



Updated: 03/25/2025

2025

H. Louis Lake Senior Center
 11300 Stanford Avenue, Garden Grove, CA 92840
 (714) 741-5253
 Hours: Monday-Friday 8:30am-3:30pm
 Saturday-Sunday: CLOSED



Community Calendar

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3
 10:00am-11:00am Tai Chi
 11:30am-12:30pm MoW Lunch Café
 1:00pm-3:00pm Paint Ceramics
1:00pm-2:30pm Core Strength and Self Defense

4
 9:00am-10:00am Bracken's Breakfast
9:30am-10:30am HICAP: Medicare Essentials
 10:00am-11:00am Mejor Juntos
 11:30am-12:30pm MoW Lunch Café
 1:30pm-2:30pm Balance & Mobility

5
 9:00am-10:00am Alzheimer's Presentation
10:00am-12:00pm Memory Screenings
 10:00am-11:15am Chair Yoga
 11:30am-12:30pm MoW Indoor Dining
 1:00pm-3:00pm Pinochle

6
 9:45am-11:15am Bingo
10:00am-11:00am Mat Yoga
 11:30am-12:30pm MoW Lunch Café
12:15pm-1:00pm Caring Connections
 1:30pm-2:30pm Fit Body Fit Mind
 1:30pm-2:30pm Balance & Mobility

7
 9:00am-10:00am Yarn Club
 10:00am-11:15am Chair Yoga
 11:30am-12:30pm MoW Lunch Café
1:00pm-3:00pm ESL Class
NO Line Dancing

10
 10:00am-11:00am Tai Chi
 11:30am-12:30pm MoW Lunch Café
 1:00pm-3:00pm Paint Ceramics
1:00pm-2:30pm Core Strength and Self Defense

11
 9:00am-10:00am Bracken's Breakfast
9:00am-11:00am Movie Day
 10:00am-11:00am Mejor Juntos
 11:30am-12:30pm MoW Lunch Café
 1:30pm-2:30pm Balance & Mobility

12
 10:00am-11:15am Chair Yoga
 11:30am-12:30pm MoW Lunch Café
 1:00pm-3:00pm Pinochle

13
 9:45am-11:15am Bingo
10:00am-11:00am Mat Yoga
 11:30am-12:30pm MoW Lunch Café
12:15pm-1:00pm Caring Connections
 1:30pm-2:30pm Fit Body Fit Mind
NO Balance & Mobility

14
 9:00am-10:00am Yarn Club
 10:00am-11:15am Chair Yoga
 11:30am-12:30pm MoW Lunch Café
1:00pm-3:00pm ESL Class
 1:30pm--3:00pm Line Dancing

17
 9:00am-10:00am Bracken's Pancake Breakfast
 9:00am-11:00am St. Patrick's Day Celebration with PD
 10:00am-11:00am Tai Chi
 11:30am-12:30pm MoW Lunch Café
 1:00pm-3:00pm Paint Ceramics
1:00pm-2:30pm Core Strength and Self Defense

18
NO Bracken's Breakfast
10:00am-11:00am OCAPICA Vietnamese Presentation
 10:00am-11:00am Mejor Juntos
 11:30am-12:30pm MoW Lunch Café
NO Balance & Mobility

19
 9:00am-10:00am Alzheimer's Presentation-Home Safety 101
10:00am-12:00pm Memory Screenings
 10:00am-11:15am Chair Yoga
 11:30am-12:30pm MoW Lunch Café
 1:00pm-3:00pm Pinochle

20
 9:00am-3:30pm - CHIOC
 9:45am-11:15am Bingo
10:00am-11:00am Mat Yoga
 11:30am-12:30pm MoW Lunch Café
12:15pm-1:00pm Caring Connections
 1:30pm-2:30pm Fit Body Fit Mind
No Balance & Mobility

21
 9:00am-10:00am Yarn Club
 10:00am-11:15am Chair Yoga
 11:30am-12:30pm MoW Lunch Café
1:00pm-3:00pm ESL Class
 1:30pm-3:00pm Line Dancing

24
 10:00am-11:00am Tai Chi
 11:30am-12:30pm MoW Lunch Café
 1:00pm-3:00pm Paint Ceramics
1:00pm-2:30pm Core Strength and Self Defense

25
 9:00am-10:00am Bracken's Breakfast
9:30am-11:00am Karaoke
 10:00am-11:00am Mejor Juntos
 11:30am-12:30pm MoW Lunch Café
NO Balance & Mobility

26
 10:00am-11:15am Chair Yoga
11:15am-11:30am Birthday Celebration
 11:30am-12:30pm MoW Lunch Café
 1:00pm-3:00pm Pinochle
1:00pm-3:00pm Legal Aid

27
 9:45am-11:15am Bingo
10:00am-11:00am Mat Yoga
 11:30am-12:30pm MoW Lunch Café
12:15pm-1:00pm Caring Connections
 1:30pm-2:30pm Fit Body Fit Mind
 1:30pm-2:30pm Balance & Mobility

28
 9:00am-10:00am Yarn Club
 10:00am-11:15am Chair Yoga
 11:30am-12:30pm MoW Lunch Café
1:00pm-3:00pm ESL Class
 1:30pm-3:00pm Line Dancing

31
 10:00am-11:00am Tai Chi
 11:30am-12:30pm MoW Lunch Café
 1:00pm-3:00pm Paint Ceramics
NO Core Strength and Self Defense

What's New

- There will be no Line Dancing on Friday, March 7.
- Bracken's Breakfast on the Tuesday, March 18 will be moved to Monday, March 17 for St. Patrick's Day.