

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
- Bracken's Kitchen Breakfast
- Lunch Café
- Schedule of Classes
- Schedule of Activities
- Center Announcements
- Mejor Juntos
- Alzheimer's Orange County
- Self Defense
- Caring Connections
- Spring Cookie Workshop
- Mat Yoga
- Karaoke
- Movie Day
- Field Trip
- Celebrations
- Crime Prevention Spring Trivia
- St. Patrick's Day
- Valentine's Dance Collage
- Garden Grove Service Providers
- First-Time Buyer Program
- Re-Roof Loan Program
- Social Supports in OC
- Senior Mobility Program
- Legal Aid
- Community Resources
- Crossword Puzzle

Spring is here and we are ready for long days of sunshine, fun, and laughter. Join in on the fun with a free Movie Day at the CMC on March 11th. Enjoy a great movie that explores unexpected friendship, laughs, and will pull at your heart strings. This is one of my favorites, and I hope you enjoy with your favorite complimentary movie snacks, drinks, and popcorn. See the front desk for more details.

Come frolic wit' us on St. Paddy's Day, the 17th of March, donnin' yer finest green finery! We've a mornin' brimming wit' grub, games, an' cheeky prizes. Ye might just stumble upon a pot o' gold!

On April 8, venture out with Jake to Regal Movie Theatre. Trip includes admission and transportation. Snacks can be purchased on-site.

Dress in your spring best for our annual Spring Celebration on April 16th. Join us for a morning of music, games, egg hunting, and who knows, maybe even a special surprise!

We hope you enjoy this issue and will close with an Irish Proverb, "Beautiful young people are acts of nature but beautiful old people are works of art."

Warmly,

Gabi
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.
- 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.

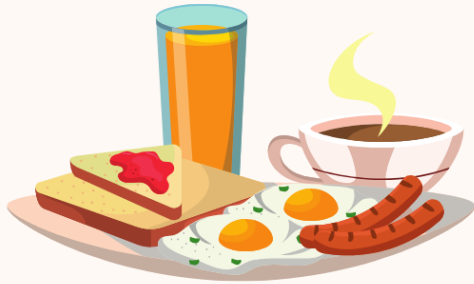


Important Phone Numbers

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

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, stress, and enhances mental capacity.



SELF DEFENSE FOR EVERYONE

Day: Mondays

(3/3/2025 - 5/19/2025)

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

Instructor from Santa Ana College:

Kelvin

Class Description: Learn techniques to enhance personal safety, like easy-to-follow moves and situational awareness skills.



CHAIR YOGA

Days: Wednesdays & Fridays
(3/5/2025 - 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.



ALZHEIMER'S PRESENTATIONS

Days: Wednesdays

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

Instructor: Alzheimer's OC

Class Description: Join us to learn ways to improve brain health to improve brain functioning, reduce the risk of cognitive decline, and enhance mental well-being.



ENGLISH CLASS

Day: Fridays

(3/7/2025 - 3/28/2025)

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

Instructor From Santa Ana College:

Amir

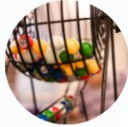
Class Description: Join us in learning and improving our English language skills!



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



Day: 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



Day: 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



Day: 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: Tuesday, April 8, 2025

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

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



Day: 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.

Center

Announcements

- Movie Day:
 - Tuesday, March 11
 - 9:00 a.m. - 11:00 a.m.
- St. Patrick's Day Celebration:
 - Monday, March 17
 - 9:00 a.m. - 11:00 a.m.
- Field Trip:
 - Tuesday, April 8
 - 12:30 p.m. - 4:30 p.m.
- Spring Celebration:
 - Wednesday, April 16
 - 9:00 a.m. - 11:00 a.m.
- PD Presentation:
 - Monday, April 21
 - 9:00 a.m. - 10:30 a.m.
- Chair Yoga:
 - No class on Wednesday, April 9, and Friday, April 11
- Self Defense:
 - No class on Monday, April 7



Mejor Juntos



CHARLAMOS CONECTAMOS DISFRUTAMOS



**Acompáñenos todos los MARTES
10:00 AM - 11:00 AM
Empezando Noviembre 5, 2024**

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.**



The City of Garden Grove
presents the 48th Annual

Strawberry Ball

Thursday, May 22, 2025

Community Meeting Center

Butterfield AB Room

11300 Stanford Avenue, Garden Grove

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

Check-in begins at 4:00 p.m.

