

THE SCOOP

11300 Stanford Avenue, Garden Grove, CA 92840 |(714) 741-5253
Monday-Friday 8:30am-3:30pm | ggcity.org/SeniorCenter

ISSUE HIGHLIGHTS

- Code of Conduct
- Important Phone Numbers
- Center Announcements
- Bracken's Kitchen Breakfast
- Lunch Café
- Schedule of Classes
- Schedule of Activities
- MeJOR Juntos
- Yarn Club
- Chair Yoga
- ESL Beginning Low
- Self Defense for Everyone
- Birthday Celebrations
- Upcoming Presentations
- Memory Screenings
- Karaoke
- International Week
- Valentine's Dance
- Valentine's Day Celebration
- Craft Day
- Community Resources
- Recipe
- Crossword Puzzle

Happy New Year!

Center staff have been planning some exciting new programming for 2025. We have a new partnership Alzheimer's Orange County. They will be providing monthly presentations as well as free memory screenings. See pages 20 and 21 for more information.

Fair Housing will be offering a free workshops and free clinics to meet with a Fair Housing Specialist to get your housing questions answered. See page 16 to make an appointment.

Also, our Garden Grove Police Liaison division will be hosting regular meetings to provide our senior community an overview of their services, how to stay informed and remain safe see page 18 for more information.

We are excited to bring in partnership with Santa Ana College, a Self Defense for Everyone class beginning in February. Make sure to register early as space is limited.

Lastly don't miss out on our Valentines Dance on Thursday February 13 to enjoy a great meal and dance the night away with friends and loved ones. See page 24 for details.

Wishing you all joy, peace and happiness in 2025!

Gabi
Human Services Supervisor



Community Services Department Mission
To enrich and serve an inclusive and vibrant community by innovatively connecting people through parks, programs, and play.

Participant Code of Conduct Guidelines

We are committed to providing a safe, secure, and respectful environment for all. We expect all individuals to demonstrate civil and respectful behavior while here at our center.

The following guidelines are designed to provide safe and enjoyable activities for all participants:

- Be respectful to all participants and program staff.
- Take direction from program staff.
- Refrain from using abusive or foul language.
- Refrain from causing bodily harm to self, other participants, or program staff.
- Refrain from damaging equipment, supplies, and facilities.
- Refrain from harassing staff, instructors, or participants.

Failure to follow the Code of Conduct policy may result in denial of program participation privileges. The City of Garden Grove Community Services Department strives to make your participation fun-filled, rewarding, educational, and safe.



Important Phone Numbers

City of Garden Grove Directory / Important Numbers

Agencies/Services	Phone Number	Email/Website
H. Louis Lake Senior Center	(714) 741-5253	www.ggcity.org/seniorcenter
Garden Grove Police Department (Non-Emergency)	(714) 741-5704	police@ggcity.org
Orange County Fire Authority	(714) 573-6000	www.ocfa.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	www.ggcity.org/pw/graffiti-abatement
Garden Grove Animal Care Services	(714) 741-5565	animalcare@ggcity.org
Garden Grove Main Library	(714) 530-0711	www.ocpl.org
Garden Grove Water Department	(714) 741-5078	www.ggcity.org/water
Republic Services	(714) 238-2444	www.republicservices.com
Social Security Administration	(800) 772-1213	www.ssa.gov
Medi-Cal	(800) 281-9799	www.ssa.ocgov.com/health-care-services
CalFresh	(877) 847-3663	www.ssa.ocgov.com/cash-calfresh/calfresh
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
HICAP-A Program of Council on Aging	(714) 560-0424	www.cahealthadvocates.org

WE ARE



Closed

The H. Louis Lake Senior Center will be closed for Martin Luther King Jr Day on January 20, 2025.



The H. Louis Lake Senior Center will be closed for Presidents' Day on February 17, 2025.



