

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
- Code of Conduct Guidelines
- Center Announcements
- Bracken's Kitchen Breakfast
- Lunch Café
- Schedule of Classes
- Schedule of Activities
- Cooling Center
- Chair Yoga
- Yarn Club
- HOAG
- Karaoke
- Birthday Celebration
- Resource Fair
- Movie Day
- Costume Karaoke
- Halloween Dance Party
- Saimi Hayes Dedication
- Boutique Crafters Wanted
- Community Resources
- Recipe
- Crossword Puzzle

Fall may be around the corner, but we know that September can be one of the hottest months of the year in southern California. To stay cool, the City offers a cooling center at the Garden Grove Sports and Recreation Center for the public whenever temperatures reach or exceed 95 degrees (see page 4). The Senior Center also offers extended hours when the heat turns up. Seniors can come enjoy the cool air and the lounge areas. For more information and hours of operation, contact the front desk.

The Center will be hosting its 4th annual Older Adult Resource Fair. The event is 70's themed and will include free resources, class demonstrations, free health screenings, music, and free lunch for the first 100 attendees. So, "boogie on down to Resource Town" on September 25, 2024.

October is full of spooky surprises. Please join us for a scary movie day, Costume Karaoke, and a Halloween Dance Party. See pages 17-19 for more details.

Take care and stay cool,

Gabi
Human Services Supervisor



The mission of the Community Services Department is creating and celebrating a healthy and vibrant community.

Important Phone Numbers

City of Garden Grove Directory / Important Numbers

<u>Agencies/Services</u>	<u>Phone Number</u>	<u>Email/Website</u>
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
O.C.T.A. Access	(714) 220-0224 (714) 636-7433	www.octa.net
Social Security Administration	(800) 772-1213	www.ssa.gov
Medi-Cal	(800) 281-9799	www.ssa.ocgov.com/health-care-
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

Older Adult Community Resources

AGENCY	SUPPORTIVE SERVICES OFFERED	PHONE NUMBER
Adult Protective Services-Orange County Social Services	Adult Protective Services (APS) is a program designed to prevent and remedy the abuse, neglect, or exploitation of elders and dependent adults who have been harmed or are at risk of harm.	(800) 451-5155 APS EMERGENCY AVAILABLE 24 HOURS
Council on Aging ReConnect Program	Program offers short-term comprehensive services to OC residents who are experiencing emotional challenges and overall health barriers, particularly those appearing later in life.	(714) 479-0107 Monday to Friday 8 AM to 6 PM
Family Caregiver Resource Center Orange County	Providing supportive services to families coping with physical, emotional, and financial responsibilities of caregiving. Services include family consultation, assessment, and care planning.	(800) 543-8312
In Home Support Services-Orange County Social Services Agency	Eligibility: must be 65 or older, disabled, or blind and must be living at home. Must meet financial eligibility criteria for Medi-Cal, and must be unable to live at home safely without IHSS services.	(714) 825-3000
Office on Aging Information & Resources	Info on shelters, housing, affordable rental housing, senior apartments, nursing homes, and board & care homes. Older adult disability resources: hearing, motion (balance loss), and vision. www.officeonaging.ocgov.com/resources	(800) 510-2020
Orange County Older Adult Services	Mental health and crisis services.	(714) 972-3700

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 of 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.



CENTER ANNOUNCEMENTS

- Resource Fair:
 - Wednesday, September 25, 2024
10:00 a.m. - 1:00 p.m.
- Movie Day:
 - Tuesday, October 15, 2024
9:00 a.m. - 11:00 a.m.
- Halloween Karaoke:
 - Tuesday, October 29, 2024
9:30 a.m. - 11:00 a.m.
- Halloween Dance:
 - Tuesday, October 29, 2024
4:30 p.m. - 7:30 p.m.

◆
- Fit Body Fit Mind will remain on break and will return on Thursday, October 17, 2024.

GOOD MORNING...



It's time for

Bracken's Kitchen Breakfast!



Bracken's Kitchen is now offering
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 and stress and enhances mental capacity.



CHAIR YOGA

Days: Wednesdays & Fridays

Fall Session: 8/21/2024 - 12/6/2024

Time: 10:00 a.m. to 11:15 a.m.

Instructors:

Wednesdays: Paloma from Santa Ana College

Fridays: Amy from Santa Ana College

Class Description:

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



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.



HEALTH EDUCATION

Days: September 24th and October 22nd

Time: 2:30 p.m. to 3:30 p.m.

Instructor: Julia from HOAG

Class Description:

Join us for a comprehensive health class designed to empower and educate participants on various aspects of health and wellness.



PRACTICAL COMPUTER AND INTERNET SKILLS

Day: Tuesdays

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

Instructor: Carmen Johnson from Santa Ana College

Class Description:

Learn essential computer skills and how to use the internet effectively. The course provides hands-on practice and practical tips for using technology in everyday life.



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 to help maintain strength and mobility for overall health and wellness.



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.

***Will return October 17, 2024**



FITNESS FUSION

Day: Thursdays

(8/22/2024 - 10/10/2024)

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

Instructor: Amy from Santa Ana College

Class Description:

Join us for an hour of movement and fun. Get ready to sweat, move to great music, and leave feeling energized and accomplished!





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:

Join us for a cozy gathering of crochet and knitting enthusiasts. Whether you're a seasoned pro or just starting out, you'll find a welcoming community to share your passion for yarn and creativity.

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, also called pinocle or penuchle, is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck.

***Schedule subject to change.**

CRAFT DAYS



Days: Monday, September 23 and October 14

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

Activity Lead: Alice

Activity Description: Join Alice as she teaches how to create a one-of-a-kind craft that you can use to 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 in on some creative time with friends to paint and create your own art. You may bring your own materials, but the instructor can provide information on where to purchase them.

MOVIE DAY



Day: Tuesday, October 15, 2024

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

Movie Description: *Please call the center for more information.



COOLING CENTER

When temperatures reach or exceed 95 degrees Fahrenheit, the community may find relief from the heat at the local cooling center below:

Garden Grove Sports & Recreation Center

13641 Deodara Drive,

Garden Grove, CA 92844

For hour of operation, call (714) 889-5783

For more information, visit
ggcity.org/cooling-center.

You may also call 2-1-1- for additional
cooling center locations

****Please see senior center staff to inquire if the
senior center will extend hours until 5 p.m.**



Relax and Unwind with

CHAIR YOGA



Wednesdays and Fridays

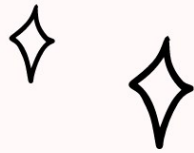
10:00 AM to 11:15 AM

FALL SESSION:
August 21, 2024 - December 6, 2024
sccollege.edu/olderadults

**Please call the H. Louis Lake Senior Center
for questions and to register.**

714-741-5253

Join us for Yarn Club Fridays 9:00 AM - 10:00 AM



Welcome to our club for
crochet and knitting
enthusiasts! Whether
you're a beginner or an
experienced crafter, this
is the perfect place to
share your love for yarn.



Please call the
H. Louis Lake Senior Center
for questions and to register.
714-741-5253

Health Education Classes

Living Our Best Life with Purpose

Please join us for this complimentary interactive health class.
Topics Include Prevention and Best Management of
Chronic Disease and Lifestyle Related Illness.



WHEN: Tuesday, September 24, 2024
Tuesday, October 22, 2024

WHERE: H. Louis Lake Senior Center

Health Education: 2:30 p.m. - 3:30 p.m.

Register prior to class at 714-741-5253

Together let's discover healthy life-giving behaviors!

Presented by Julia Teal, RN, PHN, CHWC
Hoag Community Nurse Navigator
Julia.teal@hoag.org

hoag.
Community
Health

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



**Singing Seniors
KARAOKE
DAY!**

**Tuesday,
September 24**

**TIME:
9:30AM - 11:00AM**

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

For more information please call (714) 741-5253





BIRTHDAY

Celebration

Join us every last
Wednesday of the month for
a slice of cake during our
monthly birthday
celebration!

