741-5253** for the meeting ID and password.

Services



Legal Aid

Monday - Friday
8:00 a.m.-5:00 p.m.

Community Legal Aid SoCal is dedicated to meeting the legal needs of seniors 60+ throughout Orange County. Legal Aid is conducting telephone appointments and consultations through their OC Senior Citizens Legal Advocacy Program. Please call **714-571-5251** to make an appointment. You can also visit their website at <https://www.communitylegalsocal.org/> for more information on programs and services.



HICAP

Monday - Friday
8:00 a.m.-5:00 p.m.

Questions about Medicare? HICAP is part of the national network of State Health Insurance Assistance Programs (SHIP) and is the most dependable source of unbiased and accurate Medicare related information. Please call **(714) 560-0424** to make an appointment to talk to a counselor. You can also visit their website at <https://www.coasc.org/programs/hicap/> for more information on programs and services.

