November & December 2026

THE SCOOP

Issue Highlights

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Celebrating the Season of Gratitude and Joy!

As we welcome November and December, the holiday season is upon us, bringing opportunities to celebrate, give thanks, and create special memories with friends at the H. Louis Lake Senior Center!

November is a time for gratitude, and we look forward to celebrating together at our annual **Thanksgiving Luncheon** on **Wednesday, November 25**, featuring a delicious holiday meal catered by Bracken's Kitchen. This is one of our most popular events of the year, so be sure to sign up early, as space is limited!

December brings even more holiday cheer as we kick off the festivities with our annual **Tree Trimming Celebration**, filling the Center with holiday spirit. On **Wednesday, December 16**, join us for a cozy Holiday Movie Day featuring *The Polar Express*! Come dressed in your favorite cozy pajamas or festive holiday attire, sip on hot chocolate, and enjoy a heartwarming movie with friends.

As a friendly reminder, the Center will be closed beginning **Thursday, December 24**, for the holiday closure and will reopen on **Monday, January 4, 2027**.

As we wrap up another wonderful year, we want to thank each of you for being part of our Senior Center family. Your friendship, laughter, and participation make our Center such a special place. We wish you and your loved ones a joyful holiday season filled with warmth, good health, and happiness. We look forward to creating more wonderful memories together in the new year!

Happy Holidays from all of us at the H. Louis Lake Senior Center!

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.

Garden Grove

H. Louis Lake Senior Center

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.

GARDEN GROVE

H. Louis Lake SENIOR CENTER

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.

GARDEN GROVE

H. Louis Lake SENIOR CENTER

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.

GARDEN GROVE

H. Louis Lake SENIOR CENTER

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

NOVEMBER

OCTA Presentation

Wednesday, November 4, 2026

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

Fair Housing Foundation Walk-In Clinic

Wednesday, November 18, 2026

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

Thanksgiving Celebration

Wednesday, November 25, 2026

9:00 a.m. - 12:30 p.m.

Police Department Presentation

Monday, November 30, 2026

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

OCPL Mobile Library

Monday, November 30, 2026

10:00 a.m. - 11:30 a.m.



Tree Trimming

Wednesday, December 2, 2026

9:00 a.m. to 11:00 a.m.

Holiday Movie Day

Wednesday, December 16, 2026

12:00 p.m. - 2:00 p.m.

OCPL Mobile Library

Wednesday, December 23, 2026

10:00 a.m. - 11:30 a.m.

NO CLASSES DUE TO HOLIDAYS

- **NOVEMBER:**
  - No Chair Yoga:
    - Veterans Day
      - Wednesday, November 11, 2026
    - Santa Ana College Holiday Break
      - Wednesday, November 25, 2026
      - Friday, November 27, 2026
- **DECEMBER:**
  - No Santa Ana College Classes – Winter Break:
    - No classes Monday, December 14, 2026, through Friday, January 8, 2027.



GARDEN GROVE

CENTER HOLIDAY CLOSURE

The H. Louis Lake Senior Center will be closed:

In observance of Veterans Day
November 11, 2026

In observance of Thanksgiving
November 26 and 27, 2026

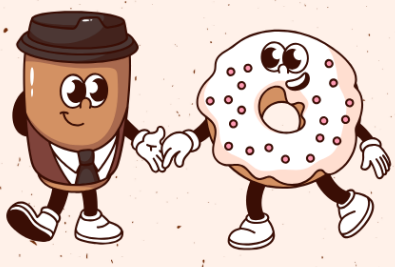
In observance of the holiday break
December 24, 2026, - January 1, 2027







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

BRACKEN'S KITCHEN

H. Louis Lake SENIOR CENTER

GARDEN GROVE

LUNCH CAFÉ *every day*

Meals on Wheels Lunch Café 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.



