

THE SCOOP

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

Issue Highlights

- Important Phone Numbers
- Center Announcements
- Class Cancellations
- Bracken's Breakfast
- MoW Lunch Café
- Schedule of Classes
- Schedule of Activities
- Mobile Device Literacy
- Active Aging
- Chair Yoga
- Santa Ana College Fall Semester
- Bingo Madness
- Movie Day
- Duffy Boat Field Trip
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- Police Department Presentation
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- Birthday Celebration
- Spirit Week
- 50th Anniversary Party
- Ice Cream Social
- Aloha Party
- This is Who... Staff Page
- New Staff Introduction
- Celebration Images
- Community Resources
- Legal Aid
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Summer is here, and we have two exciting months packed with fun, celebration, and special memories at the H. Louis Lake Senior Center!

July kicks off with patriotic spirit as we celebrate America's 250th anniversary and all the history, pride, and community that make our nation special. Join us for Bingo Madness on July 2, enjoy Movie Day on July 21, and don't miss our popular Duffy Boat Field Trip on July 21.

August will be a truly historic month as we celebrate the 50th Anniversary of the H. Louis Lake Senior Center! We invite everyone to take part in our Spirit Week, August 3 -7, and join us for a special 50th Birthday Celebration on Wednesday, August 5, featuring music, cake, and plenty of fun. August also brings several favorite traditions and opportunities to connect with friends, including our Ice Cream Social on August 19 and our annual Aloha Celebration on August 27.

In honor of our 50th anniversary, we also encourage our members to join in the fun by bringing in a photo of what you looked like in 1976 so we can celebrate and compare how styles, fashions, and smiles have changed over the last 50 years!

Be sure to check out page 29 to see childhood photos of our team. You'll also notice a few new faces around the center! We are excited to introduce our newest staff member and interns. Be sure to check out page 31 to learn more about them.

Thank you for being part of our story. Whether you've been with us for decades or are new to the center, you are an important part of our community. Here's to celebrating our past, enjoying the present, and looking forward to the future together. We look forward to seeing you at the center this summer!

Gabi Hernandez
Human Services Supervisor



The mission of the Community Services Department is 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.
- Maintain an acceptable standard of hygiene.
- 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.



Normas de Conducta para los Participantes

Estamos comprometidos a brindar un ambiente seguro, protegido y respetuoso para todos. Esperamos que todas las personas demuestren un comportamiento cortés y respetuoso mientras se encuentren en nuestro centro.

Las siguientes normas están diseñadas para ofrecer actividades seguras y agradables para todos los participantes:

- Ser respetuoso(a) con todos los participantes y el personal del programa.
- Seguir las instrucciones del personal del programa.
- Mantener un nivel adecuado de higiene personal.
- Abstenerse de usar lenguaje ofensivo o vulgar.
- Abstenerse de causar daño físico a sí mismo(a), a otros participantes o al personal del programa.
- Abstenerse de dañar el equipo, los materiales y las instalaciones.
- Abstenerse de acosar al personal, a los instructores, o a otros participantes.

El incumplimiento de las Normas de Conducta puede resultar en la pérdida del privilegio de participar en los programas.

El Departamento de Servicios Comunitarios de la Ciudad de Garden Grove se esfuerza por hacer que su participación sea divertida, gratificante, educativa, y segura.



Những Quy Tắc Dành Cho Người Tham Gia

Chúng tôi cam kết cung cấp một môi trường an toàn, bảo mật và tôn trọng tất cả mọi người. Chúng tôi mong muốn tất cả mọi người thể hiện hành vi lịch sự và tôn trọng nhau khi tham gia tại trung tâm của chúng tôi:

Những hướng dẫn dưới đây nhằm để bảo đảm sự an toàn và thú vị cho tất cả mọi người khi đến tham gia tại trung tâm:

- Tôn trọng tất cả người tham gia và nhân viên phụ trách chương trình.
- Lắng nghe và thực hiện chỉ dẫn từ nhân viên chương trình.
- Duy trì mức độ vệ sinh cá nhân hợp lý
- Tránh sử dụng ngôn ngữ lăng mạ hoặc thô tục.
- Tránh gây thương tích cho bản thân, người tham gia khác hoặc nhân viên chương trình.
- Tránh làm hư hại thiết bị, vật dụng và cơ sở vật chất.
- Tránh quấy rối nhân viên, giảng viên hoặc người tham gia.

Nếu vi phạm những quy định này có thể dẫn đến việc từ chối quyền tham gia chương trình. Ban Phục Vụ Cộng Đồng Thành Phố Garden Grove mong muốn tạo ra một môi trường thú vị, bổ ích, mang tính giáo dục và an toàn cho mọi người.



Important Phone Numbers

City of Garden Grove Directory / Important Numbers

Agencies/Services	Phone Number	Email/Website
Acacia Adult Day Care Center	(714) 530-1566	www.acacia-services.org
Adult Protective Services	(800) 451-5155	www.ssa.ocgov.com
CalFresh	(877) 847-3663	www.ssa.ocgov.com/cash-calfresh/calfresh
Community Legal Aid SoCal	(714) 571-5200	www.communitylgalsocal.org
Garden Grove Animal Care Services	(714) 741-5565	animalcare@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 Community Meeting Center	(714) 741-5262	events@ggcity.org
Garden Grove Community Services Department	(714) 741-5200	recreation@ggcity.org
Garden Grove Graffiti Hotline	(714) 741-5381	www.ggcity.org/pw/graffiti-abatement
Garden Grove Main Library	(714) 530-0711	www.ocpl.org
Garden Grove Police Department (Non-Emergency)	(714) 741-5704	police@ggcity.org
Garden Grove Water Department	(714) 741-5078	www.ggcity.org/water
HICAP-A Program of Council on Aging	(714) 560-0424	www.cahealthadvocates.org
H. Louis Lake Senior Center	(714) 741-5253	www.ggcity.org/seniorcenter
Medi-Cal	(800) 281-9799	www.ssa.ocgov.com/health-care-services
Orange County Fire Authority	(714) 573-6000	www.ocfa.org
Republic Services	(714) 238-2444	www.republicservices.com
Social Security Administration	(800) 772-1213	www.ssa.gov



July

ACTIVITIES

- **Bingo Madness**

- Thursday, July 2, 2026

- 9:30 a.m. - 11:15 a.m.

- **Movie Day**

- Tuesday, July 21, 2026

- 9:30 a.m. - 11:30 a.m.



- **Duffy Boat Field Trip**

- Tuesday, July 21, 2026

- 2:30 p.m. - 7:00 p.m.

- **Water & Summer Safety Presentation**

- Monday, July 27, 2026

- 9:00 a.m. - 10:00 a.m.



August

ACTIVITIES

- **50th Anniversary Spirit Week**

- August 3 - 7, 2026

- **50th Anniversary Party**

- Wednesday, August 5, 2026

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

- **Ice Cream Social**

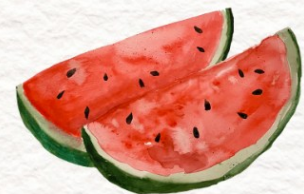
- Wednesday, August 19, 2026

1:00 p.m. - 2:00 p.m.

- **Aloha Celebration**

- Thursday, August 27, 2026

4:30 p.m. - 7:30 p.m.



CLASS CANCELLATIONS

- **July:**

- Aerobic Training canceled:

Thursday, July 2nd

- Chair Yoga canceled:


Friday, July 3rd

- **August:**

- ALL classes canceled:

- Thursday, August 27th





IN OBSERVANCE OF
INDEPENDENCE DAY, THE
H. LOUIS LAKE SENIOR
CENTER WILL BE CLOSED

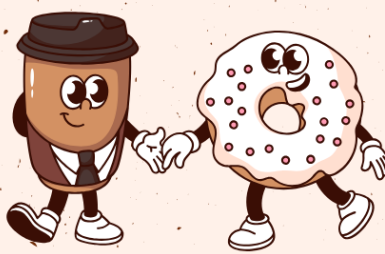
 *July 3, 2026*



H. Louis Lake
SENIOR CENTER



GOOD MORNING



**Bracken's Kitchen offers
breakfast every Tuesday
morning from
9:00 AM - 9:30 AM**

**For more information, contact
us at**

(714) 741 - 5253





LUNCH CAFÉ

every day

Meals on Wheels Lunch Cafe is currently being offered **Monday through Friday at 11:30 AM**. Meals are served on a first-come, first-served 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.



