

July 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

Updated 7/7/25



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| What's New <ul style="list-style-type: none">• Bingo Madness• Duffy Boat Field Trip• Movie Day• We're closed on the 4th of July | 1 9:00am-10:00am Bracken's Breakfast 9:30am-11:00am Self Defense 10:00am-11:00am Mejor Juntos 11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Balance & Mobility | 2 <u>9:00am-10:00am Alzheimer's Presentation-Dementia 101</u> 10:00am-12:00pm Memory Screenings 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle | 3  <u>9:30am-11:00am Bingo Madness in the CMC</u> 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility | 4  SORRY! WE'RE CLOSED |
| 7  10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics | 8 9:00am-10:00am Bracken's Breakfast 9:30am-11:00am - Self Defense 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 | 10 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility | 11 9:00am-10:00am Yarn Club 10:15am-11:30am 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 | 15 9:00am-10:00am Bracken's Breakfast 9:30am-11:00am - Self Defense 10:00am-11:00am Mejor Juntos 11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Balance & Mobility <u>2:30pm-7:00pm Duffy Boat Field Trip</u> | 16 <u>9:00am-10:00am Alzheimer's Presentation-Driving & Memory Concerns</u> 10:00am-12:00pm Memory Screenings 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle | 17  <u>9:00am-2:30pm - CHIOC</u> 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections NO Balance & Mobility | 18 9:00am-10:00am Yarn Club 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:30pm-3:00pm Line Dancing |
| 21  10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics | 22  9:00am-10:00am Bracken's Breakfast <u>9:30am-11:30am Movie Day-CMC</u> 9:30am-11:00am - Self Defense 10:00am-11:00am Mejor Juntos 11:30am-12:30pm MoW Lunch Café NO Balance & Mobility | 23 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle <u>1:00pm-3:00pm Legal Aid</u>  | 24 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections NO Balance & Mobility | 25 9:00am-10:00am Yarn Club 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:30pm-3:00pm Line Dancing |
| 28  9:00am-10:30am PD Presentation 10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics | 29  9:00am-10:00am Bracken's Breakfast <u>9:30am-11:30am Karaoke</u> 9:30am-11:00am Self Defense 10:00am-11:00am Mejor Juntos 11:30am-12:30pm MoW Lunch Café NO Balance & Mobility | 30  NO Chair Yoga <u>11:15am-11:30am Birthday Celebration</u> 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle | 31 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility | |