




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
1  9:00am-10:00am Meior Juntos 10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics 1:00pm-3:15pm Practical Computer Skills	2 9:00am-10:00am Bracken's Breakfast 9:30am-11:00am Self Defense 10:00am-11:00am Meior Juntos 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility	3 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle	4 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility 1:30PM-2:45PM Aerobic Training	5 9:00am-10:00am Yarn Club 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:30pm-3:00pm Line Dancing
8 9:00am-10:00am Meior Juntos 10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics 1:00pm-3:15pm Practical Computer Skills	9 9:00am-10:00am Bracken's Breakfast 9:30am-11:00am Self Defense 10:00am-11:00am Meior Juntos 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility	10 9:00am-11:00am Legal Aid 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle 	11 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility 1:30PM-2:45PM Aerobic Training	12 9:00am-10:00am Yarn Club 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:30pm-3:00pm Line Dancing
15 9:00am-10:00am Meior Juntos 10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics 1:00pm-3:15pm Practical Computer Skills	16 9:00am-10:00am Bracken's Breakfast 9:30am-11:00am Self Defense 10:00am-11:00am Meior Juntos 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility	17 9:30am-11:30am CalOptima PACE Program 10:15am-11:30am Chair Yoga 11:15am-11:30am Birthday Celebration 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle	18  9:00am-2:30pm - CHIOC 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility 1:30PM-2:45PM Aerobic Training	19 9:00am-10:00am Yarn Club 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:30pm-3:00pm Line Dancing
22 9:00am-10:00am Meior Juntos 10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics 1:00pm-3:15pm Practical Computer Skills	23 9:00am-10:00am Bracken's Breakfast 9:30am-11:00am Self Defense 10:00am-11:00am Meior Juntos 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility	24 10:00am-1:00pm Resource Fair 10:15am-11:30am Chair Yoga 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Pinochle	25 9:45am-11:15am Bingo 10:00am-11:00am Mat Yoga 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility 1:30PM-2:45PM Aerobic Training	26 NO Yarn Club NO Chair Yoga 11:30am-12:30pm MoW Lunch Café NO Line Dancing
29 9:00am-10:00am Meior Juntos 9:00am-10:30am GGPD Presentation 9:00am-11:00am Fair Housing Foundation Clinic 10:00am-11:00am Tai Chi 11:30am-12:30pm MoW Lunch Café 1:00pm-3:00pm Paint Ceramics 1:00pm-3:15pm Practical Computer Skills	30  9:00am-10:00am Bracken's Breakfast 9:30am-11:00am Karaoke 9:30am-11:00am Self Defense 10:00am-11:00am Meior Juntos 11:30am-12:30pm MoW Lunch Café 12:00pm-1:00pm Caring Connections 1:30pm-2:30pm Balance & Mobility	What's New <ul style="list-style-type: none"> • Aerobic Training begins • Practical Computer Skills has been added for the semester term • Legal Aid is now on the 2nd Wednesday of every month • GGPD presentation & Fair Housing Foundation Clinic this month • RESOURCE FAIR on SEPTEMBER 24th 		