FREE

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

Days: Mondays

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

Instructor: Blanca

Class Description: Indoor, low-impact, slow-motion exercise that helps reduce the risk of falls, stress, and enhances mental capacity.



ACTIVE AGING

By Santa Ana College

Days: Tuesdays

(5/26/2026 - 7/28/2026)

Time: 9:30 a.m. - 10:45 a.m.

Instructor: Kelvin

Class Description: Gentle, low-intensity exercises designed to strengthen and reactivate your muscles.



CHAIR YOGA

By Santa Ana College

Days: Wednesdays & Fridays

(5/27/26 - 7/31/2026)

Time 1: 10:15 a.m. to 11:05 a.m.

Time 2: 11:30 a.m. to 12:20 p.m.

Instructor: Amy

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



ADAPTIVE LINE DANCING

Days: Fridays

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

Instructors: Pearl & Fred

Class Description: 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.



MOBILE DEVICE LITERACY

By Santa Ana College

Days: Mondays

(5/25/26 - 7/27/2026)

Time: 1:00 p.m. to 2:40 p.m.

Instructor: Lisa

Class Description: Helps you feel more confident using your smartphone and other mobile devices by introducing everyday skills.



AEROBIC TRAINING

By Santa Ana College

Days: Thursdays

(5/28/26 - 7/30/2026)

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

Instructor: Amy

Class Description: Designed to boost your cardiovascular endurance and overall fitness level through dynamic movements.



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 to play is \$1.00

PAINT CERAMICS

Days: Mondays

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

Activity Description: Join friends for creative time to paint and create your art.



You may bring your own materials or purchase a beginner kit for \$5

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

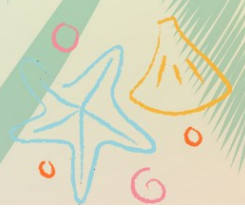
Days: Wednesdays

Time: 12:45 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.



Participants must know how to play to join






Summer Semester:
5/25/2026 - 7/27/2026

MOBILE DEVICE LITERACY

DESCRIPTION



This class will help you feel more confident using your smartphone and other mobile devices by introducing everyday skills like adjusting settings, sending emails, browsing the internet, and using apps for health, communication, and learning. You'll also learn how to stay safe online, connect with family and friends through video calls and social media, and enjoy tools like photography, calendars, and cloud storage to make life easier.



DATES

- Mondays 1:00 PM - 2:40 PM

CALL THE CENTER TO REGISTER.
(714) 741-5253



H. Louis Lake
SENIOR CENTER

ACTIVE AGING

Summer Semester:
5/26/2026 - 7/28/2026

This class offers gentle, low-intensity exercises designed to strengthen and reactivate your muscles to support everyday activities. The movements are similar to what you might learn in physical therapy, and the instructor brings experience from working in a physical therapy clinic to guide you safely.



Tuesdays
9:30 AM - 10:45 AM

CALL THE CENTER TO REGISTER.
(714) 741-5253





SANTA ANA COLLEGE

School of Continuing Education

H. Louis Lake
SENIOR CENTER

Chair Yoga

Wednesdays

Class 1 ~ 10:15 AM - 11:05 AM

Class 2 ~ 11:30 AM - 12:20 PM

Fridays

Class 1 ~ 10:15 AM - 11:05 AM

Class 2 ~ 11:30 AM - 12:20 PM

Summer Semester:

5/27/2026 - 7/31/2026

***Space is limited and class requires pre-registration with Santa Ana College ***



*** Register now for the 11:30 AM classes! ***



Chair yoga focuses on improving flexibility, strength, and balance through modified poses and breathing techniques. Ideal for those with mobility issues, chair yoga promotes relaxation and overall well-being without the need to get on the floor.

