

# April 2025



**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

**1**  
 9:00am-10:00am Bracken's Breakfast  
**10:00am-11:00am Meior Juntos**  
 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**  
 9:00am-10:00am Yarn Club  
**NO Chair Yoga**  
 11:30am-12:30pm MoW Lunch Café  
 1:30pm--3:00pm Line Dancing

**7**  
 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**

**8**  
 9:00am-10:00am Bracken's Breakfast  
**10:00am-11:00am Meior Juntos**  
**10:00am-11:00am Craft Day**  
**12:30pm-4:30pm Regal Field Trip**  
 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

**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

**11**  
 9:00am-10:00am Yarn Club  
**9:30am-11:00am Spring Cookie Decorating**  
**NO Chair Yoga**  
 11:30am-12:30pm MoW Lunch Café  
 1:30pm-3:00pm Line Dancing

**14**  
 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

**15**  
 9:00am-10:00am Bracken's Breakfast  
**10:00am-11:00am Meior Juntos**  
 11:30am-12:30pm MoW Lunch Café  
 1:30pm-2:30pm Balance & Mobility

**16**  
**NO Alzheimer's Presentation**  
**9:00am-11:00am Spring Celebration**  
**10:00am-12:00pm Memory Screenings**  
 10:00am-11:15am Chair Yoga  
 11:30am-12:30pm MoW Lunch Café  
 1:00pm-3:00pm Pinochle

**17** 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**  
 1:30pm-2:30pm Fit Body Fit Mind  
 1:30pm-2:30pm Balance & Mobility

**18**  
 9:00am-10:00am Yarn Club  
 10:00am-11:15am Chair Yoga  
 11:30am-12:30pm MoW Lunch Café  
 1:30pm-3:00pm Line Dancing

**21**  
**9:00am-10:30am Police Presentation**  
 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**

**22**  
 9:00am-10:00am Bracken's Breakfast  
**10:00am-11:00am Meior Juntos**  
 11:30am-12:30pm MoW Lunch Café  
 1:30pm-2:30pm Balance & Mobility

**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**

**24**  
 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  
 1:30pm-3:00pm Line Dancing

**28**  
 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  
**9:30am-11:00am Karaoke**  
**10:00am-11:00am Meior 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 Café  
 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**