MEALS on WHEELS ORANGE COUNTY

LUNCH

GARDEN GROVE

H. Louis Lake SENIOR CENTER

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 AM to 11:00 AM
Instructor: Blanca
Class Description: Indoor, low-impact, slow-motion exercise that helps reduce the risk of falls, stress, and enhances mental capacity.

CHAIR YOGA

Provided By Santa Ana College



Days: Wednesdays & Fridays *(8/19/2026 - 12/11/2026)*
Time 1: 9:00 AM to 9:50 AM **Time 2:** 10:15 AM to 11:05 AM
Instructor: Amy
Class Description: Chair Yoga is a gentle form of yoga that uses a chair for support, making it easier to stretch, strengthen, and improve flexibility without having to get down on the floor. This class is designed to help increase balance, mobility, and relaxation at your own pace. No prior yoga experience is needed—just bring yourself and a willingness to move and breathe with ease.

BALANCE & MOBILITY



Days: Tuesdays & Thursdays
Time: 1:30 PM to 2:30 PM
Instructor: Molly
Class Description: Focuses on stretching and strength training, emphasizing balance while utilizing various tools.

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.

ACTIVE AGING

Provided By Santa Ana College



Days: Tuesdays *(8/18/2026 - 12/8/2026)*
Time: 9:30 AM - 10:45 AM
Instructor: Kelvin
Class Description: Active Aging 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.

ADAPTIVE LINE DANCING



Days: Fridays
Time: 1:30 PM to 3:00 PM
Instructors: Pearl & Fred
Class Description: Focuses on recreation line dancing, which helps maintain strength and mobility for overall health and wellness.

MOBILE DEVICE LITERACY

Provided By Santa Ana College



Days: Mondays *(8/17/2026 - 12/7/2026)*
Time: 1:00 PM to 2:40 PM
Instructor: Lisa
Class 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 and connect with family and friends through video calls and social media. This class will also help you enjoy tools like photography, calendars, and cloud storage to make life easier.

SCHEDULE OF ACTIVITIES

All in-person classes and activities require pre-registration due to limited capacity. Please call to reserve your spot one week before 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: By far our most popular activity! 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 a creative social time as you paint your own premade ceramic bisque pieces.

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

SANTA ANA COLLEGE
School of Continuing Education

Fall Semester:
8/17/2026 - 12/7/2026

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

SANTA ANA COLLEGE
School of Continuing Education

H. Louis Lake
SENIOR CENTER

ACTIVE AGING

Fall Semester:
8/18/2026 - 12/8/2026

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

Fall Semester:
8/19/2026 - 12/11/2026

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

Wednesdays

Class 1~ 9:00 AM - 9:50 AM
Class 2 ~ 10:15 AM - 11:05 AM

Fridays

Class 1~ 9:00 AM - 9:50 AM
Class 2 ~ 10:15 AM - 11:05 AM





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

Mat Yoga

For Every Body



Instructor: Jeanie Wong A. S. N.

We will practice breathing techniques and slow, controlled postures to support well-being.

THURSDAYS 10:00 AM-11:00 AM

WHY ATTEND THIS CLASS?

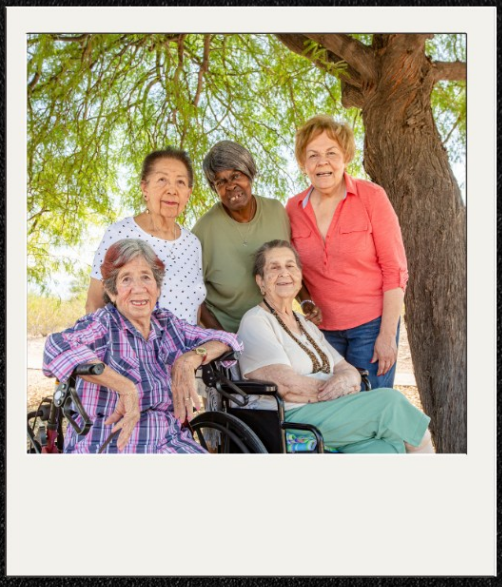
- Suitable for beginners
- Includes standing and floor-based exercises, with seated options for **all mobility levels**
- Improve strength and flexibility
- Reduce stress and learn mindfulness techniques
- Please bring a yoga mat and water

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

H. Louis Lake Senior Center

Senior Support Program

We're here to help you navigate life's challenges with dignity, respect, and compassion. Our program connects you to essential services and resources that support healthy, independent living and overall well-being.