For any questions, please call
(714) 741-5253

SANTA ANA COLLEGE

FALL SEMESTER CLASSES

STARTING AUGUST 17, 2026

Mobile Device Literacy

MONDAY

1:00 PM - 3:00 PM

Active Aging

TUESDAY

9:30 AM - 11:00 AM

Chair Yoga

Wednesdays

Class 1 ~ 9:00 AM - 9:50 AM

Class 2 ~ 10:15 AM - 11:15 PM

Fridays

Class 1 ~ 9:00 AM - 9:50 AM




Class 2 ~ 10:15 AM - 11:15 PM

For any questions, please call. (714) 741-5253

BINGO

★ MADNESS ★

Join us for an exciting Bingo event where everyone plays FREE and gets multiple chances to win!

-  Raffle opportunities
-  One free card per player
-  Come by to have fun!

THURSDAY, JULY 2, 2026

9:30 AM – 11:15 AM



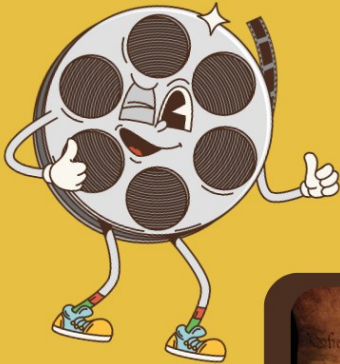
Space is limited and requires registration. Call the center for more information (714) 741-5253.

MOVIE DAY

TUESDAY, JULY 21, 2026

9:30 AM - 11:30 AM

NATIONAL TREASURE



Historian and cryptologist Benjamin Franklin races against time to discover a Knights Templar treasure.



FOR MORE INFORMATION AND TO SIGN UP, CALL THE CENTER AT (714) 741-5253.



IT'S TIME TO HAVE A

Field Trip






DUFFY BOATS ARE HERE!

Join us for a day on the bay in Newport Beach and take in the sights aboard a Duffy boat!

Cost: \$20

INFO

-  Tuesday, July 21, 2026
-  Departure - 2:30 PM
-  Estimated Return - 7:00 PM

Registration is required, and spaces are limited.
Please call the center for more information at
714-741-5253.

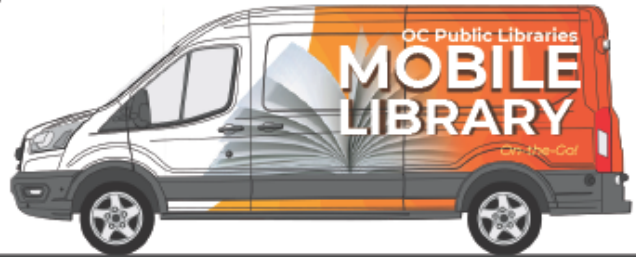


H. Louis Lake
SENIOR CENTER

MOBILE LIBRARY: OCPL ON-THE-GO!

What the Mobile Library offers:

- **Books and resources for all ages**
- **A variety of language**
- **collections Special programs**
- **Digital resources Library card**
- **sign-ups and library assistance**



Our next stop is:

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

Dates: 2/25/2026, 3/25/2026, 4/22/2026, 5/27/2026, 6/24/2026, 7/22/2026,
8/26/2026, 9/30/2026, 10/28/2026, 11/30/2026, 12/23/2026

Every 4th Wednesday, except on 9/30/2026 and 11/30/2026

Time: 10:00 AM - 11:30 AM

For more information on OC Public Libraries
outreach services visit ocpl.org/outreach
ocpl.mobilelibrary@occr.ocgov.com | (714) 566-2708



WATER & SUMMER SAFETY

Garden Grove Police Department

- LEARN THE ABC'S OF DROWNING PREVENTION
- HOW TO HELP YOURSELF AND OTHERS
- SUMMER & VACATION SAFETY TIPS
- LEARN ABOUT GGPD'S UPCOMING EVENTS




H. LOUIS LAKE SENIOR CENTER

MONDAY, JULY 27TH
9:00 AM - 10:00 AM

Contact Us:

 crimeprevention@ggcity.org

 (714) 741-5761





Karaoke DAY



TUESDAY
JULY 28 & AUGUST 25
9:30 AM - 11:00 AM

11300 STANFORD AVE.
GARDEN GROVE, CA 92840

For more information and to sign
up, please call (714) 741-5253



Birthday CELEBRATION

 Regal Medical Group

Wednesday
July 29 & August 26
11:15 AM - 11:30 AM

**Join us for a slice of cake
during our monthly
birthday celebration!**



H. LOUIS LAKE 50th ANNIVERSARY SPIRIT WEEK

AUGUST 3-7

**MONDAY
AUG 3**



CRAZY HAT DAY

Wear the craziest hat you own.