Center Announcements

- Fair Housing Foundation Presentation:
 - Rights and Responsibilities
 - Tuesday, January 14
 - 9:30 a.m. - 10:30 a.m.
- Alzheimer's Orange County Presentation
 - 6 Pillars of Brain Health Presentation
 - Wednesday, January 15
 - 9:00 a.m. - 10:00 a.m.
 - The Role of Exercise on Cognition
 - Wednesday, February 5
 - 9:00 a.m. - 10:00 a.m.
 - Nutrition For a Healthier Mind:
 - Wednesday, February 19
 - 9:00 a.m. - 10:00 a.m.
- Alzheimer's Orange County Memory Screening:
 - Wednesday, February 5
 - 10:00 a.m. - 12:00 p.m.
 - By appointment only
- Fair Housing Foundation Walk-in Clinic:
 - Tuesday, February 4
 - 9:00 a.m. - 11:00 a.m.
 - By appointment only
- International Week:
 - Tuesday, January 28 - Thursday, January 30
- Valentine's Day Dance:
 - Thursday, February 13
 - 5:00 p.m. - 8:00 p.m.
- Valentine's Day Celebration:
 - Friday, February 14
 - 9:00 a.m. - 11:00 a.m.
- Fit Body Fit Mind:
 - No class on February 13
- Balance and Mobility
 - No class on February 13



Good Morning...



Let's have

Bracken's Kitchen Breakfast!

**Bracken's Kitchen offers breakfast
every Tuesday morning from
9 AM - 10 AM**

**For more information, please contact
us at (714) 741 - 5253**





LUNCH CAFÉ

Meals on Wheels is currently being offered Monday through Friday at 11:30 AM. Meals are served on a first come first serve basis, with registration for the day's lunch in person beginning at 8:30 AM (when the center opens). Lunch will be served starting at 11:30 AM. Adults ages 60 and over are eligible to receive meals.

**For more information please contact
us at
(714) 741 - 5253**



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.

TAI CHI

Day: Mondays

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

Instructor: Blanca

Class Description: Tai Chi is an indoor, low-impact, slow-motion exercise that helps reduce the risk of falls and stress and enhances mental capacity.



PRACTICAL COMPUTER AND INTERNET SKILLS

Day: Tuesdays

(1/14/2025 - 5/20/2025)

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

Instructor from Santa Ana College:

Carmen Johnson

Class Description: Learn essential computer skills and how to use the internet effectively.



CHAIR YOGA

Days: Wednesdays & Fridays

(1/15/2025 - 5/23/2025)

Time: 10:00 a.m. to 11:15 a.m.

Instructors from Santa Ana College:

Wednesdays - Paloma | Fridays - Amy

Class Description: Focuses on stretching and strength training, emphasizing balance while utilizing various tools.



ADAPTIVE LINE DANCING

Day: Fridays

Time: 1:30 p.m. to 3:00 p.m.

Instructors: Pearl & Fred

Class Description: This class focuses on recreation line dancing, which helps maintain strength and mobility for overall health and wellness.



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, emphasizing balance while utilizing various tools.



FIT MIND FIT BODY

Day: Thursdays

Time: 1:30 p.m. to 2:30 p.m.

Instructor: Carmen

Sponsored by Amistad Clinic

Class Description: This is a chance to let go and move like no one is watching. Fit Mind Fit Body burns calories, improves heart health, and reduces stress.



SELF DEFENSE FOR EVERYONE

Days: Mondays

Time: 1:00 p.m. to 2:30 p.m.

Instructor from Santa Ana College:

Kelvin

Class Description: Join us in this engaging program that focuses on practical techniques tailored to enhance personal safety and build confidence.



ESL BEGINNING LOW

Day: Fridays

(1/17/2025 - 5/23/2025)

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

Instructor from Santa Ana College:

Amir

Class Description: Join us in learning and improving our English language skills!



SCHEDULE OF ACTIVITIES

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.

BINGO



Days: Thursdays

Time: 9:45 a.m. to 11:15 a.m.

Activity Description: Join us in the dining room for some Bingo fun and prizes!