*Introduction of the 2025 Strawberry Ball King & Queen
and Senior Volunteers of the Year*

\$20.00 per person

(Includes dinner, desserts & entertainment)

Advance reservations required

RSVP by May 15, 2025

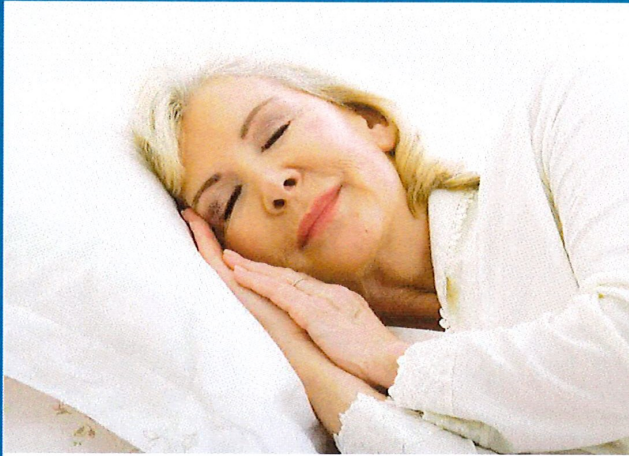
Tickets available starting April 1st at

H. Louis Lake Senior Center

11300 Stanford Avenue, Garden Grove

(714) 741-5253





THE IMPORTANCE OF SLEEP ON COGNITION

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

Join us for a presentation focusing on how sleep affects the brain, how much sleep and what kind of sleep adults need for optimal health, and how to develop your own sleep hygiene for better brain function. **Call (714) 741-5253 to RSVP.**


HOME SAFETY 101

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

This class empowers caregivers with practical strategies to create a secure and comfortable environment. Learn how to: minimize hazards and prevent falls, maximize independence while ensuring safety, and create a calming atmosphere to reduce confusion. This class offers peace of mind and valuable tips for a smoother caregiving journey. **Call (714) 741-5253 to RSVP.**

Complementary Memory Screening by Appointment Only.

Call (714) 741-5253

Thank you to our host: 

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

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 sponsor:

H. Louis Lake
SENIOR CENTER



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



Caring Connections



Join us for an opportunity to:
Make new connections & friends,
receive & give support, and
learn new skills.

**EVERY THURSDAY
JANUARY 16, 2025 -
APRIL 24, 2025
12:15 PM - 1:00 PM
ATTEND ANY THURSDAY YOU LIKE**

REGISTER NOW

Call the Center at 714-741-5253

SPRING COOKIE WORKSHOP



April
11

Join us for a fun, hands-on Spring
Cookie Decorating Workshop!

April 11, 2025, 9:30 - 11:00 a.m.

To reserve your spot, please call the Senior Center at
714-741-5253

MAT YOGA

For Every Body



Join Jeanie for a traditional Hatha yoga practice, where we will integrate breathwork and controlled movements.

STARTING FEBRUARY 20 • THURSDAYS 10:00 AM–10:45 AM

WHY ATTEND THIS CLASS?

- Suitable for beginners
- Includes standing and floor-based exercises, with seated options for **all mobility levels**
- Improve strength and flexibility
- Reduce stress and learn mindfulness techniques



**To reserve your spot, please call the Senior Center at
714-741-5253**

**Sing your
favorite songs &
hang out with
friends!**



Singing Seniors
KARAOKE
DAY!