AUG 4



WESTERN DAY

Wear your favorite western attire.

**WEDNESDAY
AUG 5**



RED CARPET DAY

Bring the glamour, wear black or gold.

**THURSDAY
AUG 6**



THROWBACK THURSDAY

Wear attire from your favorite decade.

**FRIDAY
AUG 7**



PJ/COMFY DAY

Wear pajamas or lounge clothing.



FOR MORE INFORMATION, PLEASE
CONTACT US AT: (714) 741-5253

H. Louis Lake
SENIOR CENTER



H. LOUIS LAKE
SENIOR CENTER

50th

Anniversary Party

JOIN US AS WE CELEBRATE 50
YEARS OF FRIENDSHIP,
COMMUNITY, AND MEMORIES.
THERE WILL BE DESSERT, MUSIC,
AND CRAFTS FOR ALL TO ENJOY.

WEDNESDAY, AUGUST 5, 2026

9:00 AM - 11:00 AM

LOCATION: H. LOUIS LAKE SENIOR
CENTER

FOR MORE INFORMATION OR TO SIGN UP,
PLEASE CONTACT US AT:

(714) 741-5253

H. Louis Lake
SENIOR CENTER

ICE CREAM SOCIAL

Get the experience of enjoying delicious ice cream with friends!

**WEDNESDAY,
AUGUST 19, 2026**

**TIME:
1:00 PM - 2:00 PM**

For more information and to sign up, call the center at (714) 741-5253.





ALOHA PARTY

Vibrant evening of island fun!



Thursday, August 27, 2026

Time: 4:30 PM – 7:30 PM

Location: Community Meeting Center

Dinner

Entertainment

Dessert

**COST IS
\$15
PER PERSON**

Call the center at (714) 741-5253 for any questions. Payment must be made at the time of R.S.V.P. to secure your spot.

Meet The Team Kid Edition



GABI

HUMAN SERVICES SUPERVISOR

THIS IS WHO...

PROVIDES LEADERSHIP AND VISION FOR THE SENIOR CENTER, ENSURING HIGH-QUALITY PROGRAMS, SERVICES, AND SUPPORT.

AMANDA

ASSISTANT HUMAN SERVICES SUPERVISOR

THIS IS WHO...

OVERSEES THE DAILY OPERATIONS OF THE SENIOR CENTER, ENSURING PROGRAMS, SERVICES, EVENTS AND ACTIVITIES RUN SMOOTHLY.



JAKE

COMMUNITY SERVICES COORDINATOR

THIS IS WHO...

COORDINATES AND ENSURES NUTRITIOUS DAILY MEALS ARE AVAILABLE AND SERVED TO OUR PARTICIPANTS EACH DAY.



CRYSTAL

COMMUNITY SERVICES COORDINATOR

THIS IS WHO...

HELPS COORDINATE ACTIVITIES, EVENTS, AND TRANSPORTATION SERVICES TO SUPPORT AN ENJOYABLE EXPERIENCE.



Meet The Team

Kid Edition

SUZAN

SENIOR RECREATION SPECIALIST

THIS IS WHO...
KEEPS OUR FRONT DESK RUNNING
SMOOTHLY AND IS ALWAYS READY TO
ANSWER YOUR QUESTIONS.



PALOMA

SENIOR RECREATION SPECIALIST

THIS IS WHO...
PREPARES AND SERVES NUTRITIOUS DAILY
LUNCHES FOR OUR PARTICIPANTS.



JENNIFER

RECREATION SPECIALIST

THIS IS WHO...
SUPPORTS OUR MEAL DELIVERY PROGRAM
BY ENSURING LUNCHES ARE ORGANIZED
AND READY FOR DELIVERY.



