



CCN Updates – May 2018

- **Game Day!** Don't forget to join us the first Thursday of every month for an afternoon of fun playing your favorite games! All are welcome. Bring a game and a snack to share with the group. We meet Thursday, **May 3 from 1:00 – 3:00pm** in Bercaw Hall, Lutheran Church of the Resurrection.
- Due to a scheduling conflict, the May Educational Seminar has been rescheduled to August. Check back for more details.
- Did you sign up for the **Japanese Brush Painting Workshop**? We meet **Tuesday, May 8 at 1:00pm** in Bercaw Hall at Lutheran Church of the Resurrection, 9812 Hamilton Avenue, Huntington Beach.
- CCN will participate in the **31st Annual Pacifica Synod Assembly** in Palm Desert May 18 – 19. We will have a display table and are excited to share the Village concept with others interested in serving older adults.

Care Connections
Network &
Alzheimer's Family
Center present...

Aging Together Conference

SATURDAY, JUNE 2

10:00 am – 1:00 pm

Location: Lutheran Church of the Resurrection
9812 Hamilton Avenue, Huntington Beach, CA 92646

Don't Miss These Special Presentations To Improve Body and Mind!

10:15-10:35 Chair Yoga

Presented by Linda Turner, 500 RYT

11:00-11:20 Mindful Meditation

Presented by Judy Osuna, Community Outreach and
Education Manager, Alzheimer's Family Center

12:00-12:20 Walk Better with Nordic Poles

Presented by Dr. Gerred Popejoy, Director and Founder,
Nordic Walking Nations

These sponsoring exhibitors will be in attendance. Visit their tables for important resources and health education and to qualify for our raffle!



Garden Tour & Brunch Sunday, May 6th

Begin with brunch at Mimi's Restaurant
at 11:30 and then enjoy the
Mary Lou Heard Memorial Garden Tour

"Real Gardens for Real People"

This annual self-guided tour is hosted by
real gardeners who generously consent to
share their personal creations.

Brunch is at your own expense.

The tour is free although donations are
accepted and given to the Sheepfold, a
shelter for women in crisis and their children.

Mimi's Restaurant

18461 Brookhurst Street, Fountain Valley

Call the office for info and to register

at 714.962.9346