**Tuesday,
March 25 &
April 29**

TIME:

9:30 AM - 11:00 AM

LOCATION:

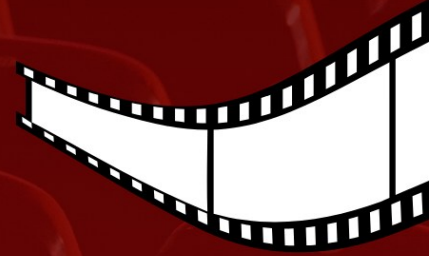
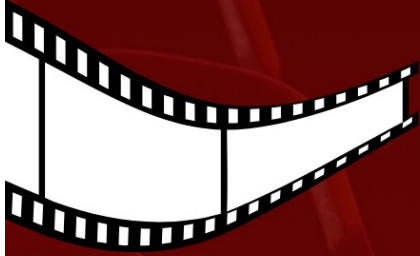
**H. Louis Lake Senior Center
11300 Stanford Ave.
Garden Grove, CA 92840**

For more information please call (714) 741-5253



MOVIE

Day



TUESDAY, MARCH 11, 2025

9:00 AM - 11:00 AM

**11300 STANFORD AVE, GARDEN GROVE,
92840**

For more info, contact us at:

(714) 741-5253





REGAL THEATER FIELD TRIP

TUESDAY,
APRIL 8, 2025

ESTIMATED DEPARTURE TIME: 12:30 PM

ESTIMATED ARRIVAL TIME: 4:30 PM

FILM: A WORKING MAN

COST:
\$10.00

**Book
Ticket
Now!**

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



ST. PATRICK'S CELEBRATION

MONDAY, MARCH 17, 2025

9:00 AM - 11:00 AM

Come dressed in your finest green attire and join us for a festive St. Patrick's Day celebration with yummy pancakes! PD will have an info booth at the event. Don't forget to keep an eye out for leprechauns and maybe even a pot of gold!

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





SPRING CELEBRATION

WEDNESDAY, APRIL 16, 2025
9:00 AM - 11:00 AM

Join us for a delightful Spring celebration! Guests can partake in exciting activities such as an egg hunt and a craft station where creativity can blossom. Come dressed in your brightest spring attire and enjoy a day of fun with friends. Don't miss out on this egg-citing event!



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

**CRIME
PREVENTION**



Spring

TRIVIA

Come out for trivia focusing on the city, GGPD, and safety. Those who participate will get an egg with candy or a prize inside!

We will also go over our future schedule of events.

We hope you can join us!

MONDAY, APRIL 21, 2025

9:00 AM - 10:30 AM

H. LOUIS LAKE SENIOR CENTER



CSO KRISTINA HERNANDEZ

(714) 741-5761

KHERNANDEZ@GGCITY.ORG

ST. PATRICK'S DAY



What St. Patrick's Day Is About

St. Paddy's Day began as a religious observance honoring St. Patrick, who preached Christianity in Ireland during the fifth century. Today, however, it is widely recognized as a global celebration of Irish culture.

How It's Celebrated

The main event for St. Paddy's Day is a parade, with floats representing Irish folklore and eventgoers dressed in the colors of the Irish flag. Pints of Guinness, Irish step dancing, and cheering "sláinte" to other partygoers are other ways to celebrate the holiday.

Fun Facts

The original color associated with St. Patrick's was actually blue! However, when the shamrock became the national symbol, the color green stuck to the holiday.

Why Wear Green?

The reason why people are supposed to wear green on St. Patrick's Day is because of the Leprechauns! In Irish folklore, wearing green makes you invisible to leprechauns, who like to pinch anyone they come across. Green is also associated with good luck.

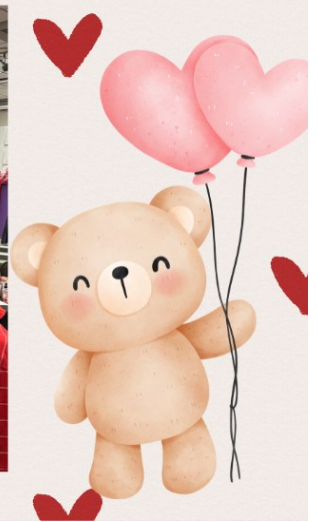


Davidson, R. (2024, March 11). St. Patrick's day. National Geographic .