For more information or to make an appointment, please call the Senior Center at 714-741-5253.

OUR SERVICES

Counseling
Our team offers one-on-one confidential support for emotional well-being, stress, grief, and life transitions.

Supportive Services
We can help you access programs, benefits, fill out forms, make appointments, and address other daily living needs.

Community Resources
We can connect you to local resources if you need assistance with housing, transportation, legal aid, food assistance, and more.

Care Coordination
We offer personalized assessments, case management, and care planning to link you to the right services.

Health & Wellness
Referrals to health programs, wellness activities, and preventive care services through your insurance or other community agencies..

Eligibility:

- **Residents of Garden Grove**
- **60+ years of age**



OC ACCESS PROGRAM PRESENTATION

The presentation will provide an overview of OCTA's OC ACCESS services, including OC ACCESS eligibility, service information, reservations, fares, rider responsibilities, and the same-day taxi service.

Wednesday, November 4, 2026

9:00AM -10:00 AM

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



GARDEN GROVE

FAIR HOUSING FOUNDATION

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.

Wednesday, November 18, 2026

9:00AM-1:00PM

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

Register: (714) 741-5253

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?"*

Fair Housing Foundation is dedicated to eliminating discrimination in housing and promoting equal access to housing choices for everyone.

Birthday celebration

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

Wednesday
November 18 & December 23
11:15 AM - 11:30 AM

Sponsored by:
Regal Medical Group



Sing your favorite songs & hang out with friends!



KARAOKE DAY!

Tuesday, November 24

TIME:

9:30 A.M. - 11:00 A.M.

LOCATION:

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

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

GARDEN GROVE

50th ANNIVERSARY H. Louis Lake

ThanksGiving
Celebration

JOIN US FOR GOOD FOOD,
WARM HEARTS, AND PLENTY
OF REASON TO BE THANKFUL.

Wednesday
November 25, 2026

9:30 a.m. - 12:30 p.m.

Space is limited please call or stop by to secure your reservation.

FOR MORE INFORMATION, PLEASE
CALL THE CENTER AT 714-741-5253.

GARDEN GROVE POLICE DEPARTMENT

SCAM AWARENESS

- EVERYDAY SCAMS
  - Health Insurance, Phone, Lottery, Etc.
- TIPS TO BE SAFE ONLINE
- WHAT NOT TO DO
- PACKAGE THEFT & HOLIDAY SCAMS

H. LOUIS LAKE SENIOR CENTER

MONDAY, NOVEMBER 30
9:00 AM - 10:00 AM

Contact Us:

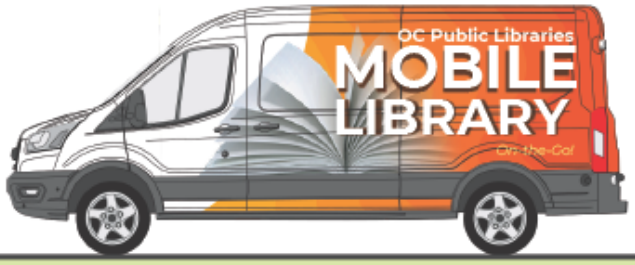
crimeprevention@ggcity.org

(714) 741-5761

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

Orange County, CA Public Libraries
Open Doors. Free Access. Community.

Tree TRIMMING

DECEMBER | 2 | AT 9:00 AM

Put on your jolliest sweater and join us for a jolly good time! Enjoy festive snacks, fun activities, and plenty of holiday cheer as we celebrate the season together!