***Cost is \$1.00.**

YARN CLUB



Days: Fridays

Time: 9:00 a.m. to 10:00 a.m.

Activity Description: Whether you're a seasoned pro or just starting, join us for a cozy gathering of crochet and knitting enthusiasts.

POOL TABLES



Days: Monday-Friday

Time: 8:30 a.m. to 3:30 p.m.

Activity Description: Pool tables are open daily on a first-come, first-served basis. Come in to enjoy a game or two by yourself or with some friends.

PINOCHLE



Days: Wednesdays

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

Activity Description: Pinochle is a trick-taking, Ace-Ten card game typically played with a 48-card deck by two to four players.

CRAFT DAYS



Days and time:

*Please call the front desk for more information

Activity Lead: Alice

Activity Description: Join Alice as she teaches you how to create a one-of-a-kind craft that will accentuate your seasonal and home décor!

PAINT CERAMICS



Days: Mondays

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

Instructor: Judy

Activity Description: Join friends for creative time to paint and create your art. You may bring your own materials, and the instructor can provide information on where to purchase some.

Mejor Juntos



CHARLAMOS CONECTAMOS DISFRUTAMOS

**Acompáñenos todos los MARTES
10:00 AM - 11:00 AM**



Dedicaremos tiempo entre amigos
para crear conexiones más profundas
y juntos apoyarnos unos a otros .

**Los acontecimientos de la
vida se afrontan mejor
entre amigos**



↓

TEMAS PROPUESTOS:

- La Salud Mental y Emocional
- Superando Desafios
- Transiciones de la Vida
- El Autocuidado y Muchos Mas.



Un entorno confidencial y
sin juzga que se enfocara
en el bienestar y
mejoramiento de la salud
mental


**Preguntas? Llame al
714-741-5253.**



Join us for Yarn Club Fridays 9:00 AM - 10:00 AM



**Welcome to our club for
crochet and knitting
enthusiasts! Whether
you're a beginner or an
experienced crafter, this
is the perfect place to
share your love for yarn.**



**Please call the
H. Louis Lake Senior Center
for questions and to register.
714-741-5253**



Relax and Unwind with

CHAIR YOGA



Wednesdays and Fridays

SPRING SESSION:

January 15, 2025 - May 23, 2025

10:00 AM to 11:15 AM

sac.edu/sce

Please call the H. Louis Lake Senior Center
for questions and to register.

714-741-5253



SANTA ANA COLLEGE
School of Continuing Education



GARDEN GROVE

H. Louis Lake
SENIOR CENTER

ESL

Beginning Low

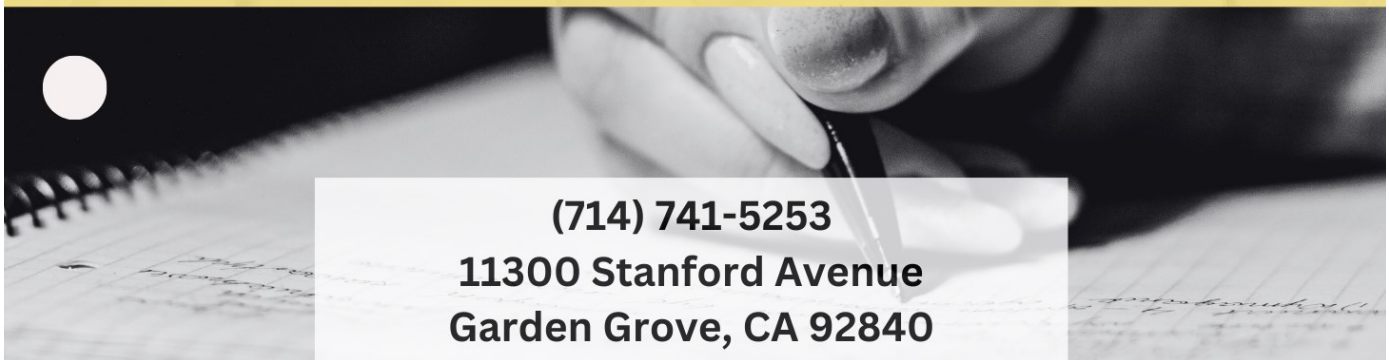
Develop your English language skills in reading, writing, speaking, and listening with an ESL (English as a Second Language) class!