<https://kids.nationalgeographic.com/celebrations/article/st-patricks-day>

McGraw, K. (2024, February 2). Surviving & Thriving: Tips for Celebrating St. Patrick's Day In Ireland. EF Ultimate Break. <https://www.efultimatebreak.com/blog/europe/ireland/tips-celebrating-st-patricks-day>

Valentine's Day DANCE



RESOURCES FOR Individuals experiencing **HOMELESSNESS** or are at Risk of Homelessness

To prevent or address homelessness, each year, the City of Garden Grove receives funding under the Community Development Block Grant, HOME, and Emergency Solutions Grant from the U.S. Department of Housing and Urban Development (HUD) and allocates resources to sub-recipients to operate emergency shelters and transitional shelters, and provide essential social services for families and individuals.

GARDEN GROVE SERVICE PROVIDERS



INTERVAL HOUSE



MERCY HOUSE



SPECIAL RESOURCE TEAM

THOMAS HOUSE
FAMILY SHELTER



Volunteers of America
LOS ANGELES
Serving Los Angeles & Orange Counties

SERVICES PROVIDED



Emergency Housing



Rental Assistance

Food and Supplies

Supportive Services



Medical and
Mental Health Services

IF YOU ARE IN NEED OF HOMELESS SERVICES OR SHELTER, PLEASE CONTACT:



SRT/Be-Well: DIAL (714) 741-5704



VOALA: DIAL (714) 426-9834

2.1.1

211 Orange County:

DIAL 2-1-1 or text your zip code to 898211

FOR MORE INFORMATION



Christy Le
(714) 741-5206
christyl@ggcity.org



GARDEN GROVE

NEIGHBORHOOD IMPROVEMENT

ggcity.org/addressing-homelessness

Revised 12/2024

City of Garden Grove

First-Time Home Buyer Program

The City of Garden Grove is offering down-payment assistance for qualifying first-time home buyers!



- ✓ Up to \$110,000 loan for low-income households (80% AMI)
- ✓ Up to \$50,000 loan for median-income households (120% AMI)
- ✓ 0% interest
- ✓ Minimum of 3% down-payment
Of the purchase price of the home and from borrowers own funds
- ✓ 30-year deferred plan
No monthly payments required for 30 years
- ✓ Homebuyer Counseling
Click here to view upcoming workshops
- ✓ Have not owned a home in past 3 years
- ✓ Must income-qualify (see chart below)

INCOME LIMITS

Household Size	1	2	3	4	5	6	7	8
INCOME LIMITS Low Income (80%)	\$88,400	\$101,000	\$113,650	\$126,250	\$136,350	\$146,450	\$156,550	\$166,650
INCOME LIMITS Moderate Income (120%)	\$108,350	\$123,850	\$139,300	\$154,800	\$167,200	\$179,550	\$191,950	\$204,350

Income limits are provided by the California Department of Housing and Community Development (HCD) and are subject to change without notice

Dana Yang

Program Specialist, City of Garden Grove
(714) 741-5131 • danay@ggcity.org



For more information regarding the City's First-Time Home Buyer Program please visit the Neighborhood Improvement Division's website at:
www.ggcity.org/neighborhood-improvement/fttb



City of Garden Grove Re-Roof Loan Program

Program Requirements

- ✓ Roof must be substandard and in need of repair/replacement as determined by a City Building Inspector.
- ✓ Property must be located in the city of Garden Grove and be owner-occupied.
- ✓ Residence must be a single-family home.
- ✓ Applicant's monthly debt-to-income ratio needs to be below 45%.
- ✓ Must meet the income requirements per household size below:



INCOME LIMITS BY NUMBER OF PERSONS IN HOUSEHOLD

Income Limits in Orange County	1	2	3	4	5	6	7	8
	\$88,400	\$101,000	\$113,650	\$126,250	\$126,250	\$136,350	\$156,550	\$166,650

Income limits are provided by the California Department of Housing and Community Development (HCD) and are subject to change without notice.

