





September 2024

Updated
9/05/2024

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

<p>2</p> <p>SORRY! WE'RE CLOSED</p> <p>For Labor Day</p>	<p>3</p> <p>9:00am-10:00am Bracken's Breakfast 9:00am-11:00am Practical Computer & Internet Skills 11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Balance & Mobility</p>	<p>4</p> <p>9:00am-10:00am Words of Wisdom 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle</p>	<p>5</p> <p>9:45am-11:15am Bingo  11:30am-12:30pm MoW Lunch Café NO Fit Body Fit Mind 1:30pm-2:30pm Balance & Mobility 1:30pm-2:30pm Fitness Fusion</p>	<p>6</p> <p>9:00am-10:00am Yarn Club 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm ESL 1:30pm-3:00pm Line Dancing</p>
<p>9</p> <p>10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics</p>	<p>10</p> <p>9:00am-10:00am Bracken's Breakfast 9:00am-11:00am Practical Computer & Internet Skills 11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Balance & Mobility</p>	<p>11</p> <p>9:00am-10:00am Words of Wisdom 9:00am-10:00am Mejor Juntos 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle</p>	<p>12</p> <p>9:45am-11:15am Bingo  11:30am-12:30pm MoW Lunch Café NO Fit Body Fit Mind 1:30pm-2:30pm Balance & Mobility 1:30pm-2:30pm Fitness Fusion</p>	<p>13</p> <p>9:00am-10:00am Yarn Club 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm ESL 1:30pm-3:00pm Line Dancing</p>
<p>16</p> <p>10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics</p>	<p>17</p> <p>9:00am-10:00am Bracken's Breakfast 9:00am-11:00am Practical Computer & Internet Skills 11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Balance & Mobility</p>	<p>18</p> <p>9:00am-10:00am Words of Wisdom 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle</p>	<p>19</p> <p>9:00am - 3:30pm CHIOC  9:45am-11:15am Bingo 11:30am-12:30pm MoW Lunch Café NO Fit Body Fit Mind NO Balance & Mobility 1:30pm-2:30pm Fitness Fusion</p>	<p>20</p> <p>9:00am-10:00am Yarn Club 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm ESL 1:30pm-3:00pm Line Dancing</p>
<p>23</p> <p>No Tai Chi 10:00am-11:00am Craft Class 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics</p>	<p>24</p> <p>9:00am-10:00am Bracken's Breakfast 9:00am-11:00am Practical Computer & Internet Skills 9:30am-11:00am Karaoke 11:30am-12:30pm MoW Lunch Café 1:30pm-2:30pm Balance & Mobility 2:30pm-3:30pm Hoag Health Class</p>	<p>25</p> <p>9:00am-10:00am Words of Wisdom NO Mejor Juntos 10:00am-1:00pm Resource Fair 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</p>	<p>26</p> <p>9:45am-11:15am Bingo  11:30am-12:30pm MoW Lunch Café NO Fit Body Fit Mind 1:30pm-2:30pm Balance & Mobility 1:30pm-2:30pm Fitness Fusion</p>	<p>27</p> <p>9:00am-10:00am Yarn Club 10:00am-11:15am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm ESL 1:30pm-3:00pm Line Dancing</p>

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10:00am-11:00am Tai Chi
11:30am-12:30pm MoW Lunch Café
1:00pm-3:00pm Paint Ceramics

What's New

- **RESOURCE FAIR ON THE 25TH**
- **Fit Mind Fit Body has been replaced with Fitness Fusion until October 17th**
- **Chair Yoga time has changed to start at 10:00am; There's a new instructor on Fridays for the class**