CALL THE CENTER FOR MORE INFORMATION (714) 741-5253



GARDEN GROVE

H. Louis Lake
SENIOR CENTER

Winter Wellness

FRIDAYS

DECEMBER 4 - 18, 2026
9:00 - 10:00 AM

Join us for our weekly group sessions, come to one or all sessions.
Together we will explore ways to find comfort during the holidays through connection, self-care and adapting to changing traditions.

Call the Center to register and for more information
(714) 741-5253
11300 Stanford Ave. Garden Grove, CA 92840

H. Louis Lake
SENIOR CENTER

Bienestar Invernal

VIERNES

4 – 18 DE DICIEMBRE
9:00 AM – 10:00 AM

Vengan a nuestras sesiones grupales semanales; puedes participar en una o en todas.

Juntos descubriremos formas de hallar consuelo en los dias festivos a traves de la conexión, la salud y la adaptación con tradiciones que van cambiando.

Llame al Centro para inscribirse o para obtener más información al (714) 741-5253

11300 Stanford Ave. Garden Grove, CA 92840

GARDEN GROVE

Holiday
MOVIE DAY

Wear your favorite PJs and enjoy a cozy hot cocoa bar!



A doubting young boy takes an extraordinary train ride to the North Pole.

The Polar Express

WEDNESDAY DECEMBER 16 | **12:00 PM-2:00 PM**

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

GARDEN GROVE

H. Louis Lake SENIOR CENTER

JOIN US FOR

Holiday KARAOKE

Let's gather around the warmth of the holiday season and fill the air with joyous melodies.

WEDNESDAY, DECEMBER 23, 2026

9:30 AM – 11:00 AM





SPREAD THE JOY OF THE SEASON

11300 STANFORD AVE.
GARDEN GROVE, CA 92840

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

H. Louis Lake Senior Center

OUR STORIES, OUR VOICES

A PLACE TO BELONG

The senior center is like a very good addiction. With just one taste and you are hooked.

I started coming to the center in about 2009, when I had just retired, and a good friend said "I know just what you need and would like." Then she brought me here.

Over the years there has always been a wonderful staff looking out for everyone. They have been very helpful and generous with their time and knowledge.

The senior center has offered a lot of different programs. Like tax preparation, social work and legal aid.

There has been an introduction to computers, iPads and cell phones, also different classes like Balance & Mobility, Chair Yoga, Tai Chi, Active Aging, Line Dancing, Mobile Device Literacy, Painting Ceramics, Pinochle, Senior Support Program, tax service and my favorite bingo.

There are monthly activities like birthday celebration, mobile library and karaoke.
The senior center celebrates holidays, and some include dinner and dance and some with costumes.

A breakfast is furnished once a week by Brakens Kitchin and lunch Monday through Friday from Meals on Wheels.

There have been field trips including transportation to Rogers Gardens, Santa Ana Zoo, CAR Museum and Dodger Stadium.

"THE CENTER LETS YOU MEET AND MAKE NEW FRIENDS AND THERE HAS BEEN THE OCCASIONAL ROMANCE."



King and Queens have been selected from the senior center for the Strawberry Festival. When the summer heat is too high, the center remains open for extended hours to cool everyone down.

When I was working I, had a regular weekly schedule and since retiring I now have a new schedule with the center.

The center lets you meet and make new friends and there has been the occasional romance. We do look after each other and if someone doesn't show up after a week or two, we start checking up on them. Without the center, a large void would be in my life. I know, because if I miss even one of my regular days, I really miss it. The center is a place to really love, appreciate, and value.

LARRY GRAY

Recognizing 50 years of history, community and impact.

1976 -2026

H. Louis Lake members proudly represented the center as they accepted a commemorative plaque honoring the center's 50th anniversary.