Program Loan Terms

- ✓ 20-year deferred loan.
- ✓ Up to \$20,000.
- ✓ Accrues 3% annual interest for first 5 years of the loan.
- ✓ Interest is forgiven and set at 0% after the 5th year.

Application Process

Please visit the City's Re-Roof Loan Program webpage at ggcity.org/re-roof-loan-program to download the application.

Dana Yang

Program Specialist, City of Garden Grove
(714) 741-5131 • danay@ggcity.org



For more information regarding the City's Re-Roof Loan Program, please visit the Neighborhood Improvement Division's webpage at:
ggcity.org/re-roof-loan-program



Social Supports in OC

SOCIALIZATION IS VITAL FOR OLDER ADULTS AS IT HELPS REDUCE FEELINGS OF LONELINESS AND ISOLATION, WHICH CAN LEAD TO MENTAL HEALTH CHALLENGES. ENGAGING WITH OTHERS ALSO PROMOTES COGNITIVE FUNCTION, EMOTIONAL WELL-BEING, AND PHYSICAL HEALTH, CONTRIBUTING TO A MORE FULFILLING LIFE.

Not Sure if Social Isolation is Impacting You?

Take this 3 minute assessment:
<https://connect2affect.org/assessment/>

NAMI Warmline

Warmlines provide person-centered support from a peer support specialist.

(855) 845-7415, PRESS 4



Friendship Line California

For many of the older adults who live alone in California, every day brings some form of isolation and loneliness. If you or someone you know would benefit from a friendly conversation, Friendship Line is here to listen.

(888) 670-1360



Get Help - 988

Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress.

Call, text, or chat the 988 Lifeline

APS - Orange County

Suspect elder or dependent adult abuse? Do you know someone who is unable to care for themselves? Whether you are a victim or suspect the abuse of someone you know, you are not alone when seeking help!

1 (800) 451-5155



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:**



**COMMUNITY HEALTH INITIATIVE
OF ORANGE COUNTY**

For more information regarding the services call CHIOC/ Para más información sobre los servicios hable a CHIOC (855) 927-8333

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.

March 26, 2025 - 1:00 PM - 3:00PM

April 23, 2025 - 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



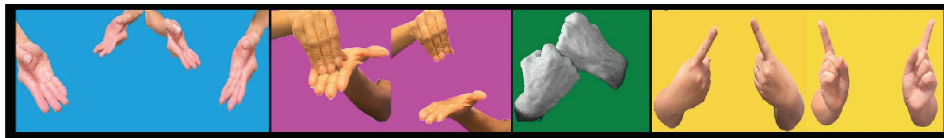
The Dayle McIntosh Center (DMC) is a non-profit organization known as a Center for Independent Living. We are dedicated to empowering individuals with disabilities and older adults throughout Orange County to break down barriers which prevent them from achieving self-sufficiency.

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



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



FETTUCCINE ALFREDO



Instructions

1. Cook and drain fettuccine as directed on package.
2. Meanwhile, in a 10-inch skillet, heat butter and whipping cream over medium heat, stirring frequently, until the butter is melted and the mixture starts to bubble.
3. Reduce heat to low; simmer uncovered for 6 minutes, stirring frequently, until slightly thickened.
4. Remove from heat.
5. Stir in cheese, salt, and pepper.
6. In a large bowl, toss fettuccine with sauce until well coated.
7. Sprinkle with Parsley.

Ingredients

- 8 oz uncooked fettuccine
- 1/2 cup butter, cut into pieces
- 1/2 whipping cream
- 3/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon black or white pepper
- Chopped fresh parsley