Starting at 11:15 AM



Older Adult Resource Fair

**Wednesday,
September 25, 2024
10 am - 1 pm**

Put on your best 70s attire and *boogie on down to resource town* where we will have opportunity drawings, music, and community resources!

Vaccine clinic and screenings will also be available!

Free lunch for the first 100 seniors registered!

**Community Meeting Center
11300 Stanford Ave.
Garden Grove, CA 92840**

**Call the center at (714) 741-5253 for
information.**



MOVIE Day

TUESDAY,
OCTOBER 15, 2024
9:00 A.M. - 11:00 A.M.

11300 STANFORD AVE, GARDEN GROVE, 92840

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



COSTUME KARAOKE

**TUESDAY,
OCTOBER 22, 2024
9:30 A.M. - 11:00 A.M.**

Join us for a
morning of frightful
fun and fabulous
costumes! Coffee
and snacks will be
provided!

**Call the center for more
information
(714) 741-5253**

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



HALLOWEEN DANCE PARTY



Cost is \$15 per person, includes music, dinner, and costume contest!

Tuesday, October 29, 2024
4:30 p.m. - 7:30 p.m.

Call the center at (714) 741-5253 for any questions and more information.

**** Payment must be made at the time of R.S.V.P. to secure your spot****



Saimi Hayes



On August 8, 2024 the H. Louis Lake Senior Center honored the memory of Saimi Hayes, a beloved employee and dedicated advocate for seniors in Garden Grove. Saimi deeply cared for this center and the seniors who considered it a second home. She served all who entered with joy, laughter, and compassion. A plaque in her honor has been placed in the dining room for all to remember her legacy and dedication to our senior community.



BOUTIQUE CRAFTERS WANTED



Saturday, December 7, 2024

3:00 p.m. - 7:00 p.m.

Village Green Park, 12732 Main St. Garden Grove

- ❄️ Handmade Items
- ❄️ Jewelry
- ❄️ Floral Decorations
- ❄️ Wreaths
- ❄️ Ceramics/Pottery
- ❄️ Purses/Handbags
- ❄️ Soaps/Oils/Lotions
- ❄️ Candles and more!



**Applications will be accepted now until
Friday, November 8, 2024**



For more information and to inquire about the application, policy, and waivers, please visit ggcity.org/winterinthegrove and/or call 714-741-5360.



BLACK FRIDAY — GOES — BiGG

WITH CHANCES TO WIN

Shoppers who save their Garden Grove receipts from Black Friday, November 29 through Thursday, December 19 can win "BiGG" while supporting local businesses.

Visit ggcity.org/big/blackfriday or gardengrovechamber.com.



EXPLORE

Diverse classes designed for individuals of all ages to learn new skills, gain new friends, and stay active.



Garden Grove
PARKS & RECREATION GUIDE
GGPARKSANDREC.COM

Fall 2024

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

**In collaboration
with/ En
colaboración con:**

H. Louis Lake
SENIOR CENTER

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



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.

September 25, 2024 - 1:00 PM - 3:00 PM
October 23, 2024 - 1:00 PM - 3:00 PM





FREE DENTAL SCREENINGS



DATE: Wednesday, September 25, 2024 at the H. Louis Lake Senior Center

TO THANK YOU FOR PARTICIPATING IN OUR SURVEY YOU WILL BE PROVIDED:



FREE Toothbrush



FREE Toothpaste



FREE Floss



FREE Denture Brush



FREE Denture Adhesive

ABOUT US

In an effort to improve oral health, the Center for Oral Health is partnering with the Delta Dental Community Foundation to conduct a comprehensive needs assessment to evaluate the oral health status of older adults in the state of California. This study will examine the oral health of over 3,000 Californians aged 65 and older residing in skilled nursing, long-term care facilities, meal sites, and senior centers.



Telephone :
619.823.2699

Email :
tturner@tc4oh.org

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.