Spring Session:

January 17, 2025 - May 23, 2025

Fridays

1:00 PM - 3:00 PM



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



SANTA ANA COLLEGE

School of Continuing Education



SELF DEFENSE FOR EVERYONE

BEGINNING FEBRUARY 3

MONDAYS

1:00 PM - 2:30 PM

Join our empowering self-defense class designed specifically for older adults! This engaging program focuses on practical techniques tailored to enhance personal safety and build confidence. Participants will learn easy-to-follow self-defense moves, situational awareness skills, and effective communication strategies to prevent confrontations. Come and discover how to protect yourself while enjoying a fun and interactive experience!



Call the Center to register.
(714) 741-5253








































































































































































































































































































































































































































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Fair Housing Foundation is a HUD approved Housing Counseling Agency who is dedicated to promoting equal access to housing by educating about housing rights.

Fair Housing Foundation

GARDEN GROVE FAIR HOUSING PRESENTATION

Tuesday, January 14 @ 9:30-10:30 am

H. Louis Lake Senior Center- Dining Room:

11300 Stanford Ave. Garden Grove, CA 92840

Cost: FREE

Easy way to
learn about your
rights and
responsibilities!

**To register, call
H. Louis Lake Senior Center
714 741-5253.**

Follow us on social media and be updated on upcoming workshops:



This workshop is for Tenants, Landlords, Managers, Property Owners, Attorneys, Realtors, and Management Companies.

This workshop covers:

- New Statewide Laws
- Federal and State Fair Housing Laws
- Housing Discrimination
- Modifications and Accommodation
- Families with Children
- Notices
- Evictions Process
- Security Deposits
- Habitability & Repairs
- Rent Increases
- And Lots More

MIND YOUR BRAIN: 6 PILLARS OF BRAIN HEALTH

Wednesday, January 15th | 9:00 AM-10:00 AM



Interested in strategies for keeping your brain stronger for longer? Based on the latest research from the Cleveland Clinic; learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.

FREE
TO
ATTEND



LOCATION:

**H. Louis Lake Senior Center
11300 Stanford Ave.,
Garden Grove, CA 92840**

Call (714) 741-5253

Thank you to our host:

H. Louis Lake
SENIOR CENTER

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

Helpline: 844-373-4400 | www.alzoc.org



CRIME



PREVENTION

**CANDY &
CONVERSATIONS**

WITH YOUR GGPD COMMUNITY LIAISONS

-
- We will go over our six beat system, call priorities, and how to call 9-1-1.
 - Scam Awareness Tip Refresh
 - Introduce Vacation Checks & Neighborhood Watch Meetings
-

9am onwards

02.03.25



LANDLORD /TENANT WALK-IN CLINIC

FREE Housing Counseling!

Meet with a Housing Counselor for a one-on-one session to discuss any rental housing issues, tenant/landlord disputes, or to ask questions about Fair Housing Laws.

Tuesday, 02/04/2025

9:00AM- 11:00AM

H. Louis Lake Senior Center:
11300 Stanford Ave. Garden
Grove, CA 92840

Do you need answers?:

- "What repairs does a landlord have to make?"
- "How do I get my security deposit back?"
- "As a landlord, how can I evict a problem tenant?"
- "Can a landlord say they won't rent to families with children?"

Register Today!

714-741-5253

FOR MORE INFORMATION:

1-800-446-FAIR(3247)

www.fhfca.org

Fair Housing Foundation is a HUD approved counseling agency that is dedicated to eliminating discrimination in housing and promoting equal access to housing choices for everyone.



