

Care Connections Network

AGING. BETTER.

(714) 962-9346

www.CareConnectionsNetwork.org



April 2021



Tuesday, April 27 at 12:00

Alta Laguna Park
3299 Alta Laguna Blvd, Laguna Beach

Alta Laguna Park is a beautiful place with amazing canyon and ocean views. Join us to enjoy a boxed lunch in this beautiful park. Picnic tables are provided. Spend time walking on the trails or bring your favorite game to play with the group.

Lunch is \$10
(pay at the park)

You must register by 4/23
by calling the CCN office at 714/962-9346 or
email to cross.ccn@hotmail.com

Educational Seminar



Join us online for

Pike's Ponderings

Thursday, April 15 at 1:00pm

<https://us02web.zoom.us/j/81935729145?pwd=TWVUNzIiWktRQk9JSHNNRkFISkhkUT09>

Pastor James Pike presents our April seminar. The topic will be of his choosing. So, what will it be? Join us to find out. We could discuss anything from philosophy to stand up comedy. Whatever the topic, it will be delightful!

Zoom Meeting ID: 819 3572 9145
Password: 540943



Online Japanese Language Seminar

Stress Busters

A Review of the Five-Step Method

Thursday, April 29 at 1:00pm

CCN 4月の日本語プログラム

10週間に亘って英語で行われた“ストレス対策法 5つのステップ”を日本語で最初から復習します。

10週間出席された皆さんが中心となって、
実際のストレス体験談を交換しながら
一緒に楽しく考えましょう。

初めての方も、1～2回参加された方も、大歓迎です。
目的は、「いかに日々の生活を楽しく送るか」です。

日時：4月29日木曜日午後1時から
セミナー進行係：英美 Liang

Meeting ID: 980 6095 9451
Passcode: 603955

<https://zoom.us/j/98060959451?pwd=L0ZPcnAzQzZHU2JLd04zMkNTdGVZdz09>

CCN Chair Yoga With Lakshmi Voelker



We are back in person!

Monday mornings at 8:45am
beginning April 5

Bercaw Hall
Lutheran Church of the
Resurrection

Cost is \$10 for CCN members
\$12 for non-members

Purchase a 4-pack of classes
directly from Lakshmi

Carolyn's Corner

Local Activities for Getting Out of the House!

If you can't join us for the picnic, or if you are looking for more ideas on outdoor activities, consider these opportunities to spend some time exploring on your own. Here are some ideas.

Take a picnic or just go for the sunset on the bluffs above Corona del Mar State Beach at 3001 Ocean Blvd., Corona del Mar. Street parking is available.

Enjoy nature at the Fullerton Arboretum, 1900 Associated Road, Fullerton.
Currently closed, but hopefully opening soon. Check their website at fullertonarboretum.org. 30-minute drive.

Visit the redwood grove in Carbon Canyon Regional Park at 4442 Carbon Canyon Road, Brea. Follow the Redwood Trail signposts on an easy 1.1-mile nature trail from the park's eastern parking lot. \$3 for parking. 35-minute drive. Check the website for more information at ocparks.com/parks/carbon-canyon.

Whatever you choose to do, think of CCN and how great it's going to be when we can all be together again.
Be sure to get your vaccination, wear your mask, and don't get too close to people!

Love to all of you,
Carolyn Carter