

Care Connections Network

AGING. BETTER.



(714) 962-9346

www.CareConnectionsNetwork.org

September 2021

Lifelong Learning Program

Join us for this special series of presentations designed to spark your mind!

Mixed Media Painting

Friday, September 24
from 5:00pm – 8:00pm

Join local artist Elizabeth Jewell Butterfield for an exhibition of this artistic technique. Her passion and imagery expressed through art creates wonderful images that she loves to share with others. Her creations are done by tearing paper. She then adds acrylic paint for highlights and shadows and finish with a fine line pen.

A light dinner will be served following the presentation

Call the CCN office to register

Save the Date!

Our next Lifelong Learning Program event is
Saturday, October 9 at 4:00pm.

Join us for a presentation from veteran lifeguard and author Ed Vodrazka. He will share stories of heroism and bravery from his recent book.

Educational Seminar



Join us to learn more about

Common Hand Problems

Thursday, September 16 at 11:30am

Bercaw Hall, Lutheran Church of the Resurrection
9812 Hamilton Avenue, Huntington Beach

Hand function decreases with age in both men and women, especially after the age of 65. Learn ways to improve your hand health and function. Certified hand surgeon Dr. Ying Chi will be here to answer your questions.

Dr. Chi is a double board-certified orthopedic hand surgeon. She believes the relationship between patient and the surgeon is the foundation of any treatment process, and she takes a hands-on approach to patient care.

There is no charge for the seminar or for lunch,
and all are welcome!

Call the CCN office to register

Together Again Fall Community Festival

Saturday, September 25
10:00am – 2:00pm

At the Senior Center in Central Park
18041 Goldenwest St, Huntington Beach

Join us at this resource fair and festival celebrating aging! *Together Again* will feature senior service providers, as well as groups and organizations making a difference in our community. Special presentations will be offered. *Together Again* will give us a chance to reconnect with old friends and learn about new resources and opportunities for growth. Be sure to stop by and visit us at the CCN table!



The Aquarium of the Pacific will open its doors for free to people aged 50 and above on Seniors Day!
Enjoy special exhibits and presentations!

Monday, October 4
8:30am – 1:30pm

This event is free to ages 50 and over with a valid photo ID.
Reservations are required, and capacity is limited.
The event will sell out quickly.

Call the aquarium now to register at (562) 590-3100, ext. 0.

SoFi Stadium Tour!

Tuesday, September 14

9:45am – 3:00pm

SoFi Stadium is a state-of-the-art sports and entertainment destination that is the home of the Chargers and the Rams.

We travel by chartered motorcoach, arriving for a 1-hour guided tour. We will also enjoy an additional 1 ½-hour self-guided tour of the locker rooms, tunnel, and field. Photo opportunities are included, as well as a \$15 credit to purchase lunch at the stadium or treasures in the gift shop.

\$65 for CCN members / \$75 for non-members

The tour leaves at 9:45 from Lutheran Church of the Resurrection, 9812 Hamilton Avenue, Huntington Beach

Space is limited. Call the CCN Office to Register



We are continuing to assemble care bags of supplies to support Wound Walk OC.

Interested in helping? We need you!

Donations to support the monthly supply cost of \$350 are greatly appreciated. Please call the CCN office if you can help. We are also looking for volunteers to assemble bags on Thursdays at 1:00 two times a month.

Regular CCN Events

All meet at
Lutheran Church of the Resurrection

Game Day

Thursday, September 2 from 1:00pm – 3:00pm

Chair Yoga

Monday mornings at 8:45am
\$10 for CCN members \$12 for non-members

Taiko Drum

Mondays at 1:00pm

Mahjong

Wednesdays at 1:00pm

Paper Rollers

Thursdays at 9:00am

CCN Japanese Language Seminar

日本語セミナー

9月28日土曜日午前11時

Tuesday, September 28 at 11AM

「脳の健康に役立つ運動」

Exercises for Brain Health

運動は脳の健康を保つ為にも役立ちます。認知症の発症リスクを下げたり、例えば発症したとしても症状の進行を遅らせることが期待できます。運動強度は軽め、イス座位と立位での運動があります。

Learn about exercises for brain health that help reduce the risk of developing symptoms or slow the progression of dementia. The exercises are low intensity, including seated position and standing position.

運動後、一緒にランチを楽しみましょう。人数に制限がありますので申し込みはお早めをお願いします。

申込: 電話 714.962-9346、email: fumiliang@gmail.com

Register by calling the CCN office or
email to fumiliang@gmail.com



Sunday, October 10 from 9:00am – 12:00pm

Bercaw Hall

Lutheran Church of the Resurrection
9812 Hamilton Avenue, Huntington Beach

There are many vaccine options available including the so called "senior dose," which provides a higher level of antigen and protection against the flu. This year, CCN will be offering both the senior dose and the regular dose. If you have any concerns regarding which vaccine is recommended for you, please consult with your physician.

Speak to your doctor before getting a flu shot if you are allergic to eggs, have a history of Guillain-Barre Syndrome or have had a serious reaction to a flu shot. Flu shots will not be given to pregnant women, children under the age of nine or to anyone who is ill.

Questions? Call the CCN office
This event is made possible by Hoag Hospital