THE ROLE OF EXERCISE ON COGNITION

Wednesday, February 5th | 9:00 AM - 10:00 AM

Explore the powerful connection between physical activity and cognitive health. This presentation will feature evidence-based information on how regular exercise can improve brain function, reduce the risk of cognitive decline, and enhance mental well-being. **Call (714) 741-5253 to RSVP.**

NUTRITION FOR A HEALTHIER MIND

Wednesday, February 19th | 9:00 AM - 10:00 AM

A discussion of age-related changes in memory and learning and how nutrition and diet impact your cognitive health. Learn what foods you should eat and what foods you should avoid for a healthier brain and body. **Call (714) 741-5253 to RSVP.**

Complementary Memory Screening by Appointment Only.

Call (714) 741-5253

Thank you to our host: *H. Louis Lake*
SENIOR CENTER

Alzheimer's | **MEMORY**
ORANGE COUNTY | **SUPPORT**
SERVICES

Forgetfulness or Something More?

Free Memory Screening at:

H. Louis Lake Senior Center

11300 Stanford Ave., Garden Grove, CA 92840

1st and 3rd Wednesday of every month

10:00 AM - 12:00 PM

What is Memory Screening?

A memory screening is a wellness tool that helps identify possible changes in memory and cognition.

Do you have:

- Trouble coming up with a word or name
- Trouble remembering important dates or events
- Problems remembering names when introduced to new people
- Trouble remembering what you just read or heard
- Problems losing or misplacing things
- Trouble planning or organizing
- Noticeably greater difficulty performing tasks in social and occupational settings



If you said yes to **any** of the above, consider scheduling a **FREE** Mind Check memory screening.

By appointment only. Please call: 714-741-5253

Thank you to our host:

H. Louis Lake
SENIOR CENTER

Sing your
favorite songs &
hang out with
friends!



Singing Seniors
**KARAOKE
DAY!**

**Tuesday,
January 28 &
February 25**

TIME:

9:30 AM - 11:00 AM

LOCATION:

**H. Louis Lake Senior Center
11300 Stanford Ave.
Garden Grove, CA 92840**

For more information please call (714) 741-5253



INTERNATIONAL WEEK

Tuesday, January 28, 2025
to
Thursday, January 30, 2025

JOIN US IN CELEBRATING DIFFERENT
CULTURES THROUGH VARIOUS ACTIVITIES
INCLUDING PERFORMANCES.

For more information,
call the Senior Center at (714) 741-5253







Valentine's Dance



\$15 FEE



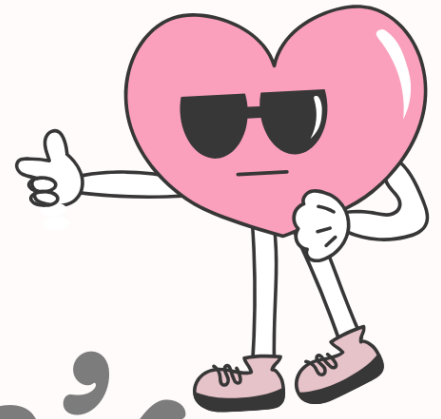
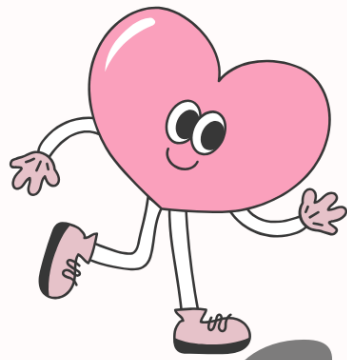
**THURSDAY,
FEBRUARY 13, 2025
5:00 P.M. - 8:00 P.M.**



**COMMUNITY MEETING CENTER
11300 STANFORD AVE.
GARDEN GROVE, CA 92840**



Call the Center at (714) 741-5253 for any questions.