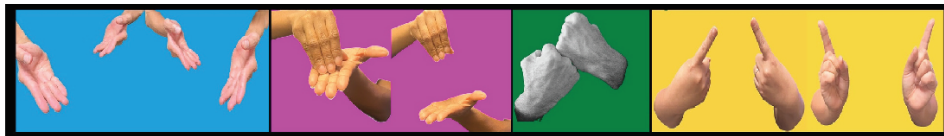
We offer free services to people of all ages and all disability types.



Scan for Referral Link

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:

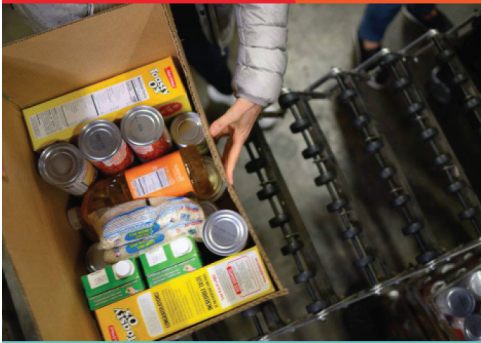
"Access and equity by, and for, people with disabilities and older adults."

Contact Us:

- ☎ 714-621-3300
- 🌐 www.daylemc.org
- 📍 501 N. Brookhurst Street #102
Anahiem, CA 92801



FREE FOOD FOR SENIOR CITIZENS (60 YEARS AND OLDER)



Each eligible person receives a box of food weighing approximately 32 pounds, including cereal, juice, peanut butter, milk, canned veggies, fruit, soup, milk and cheese.

Income Guidelines:

Household Size	Maximum Income
1 Senior	\$2,266 per month
2 Seniors	\$3,052 per month
3 Seniors	\$3,840 per month



QUALIFIED PEOPLE WILL RECEIVE FOOD THE SAME DAY



BRING YOUR PHOTO ID WITH YOU

Distribution Sites:

Orange County	LA County	Riverside County
Anaheim	Hawaiian Gardens	Mead Valley
Buena Park	Long Beach	Meniffee
Costa Mesa	Norwalk	Mira Loma
Cypress	Santa Fe Springs	Riverside
Garden Grove	Whittier	
Huntington Beach		
Irvine		
La Habra		
Laguna Hills		
Los Alamitos		
Midway City		
Orange		
Placentia		
San Clemente		
Santa Ana		
Seal Beach		
Tustin		
Westminster		



For a site near you, please contact:
714-667-0717

USDA is an Equal Opportunity provider and employer.

www.capoc.org



PUMPKIN CUPCAKES WITH CREAM CHEESE FROSTING

SERVINGS: 24 CUPCAKES

COOKING TIME: 40 MIN

INGREDIENTS

- 1 18.5-ounce box yellow cake mix
- 1/2 teaspoon pumpkin pie spice
- 1 15-ounce can pumpkin puree
- 2 8-ounce bars cream cheese, at room temperature
- 2 cups confectioners sugar
- 24 pieces candy corn

DIRECTIONS

1. Heat oven to 350° F. Line two 12-cup muffin tins with paper liners. Prepare the cake mix as directed but with the following change: Add the pumpkin pie spice and substitute the can of pumpkin puree for the water called for in the package directions.
2. Divide the batter among the prepared muffin tins and bake until a toothpick inserted into the center of a cupcake comes out clean, 18 to 22 minutes. Let cool.
3. Meanwhile, using an electric mixer, beat the cream cheese and sugar until creamy. Spread on the cupcakes and top each with a piece of candy corn.