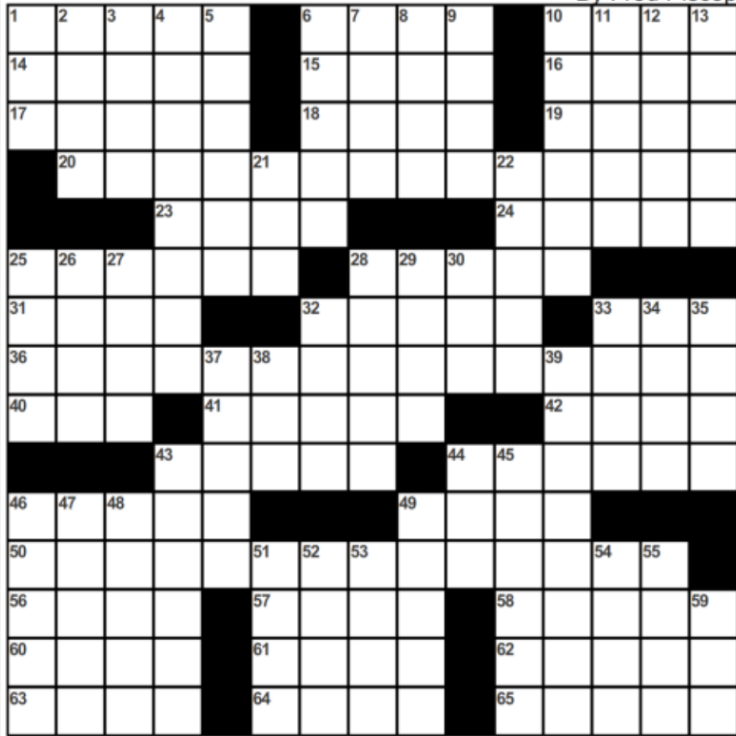
Would you like to see your recipe in the SCOOP? Please submit one of your recipes to a staff member at the front desk to have it featured in the next SCOOP.

WWW.BETTYCROCKER.COM

Crossword Puzzle

TEX-MEX CONTAINERS

By Fred Piscop



ACROSS

- | | |
|---|----------------------------------|
| 1) Hindu wise man | 40) Futbol fan's cheer |
| 6) Jerseys, e.g. | 41) Partners of hills |
| 10) Lad's partner | 42) Like unassisted triple plays |
| 14) Dress designer Donna | 43) Malta money |
| 15) Cookie since 1912 | 44) Chris Kyle, notably |
| 16) Camp Swampy pooch | 46) Place to cyber-shop |
| 17) Hard to combine | 49) In vogue |
| 18) Don't raise | 50) South American capital |
| 19) Curling implement | 56) TV serial, perhaps |
| 20) Researcher's task | 57) Basalt source |
| 23) Its product names may contain umlauts | 58) Cookie trayful |
| 24) Intoxicating, as a brew | 60) Russian-born Deco designer |
| 25) Orville Redenbacher's unit | 61) Word of agreement |
| 28) Less hampered | 62) Wed, say |
| 31) Skin lotion additive | 63) Basic requirement |
| 32) Holey utensil | 64) Karaoke delivery |
| 33) Easily fooled sort | 65) Smart-alecky |
| 36) Allied summit of February 1945 | |

DOWN

- 1) Snowmobile part
- 2) Harry Potter accessory
- 3) Part of BART
- 4) Taskmaster
- 5) What's consumed
- 6) Apres-ski treat
- 7) Paperless, in a way
- 8) Drawing place
- 9) __ amandine
- 10) Hang around
- 11) Skylit areas
- 12) Awaited the anthem
- 13) The hotheaded Corleone
- 21) Animated film unit
- 22) Pep rally sound
- 25) Fight ender, informally
- 26) Carrier whose name means "skyward"
- 27) Thespian's resume item
- 28) Kangaroo court penalties
- 29) Sports officials, briefly
- 30) Poetic time
- 32) Like some home runs
- 33) Start of a grid play
- 34) Ranch unit
- 35) Use a spyglass
- 37) Imago, in the insect world
- 38) Caboose, for one
- 39) "Hulk" star
- 43) Split to 62-Across
- 44) HBO alternative
- 45) Rain cloud
- 46) Clampett player
- 47) "Sicko" director
- 48) Shooting marble
- 49) Trolley sound
- 51) "A pity!"
- 52) 44-Across garb, for short
- 53) Place to use a mitt
- 54) Answer to "That so?"
- 55) Performs a 27-Down
- 59) "You there!"



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.

Visit us on the web at

ggcity.org/community-services/h-louis-lake-senior-center