Join us
to celebrate

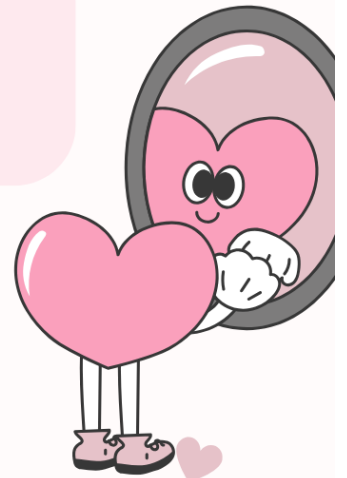
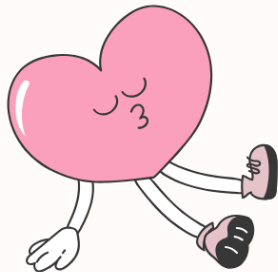
Valentine's Day

Friday
February 14, 2025

9:00 a.m. - 11:00 a.m.

H. Louis Lake Senior Center
11300 Stanford Ave.
Garden Grove, CA 92840

For more information,
please call the center at
714-741-5253.





C R A F T
Day

**MONDAY,
FEBRUARY 24, 2025**

10:00 AM - 11:00 AM

\$5 Fee

Space is limited and requires registration.

Call the Center for more information.

(714) 741-5253

Older Adult Community Resources

AREA	SERVICES	PHONE NUMBER
Transportation	O.C.T.A. Access	(714) 220-0224 (714) 636-7433
	Abrazar	(714) 702-1586
Food	Community Action Partnership	(714) 667-0717
	Abrazar Westminster	(714) 893-3581
Mental Health	NAMI-National Alliance on Mental Illness	(714) 544-8488
	Older Adult Community Treatment	(714) 972-3700
Housing	211 Orange County	2-1-1
Caregiving	Caregiver Resource Center OC	(714) 446-5030
	In Home Support Services	(714) 825-3000
Physical Health	AltaMed Dental Services	(888) 499-9303

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

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

**In collaboration
with/ En
colaboración con:**

H. Louis Lake
SENIOR CENTER



COMMUNITY HEALTH INITIATIVE
OF ORANGE COUNTY

SENIOR MOBILITY PROGRAM



About:

- ✓ The Senior Mobility Program is available to residents of Garden Grove age 60 years or older.
- ✓ Service provided Monday through Friday from 7:30 a.m. to 6:00 p.m.
- ✓ Proof of address and age required at time of application.

Our Service:

- ✓ **FREE** trips to and from the senior center!
- ✓ Trips to medical appointments up to 10 miles outside city limits, within Orange County.
- ✓ Trips to grocery stores within Garden Grove.
- ✓ \$2.00 fee for trips to and from medical appointments or grocery shopping.



Please call the H. Louis Lake Senior Center for additional questions and to sign up.

714-741-5253

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.

January 22, 2024 - 1:00 PM - 3:00 PM
February 26, 2024 - 1:00 PM - 3:00 PM



Council on Aging Programs

Helping Seniors Remain Healthy, Connected & Protected



- ▶ **Answers Guide** – Available in print and online, Answers has information on healthcare, caregiving, finance/legal, housing and more.
- ▶ **Concierge Care Navigators®** – Registered Nurses providing care management, in-home assessments and online care plans to support wellness.
- ▶ **Friendly Visitor Program** – Provides companionship and social support to isolated, frail adults in Orange County.
- ▶ **Health Insurance Counseling and Advocacy Program (HICAP)** – Provides free, unbiased, individual Medicare counseling and seminars.
- ▶ **Long-Term Care Ombudsman Program** – Advocates for the rights of older and disabled adults living in skilled nursing and residential care facilities.
- ▶ **ReConnect EISOA Program** – Assists Orange County’s adults age 60+ to manage and improve their emotional health and overall well-being.
- ▶ **Senior Protection Program & FAST** – Educational seminars to help you avoid financial predators and limited consultation on matters of abuse.
- ▶ **SmileMakers Program** – Provides holiday gifts to over 6,000 residents in long-term care facilities in Orange and Riverside Counties.

88%

**OF EVERY DOLLAR SPENT
DIRECTLY SUPPORTS OUR
PROGRAMS & SERVICES**

We are funded by individuals, businesses, grants, and government programs.