KIMBERLY

RECREATION SPECIALIST

THIS IS WHO...
GREETES YOU WITH A SMILE AND HELPS YOU GET
CONNECTED TO OUR PROGRAMS AND SERVICES.



SETAREH

RECREATION SPECIALIST

THIS IS WHO...
HELPS MAKE EVERY VISITOR FEEL
WELCOMED, INFORMED, AND SUPPORTED.



Say hello to our new H. Louis Lake Senior Center staff and interns!



JENNIFER

RECREATION SPECIALIST

I ENJOY BIKE RIDING, RE-BUILDING MY CLASSIC 67 MUSTANG, SPENDING TIME WITH FAMILY, AND THE SUMMER SEASON.

CAMILLE

SOCIAL SUPPORT (MSW) INTERN

I ENJOY PLAYING PICKLEBALL, HIKING, WRITING POETRY, JOURNALING, AND THE SPRING SEASON.



AALIYAH

SOCIAL SUPPORT (MSW) INTERN

I ENJOY BAKING, ARTS & CRAFTS, GOING TO DISNEYLAND , CHRISTMAS TIME, AND LOVE THE FALL SEASON.



Strawberry Ball





Mother's Day Celebration



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	Orange County Housing Authority	(714) 480-2700
	Orange County 211	2-1-1
Caregiving	Caregiver Resource Center OC	(714) 446-5030
	In Home Support Services	(714) 825-3000
Dental 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 - 3:30 PM

Address/ Dirección: 11300 Stanford Ave Garden Grove, CA 92840

Call for appointment/ Llame para hacer su cita: (714) 741-5253

In collaboration with/ En colaboración con:

H. Louis Lake
SENIOR CENTER



COMMUNITY HEALTH INITIATIVE
OF ORANGE COUNTY

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

SENIOR MOBILITY PROGRAM

ABOUT

OUR SERVICES

- ✔ 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.

- ✔ 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

FUNDED BY



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: (714) 571 - 5200



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.

July 8, 2026 - 9:00AM - 11:00AM

August 12, 2026 - 9:00AM - 11:00AM





Vegetable Stir-fry

 Total Time
10 MINS

 Servings
2

Instructions

1. Heat oil in a large skillet over medium heat.
2. Cook the protein, stirring regularly, until lightly browned and cooked through.
3. Add vegetables and cook for another 5-10 minutes, until soft.
4. Remove meat and veggies from the pan and set aside.
5. Mix all sauce ingredients in a small bowl.
6. Add the mixture to your pan and bring to a simmer over medium-high heat.
7. Simmer for about 3 minutes or until slightly thickened.
8. Add vegetable and protein back to the pan and stir to combine.
9. Serve over brown rice or noodles for a filling meal.

Ingredients

Vegetables

- 1 tablespoon olive oil
- ½ pound protein, *chicken breast, sliced steak, or tofu*
- 2 cups mixed vegetables

Sauce

- ¼ cup orange juice
- ¼ cup water
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon honey
- 1 teaspoon fresh ginger or a sprinkling of ginger powder



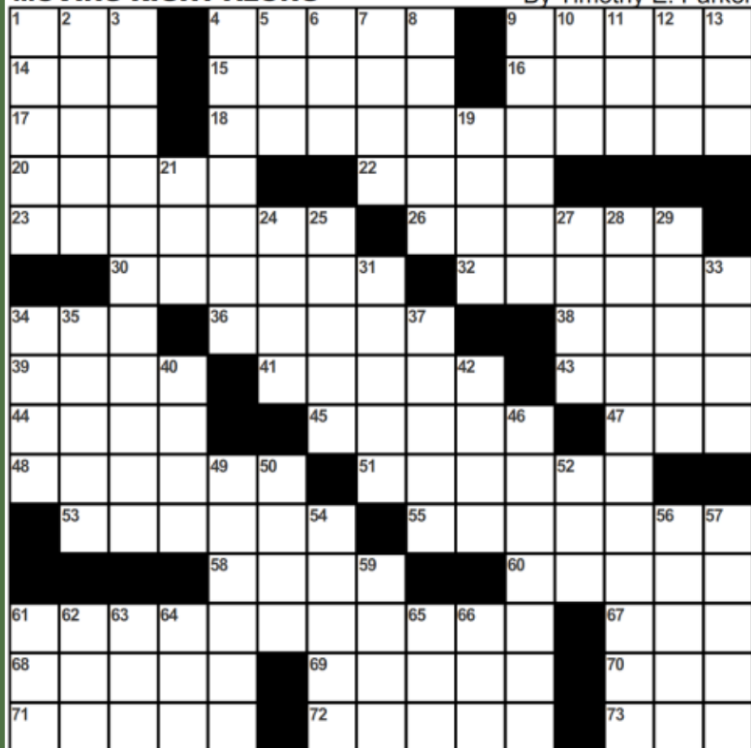
Would you like to see your recipe in the SCOOP? Please submit one of your recipes to a staff member at the front desk to have it featured in the next SCOOP.