ALOHA
CELEBRATION

OLDER ADULT RESOURCE FAIR



















Day of the Dead Photoshoot




BOO
THRILLER NIGHT

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

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

H. Louis Lake
SENIOR CENTER

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 SERVICES

- Free trips to and from the Senior Center!
- Trips to medical appointments up to 5 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

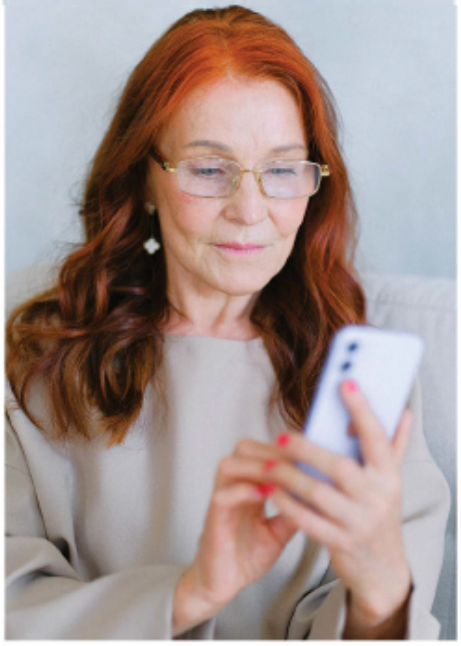
OCTA

GARDEN GROVE

FREE LEGAL AID FOR SENIORS

Receive assistance on a variety of legal issues including:

Community Legal Aid SoCal



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.

November 10, 2026 - 9:30AM -12:00PM
December 9, 2026 - 9:30AM - 12:00PM

GARDEN GROVE

SHET PAN BALSAMIC-HERB CHICKEN AND VEGGIES

An easy, one pot chicken dinner!



PREP TIME	COOK TIME	SERVES
15 MIN	10 MIN	4

INGREDIENTS:

CHICKEN

- 16 ounces boneless, skinless chicken breasts, halved
- 1 TBSP balsamic vinegar
- ½ TBSP extra-virgin olive oil
- 2 cloves crushed garlic
- 2 teaspoons chopped basil
- 1 teaspoon chopped parsley
- ¾ teaspoon kosher salt

BALSAMIC VEGGIES

- olive oil spray
- 1 large red bell pepper, cored and cut into 1-inch pieces
- 1 medium, 7-ounce zucchini, quartered lengthwise and cut into 1-inch cubes
- 1 cup asparagus, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces, layers separated
- 1 cup cauliflower florets
- 2 tbsp balsamic vinegar
- 1 1/2 tbsp **extra-virgin olive oil**
- 1 teaspoon **kosher salt**
- **freshly ground black pepper**
- 2 teaspoons chopped basil
- 1 teaspoon chopped parsley

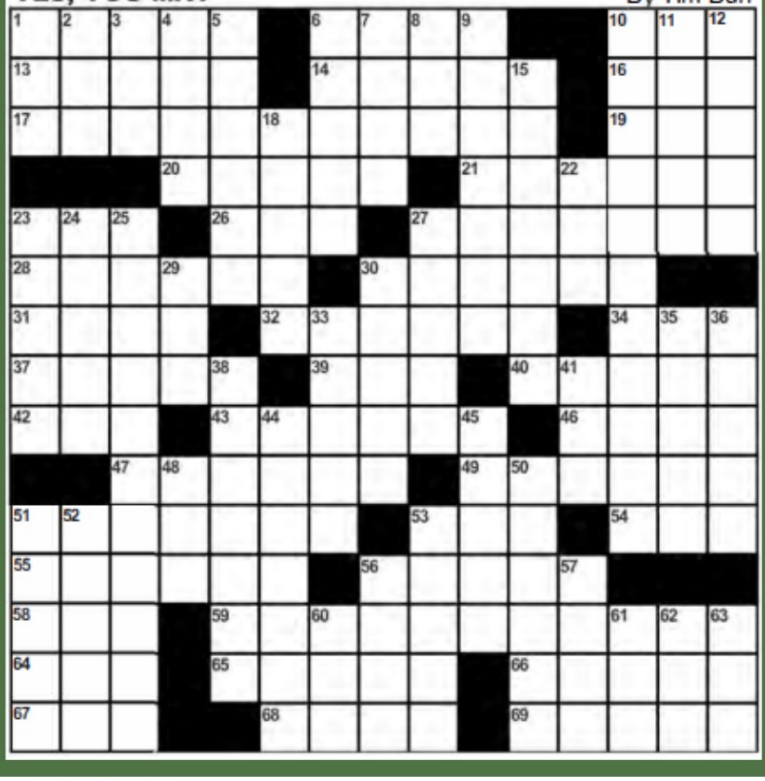
DIRECTIONS:

1. Preheat the oven to 450 degrees F. Line a large sheet pan with parchment, if desired.
2. Season chicken with 1 tablespoon balsamic, 1/2 tablespoon olive oil, garlic, 2 teaspoons dried basil, 1 teaspoon dried parsley, and 3/4 teaspoon salt.
3. Marinate while you prep the vegetables; the longer, the better.
4. In a large bowl, toss the vegetables with 2 tablespoons balsamic vinegar, 1 1/2 tablespoons olive oil, 3/4 teaspoon salt, black pepper, 2 teaspoons basil, and 1 teaspoon parsley.
5. Spread out onto the sheet pan. Nestle the chicken among the vegetables and roast on the lower rack for about 20 minutes, until the chicken is cooked through.
6. Serve right away.

https://www.skinnytaste.com/sheet-pan-balsamic-herb-chicken-and-vegetables/#recipe

Crossword Puzzle

YES, YOU MAY By Tim Burr



ACROSS

1) St. ___ Girl beer
6) Cobras' kin
10) Lacking color
13) Element No. 5
14) City near the Mohawk River
16) Litigator's org.
17) College-football star
19) "Chi" lead-in
20) Low point
21) Area planted with conifers
23) Auto for hire
26) Small spasm
27) Satisfied another's whim
28) Good-luck charm
30) Deli meat
31) Pitch indicator
32) Beachwear
34) Bird beak
37) Like some garments
39) This puzzle's theme
40) Musical repetition mark
42) Before, to Shelley
43) Makes like an angry volcano
46) Computer and tablet maker
47) Construction fasteners
49) Honshu house furnishing
51) Like some audiences
53) Hamster healer
54) Gotham, initially
55) West Texas city
56) Main line of a sort
58) (As written)
59) Soda container
64) Lipton product
65) Glaringly vivid
66) "Gandhi" role
67) Daystar
68) Concludes
69) Pass legislation

DOWN

1) Its members often strike (Abbr.)
2) "You've got mail" co.
3) Address that begins with "http"
4) Bank offering
5) One behind bars
6) Bond villain Goldfinger
7) Mix in a glass
8) Photo
9) Shoulder blade
10) Hose alternative for gardeners
11) Die down
12) Mythological water nymph
15) Zoo denizens
18) Checks and corrects text
22) ___ de plume
23) Thing to paddle
24) Love in France
25) Ice-cream flavor
27) "I ___ thought of that!"
29) "Fever" singer Peggy
30) Loses it
33) Like some angles
35) Military opponent
36) Type of acid
38) Second draft, e.g.
41) Consume
44) Appraise anew
45) Back of a boat
48) "___ never too late"
50) Make harmonious
51) Revenue offsets
52) "Arrivederci!" relative
53) Cancels
56) In a crowd of
57) Prayer-ending word
60) Coffee dispenser
61) When repeated, a dance
62) Compass line
63) Tough thing to crack





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

Contact Us:
Call us for more information about our services, resources, and classes.
(714) 741-5253

Hours		
MONDAY	8:00 AM	3:30 PM
TUESDAY	8:00 AM	3:30 PM
WEDNESDAY	8:00 AM	3:30 PM
THURSDAY	8:00 AM	3:30 PM
FRIDAY	8:00 AM	3:30 PM

GARDEN GROVE