**VOLUNTEER AND LEARN MORE AT
WWW.COASC.ORG**



**Council
on Aging**
Southern California

2 Executive Circle
Suite 175
Irvine, CA 92614
(714) 479-0107

2280 Market Street
Suite 140
Riverside, CA 92501
(909) 256-8369

Council on Aging - Southern California is a nonprofit 501(c)(3) organization
www.coasc.org

DAYLE MCINTOSH CENTER



The Dayle McIntosh Center (DMC) is a non-profit organization known as a Center for Independent Living. We are dedicated to empowering individuals with disabilities and older adults throughout Orange County to break down barriers which prevent them from achieving self-sufficiency.

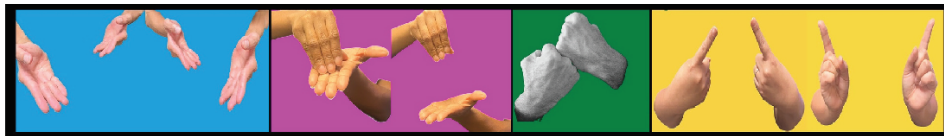
We offer free services to people of all ages and all disability types.



Scan for Referral Link

Our Services:

- ✓ Advocacy
- ✓ Assistive Technology
- ✓ Blindness and Vision Loss Services
- ✓ Deaf Services
- ✓ Housing Services
- ✓ Independent Living Skills
- ✓ Information and Referral
- ✓ Nursing Facility to Community Transition
- ✓ Peer Support Groups
- ✓ Personal Assistant Services
- ✓ Youth Transition to Adulthood



Mission Statement:

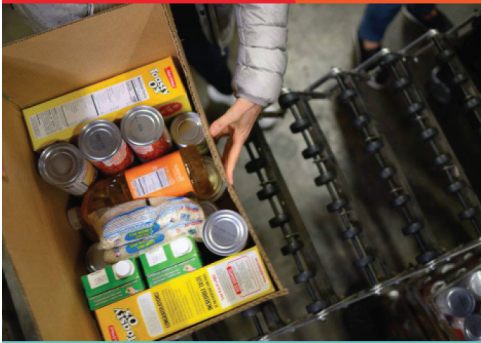
"Access and equity by, and for, people with disabilities and older adults."

Contact Us:

- ☎ 714-621-3300
- 🌐 www.daylemc.org
- 📍 501 N. Brookhurst Street #102
Anahiem, CA 92801



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	\$2,266 per month
2 Seniors	\$3,052 per month
3 Seniors	\$3,840 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 Gardens	Mead Valley
Buena Park	Midway City	Long Beach	Meniffee
Costa Mesa	Orange	Norwalk	Mira Loma
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For a site near you, please contact:
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Baked Salmon with Asparagus

Ingredients:

- 1 lb salmon fillet divided
- Oregano to taste
- Garlic salt to taste
- 1 tablespoon butter
- 1 lb medium-thick asparagus
- Salt and pepper to taste

Instructions:

- Preheat oven to 350°F.
- Grease the baking sheet with butter.
- Place salmon on the sheet and season both sides of the salmon fillet with oregano and garlic salt.
- Place trimmed asparagus beside the salmon and season with salt and pepper.
- Bake salmon for about 30 minutes.