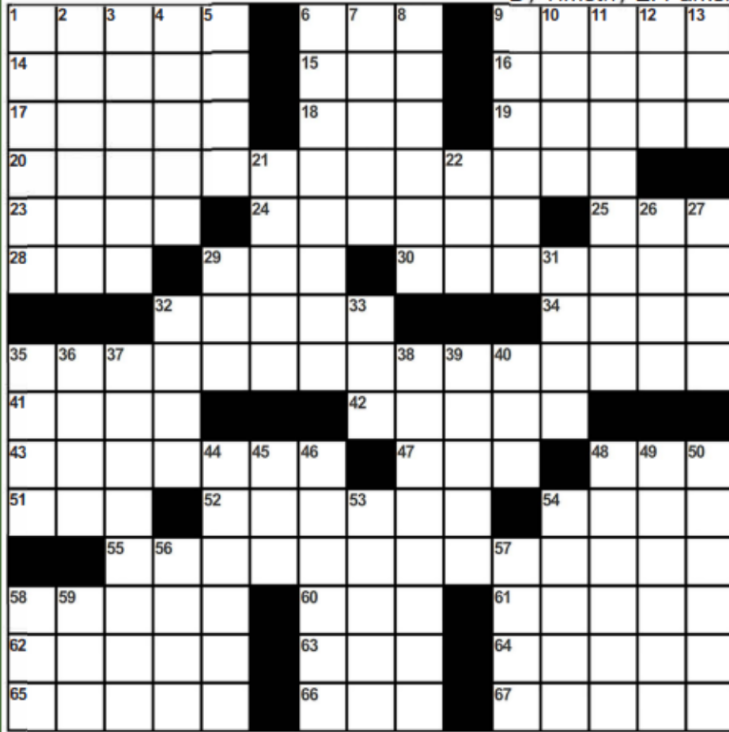
SOURCE

<https://www.realsimple.com/food-recipes/browse-all-recipes/pumpkin-cupcakes-with-cream-cheese-frosting>

Crossword Puzzle

KITCHEN PREP

By Timothy E. Parker



DOWN

- 1) Ordered around
- 2) Early NASA program
- 3) Hotdog topper, sometimes
- 4) Knee steadier
- 5) Dress in India
- 6) Tormenting incessantly
- 7) Some things to climb
- 8) Accounting minuses
- 9) Smartphone feature
- 10) Impressionist
- 11) South American capital city
- 12) He had a salty wife
- 13) Annapolis grad's rank, briefly
- 21) Baseball legend Ryan
- 22) Still in its original packaging
- 26) "Buffalo" Bill
- 27) Some farm females
- 29) Singer DiFranco
- 31) Bowling green?
- 32) Anything on a list
- 33) Emulate a tide
- 35) ___-Cola
- 36) Certain Jamaican fruit
- 37) Some British transports
- 38) Everyday
- 39) Pulling even with
- 40) Possessed
- 44) Places of residence
- 45) Barely beat
- 46) Talking points
- 48) Oklahoma athlete
- 49) Chant
- 50) Debonair
- 53) Kind of wave
- 54) Hold responsible
- 56) Take cover
- 57) Divulge a secret
- 58) Not outgoing
- 59) Little piggy

ACROSS

- 1) Cutting comments
- 6) Impressive degree, briefly
- 9) Monthly bill, for many
- 14) "Nixon In China," for one
- 15) Bit of deception
- 16) Barbecuer's cover-up
- 17) Type of battery
- 18) Priestly garb
- 19) Butcher's stock in trade
- 20) Tough chances for outfielders
- 23) "If all ___ fails ..."
- 24) Expulsion from office
- 25) Rocks in a bar
- 28) Comment from Homer Simpson
- 29) "When We Were Kings" hero
- 30) Finish a Big Gulp
- 32) Absurd
- 34) Assistant
- 35) Like an equivocal sword?
- 41) Shrek, e.g.
- 42) "Summer of '69" singer Adams
- 43) Forcefully urgent
- 47) Performed
- 48) "Dear" man
- 51) Prepare to fire
- 52) A B vitamin
- 54) ___ fide
- 55) Butcher's tool
- 58) Sedate
- 60) Actress Lupino
- 61) Hawaiian island
- 62) Multitude or throng
- 63) Elevator unit
- 64) Words of agreement on Sundays
- 65) Toadies' chorus
- 66) Cunning
- 67) Bed on board



By Timothy E. Parker

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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