<https://www.aplaceformom.com/caregiver-resources/articles/easy-recipes-for-senior-nutrition>

Crossword Puzzle

MOVING RIGHT ALONG

By Timothy E. Parker



ACROSS

- | | |
|--|-------------------------------------|
| 1) Bird known for thievery, briefly | 43) Poker payment |
| 4) Soft-palate attachment | 44) Investment firm T. ___ Price |
| 9) Not appropriate or suitable | 45) Spectacular stars |
| 14) Roth plan | 47) "Vandal" suffix |
| 15) Banking expert? | 48) Damaged |
| 16) Workplace for some clowns | 51) River through Wales and England |
| 17) Nothing at all | 53) Bobcats' relatives |
| 18) Preparing for Thanksgiving dinner? | 55) Backs out |
| 20) Like an improperly hung picture | 58) Bit of this and a bit of that |
| 22) Gin-flavoring fruit | 60) Campaign manager? |
| 23) Female inheritor | 61) Declining to draw |
| 26) Professor's job security | 67) Become mature |
| 30) Nervous ___ (worrisome person) | 68) Middle Eastern rice dish (Var.) |
| 32) Plays a guitar | 69) Wear away |
| 34) Clothing attachment | 70) Ball prop |
| 36) Yoga position | 71) Barks sharply |
| 38) Agitation | 72) Uses an acetylene torch |
| 39) Bonneville Flats locale | 73) Botch something up |
| 41) Wearing a hidden microphone | |

DOWN

- 1) Washington the blues legend
- 2) Questions do it
- 3) Rudely implying "forget it"
- 4) Abrupt increase
- 5) Seven on a grandfather clock
- 6) Consultants' center?
- 7) A great deal
- 8) See 20-Across
- 9) Like some requests
- 10) Silent assent
- 11) Hue and cry
- 12) Sermon seating
- 13) Tare factor
- 19) "Nay" and "uh-uh"
- 21) Before, poetically
- 24) Like a snail's pace
- 25) Play a set with the band
- 27) ___ Major ("Big Bear" constellation)
- 28) Biden, to Obama
- 29) Gives off
- 31) Common Market money
- 33) Part of a plant
- 34) Artificial grass
- 35) Coral island
- 37) Dissolve, as ties
- 40) Felled, as a small tree
- 42) Mr. Letterman
- 46) Government upper houses
- 49) Book of Moses
- 50) Place for cold cuts
- 52) U.S. flag color
- 54) Muscular "swine" anagram
- 56) Like beavers, it's said
- 57) Look with a curled lip
- 59) Grimm villain
- 61) Undercover infiltrator
- 62) Bit of men's formalwear
- 63) What a monopolist wants
- 64) Brief lie-down
- 65) D.C. dealmaker
- 66) Do simple math



By Timothy E. Parker

MOVING RIGHT ALONG

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

Hours:

MONDAY 8:30 A.M. - 3:30 P.M.

TUESDAY 8:30 A.M. - 3:30 P.M.

WEDNESDAY 8:30 A.M. - 3:30 P.M.

THURSDAY 8:30 A.M. - 3:30 P.M.

FRIDAY 8:30 A.M. - 3:30 P.M.