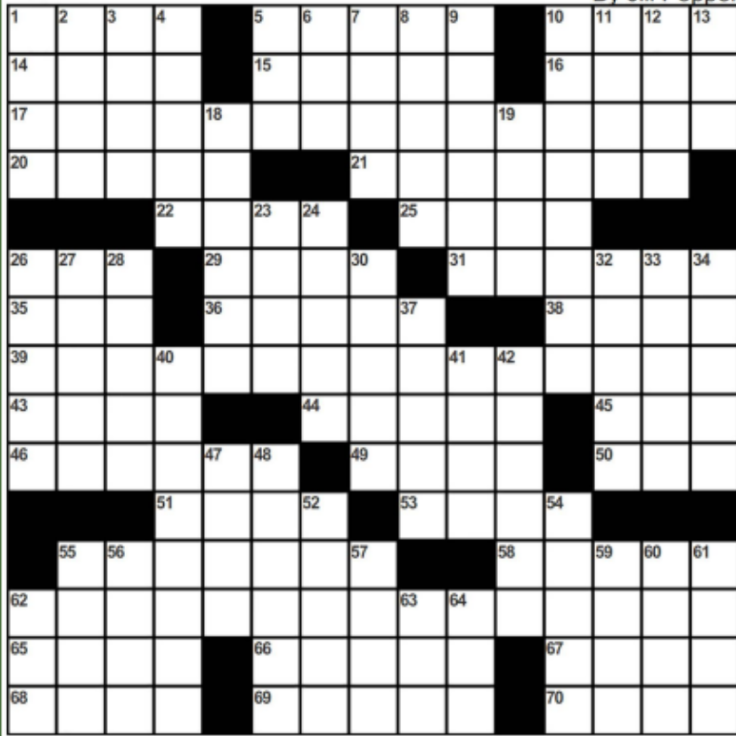
Would you like to see your recipe in the SCOOP?

Please submit one of your recipes to a staff member at the front desk to have it featured in the next SCOOP.

Crossword Puzzle

DAY ONE

By Jill Pepper



ACROSS

- | | |
|---|-----------------------------------|
| 1) Baby bleater | 43) Bakery appliance |
| 5) Blood and acid, for two | 44) Largest of the Florida keys |
| 10) Preschool lesson | 45) A start for "few" |
| 14) Field of expertise | 46) Kingdoms |
| 15) It may accompany waves on 51-Across | 49) Spot for Hitchcock's "Window" |
| 16) Tantrum-prone kid | 50) "You, over there!" |
| 17) One month after New Year's | 51) Hawaii's "Gathering Place" |
| 20) Topps rival, once | 53) Dutch cheese |
| 21) Scraped | 55) Like some cars, colorwise |
| 22) Apply crudely, as paint | 58) NBA position |
| 25) Per | 62) One month before New Year's |
| 26) Degree for a CEO, often | 65) Place for a nice apple |
| 29) "1,001 ____" | 66) Princeton athlete |
| 31) Ice Capades performer | 67) Furniture wood |
| 35) Dadaist Jean | 68) Sean in Hollywood |
| 36) Deserving praise | 69) Dictator's helper |
| 38) Archaeological find | 70) Put in a hold |
| 39) New Year's Day | |

DOWN

- 1) Joke response, in entertainment mags
- 2) Seed covering
- 3) "A ____ formality"
- 4) " ____ on a true story"
- 5) Guiding principle in Chinese philosophy
- 6) Worker up north?
- 7) Parlor perch
- 8) Monetary unit of Botswana
- 9) Israeli natives
- 10) Capital on the Persian Gulf
- 11) Scottish hill
- 12) Hand part
- 13) Porky pen
- 18) Severe emotional shock
- 19) Scrabble tiles holder
- 23) End ____ (ultimate customer)
- 24) Emerald, for one
- 26) Thatcher's successor
- 27) Atlanta player
- 28) Snorer's disorder
- 30) Guitar relative
- 32) Weight for Miss Liberty
- 33) Follow logically
- 34) Take another crack at
- 37) Little-pigs complement
- 40) Free from restraint
- 41) "Ods bodkins!"
- 42) Search for food
- 47) Actor LeBlanc
- 48) Photo opportunities
- 52) Out of shape
- 54) Illness that is a swell time?
- 55) Become bored
- 56) "Beau Geste" author
- 57) Perimeter
- 59) "This won't hurt ____"
- 60) "Divorce capital," once
- 61) Obtained water
- 62) Modern way to transfer documents
- 63) Poet's dusk
- 64) ____-Magnon



By Jill Pepper

DAY ONE

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

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