

H. Louis Lake Senior Center

11300 Stanford Avenue, Garden Grove, CA 92840 (714) 741-5253

Hours: Monday-Friday 8:30am-3:30pm Saturday-Sunday: CLOSED **Community Calendar**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



9:00am-10:00am Bracken's Breakfast

10:00am-11:00am Mejor Juntos

11:30am-12:30pm MoW Lunch Café

1:30pm-2:30pm Balance & Mobility

9:00am-10:00am Bracken's

10:00am-11:00am Craft Day

10:00am-11:00am Mejor Juntos

12:30pm-4:30pm Regal Field Trip

11:30am-12:30pm MoW Lunch Café

1:30pm-2:30pm Balance & Mobility

2

NO Alzheimer's Presentation NO Memory Screening

10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Indoor Dining

1:00pm-3:00pm Pinochle

3 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:15pm-1:00pm Caring Connections

1:30pm-2:30pm Fit Body Fit Mind

1:30pm-2:30pm Balance & Mobility

4

Café 1:30pm--3:00pm Line Dancing

11:30am-12:30pm MoW Lunch

9:00am-10:00am Yarn Club

NO Chair Yoga

10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics

NO Core Strength and Self **Defense**

10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics 1:00pm-2:30pm Core Strength

15

Breakfast

9:00am-10:00am Bracken's Breakfast

10:00am-11:00am Mejor Juntos

11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Balance & Mobility

9

NO Chair Yoga

11:30am-12:30pm MoW Lunch Café

1:00pm-3:00pm Pinochle

NO Alzheimer's Presentation

10:00am-12:00pm Memory

10:00am-11:15am Chair Yoga

1:00pm-3:00pm Pinochle

9:00am-11:00am Spring

Celebration

Screenings

10

9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:15pm-1:00pm Caring

Connections 1:30pm-2:30pm Fit Body Fit Mind

1:30pm-2:30pm Balance & Mobility **1** 7 9:00am-2:30pm - CHIOC (🙈)

9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:15pm-1:00pm Caring Connections

11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Fit Body Fit Mind 1:30pm-2:30pm Balance & Mobility

9:00am-10:00am Yarn Club 9:30am-11:00am Spring Cookie

Decorating

NO Chair Yoga 11:30am-12:30pm MoW Lunch Café

NO ESL Class

1:30pm-3:00pm Line Dancing

18

9:00am-10:00am Yarn Club 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café

1:00pm-3:00pm ESL Class 1:30pm-3:00pm Line Dancing

9:00am-10:30am Police **Presentation**

and Self Defense

10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Balance & Mobility 1:00pm-3:00pm Paint Ceramics

1:00pm-2:30pm Core Strength and Self Defense

10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics 1:00pm-2:30pm Core Strength and Self Defense

29

9:00am-10:00am Bracken's Breakfast 10:00am-11:00am Mejor Juntos 11:30am-12:30pm MoW Lunch Café

23

10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle 1:00pm-3:00pm Legal Aid

9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:15pm-1:00pm Caring Connections

1:30pm-2:30pm Fit Body Fit Mind 1:30pm-2:30pm Balance & Mobility

25

9:00am-10:00am Yarn Club 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café

1:00pm-3:00pm ESL Class 1:30pm-3:00pm Line Dancing

28

9:00am-10:00am Bracken's Breakfast 9:30am-11:00am Karaoke 10:00am-11:00am Mejor Juntos 11:30am-12:30pm MoW Lunch Café

1:30pm-2:30pm Balance & Mobility

30

10:00am-11:15am Chair Yoga 11:15am-11:30am Birthday Celebration 11:30am-12:30pm MoW Lunch

1:00pm-3:00pm Pinochle

What's New

- There's a Field Trip to Regal Theaters on the 8th
- Spring Cookie Decorating is on the 11th
- There will be a Spring Celebration on the 16th