

# Care Connections Network

AGING. BETTER.



(714) 962-9346

[www.CareConnectionsNetwork.org](http://www.CareConnectionsNetwork.org)

October 2021

## Lifelong Learning Program

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

### Stories from Sea Level

Saturday, October 9 at 4:00pm

Lutheran Church of the Resurrection  
9812 Hamilton Avenue, Huntington Beach

Join us for a presentation from veteran lifeguard and author Ed Vodrazka. Ed is an engaging and entertaining speaker who will share stories of heroism and bravery gleaned from his five decades of lifeguarding. He will offer us insights and provide a new appreciation of the responsibilities, joys, and challenges of lifeguarding.

We will enjoy a potluck dinner following the presentation. Please bring a dish to share.

Call the CCN office to register

## Jewelry Making

Thursday, November 11

1:00pm – 3:00pm

Spend your afternoon creating earrings, bracelets, and pendants. Jennie Austin will share her time and talent as she leads us as in this class.

There is a \$10.00 supply fee for this event, and you must pre-register by calling the CCN office or email to [cross.ccn@hotmail.com](mailto:cross.ccn@hotmail.com).



### Educational Seminar



Join us to

### Drum for Fun!

Thursday, October 21 at 11:30am

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

Drumming is good for the mind, body and spirit. Benefits include positive effects on mental, physical, social and emotional well-being. No musical or drumming experience is necessary. Join us to drum for fun!

Our presenter is CCN member, musician, and instructor Don Balser.

There is no charge for the seminar or for lunch, and all are welcome! Call the CCN office to register.

EAT, DRINK & BE SCARY!

JOIN US FOR A  
CARE CONNECTIONS NETWORK  
HALLOWEEN PARTY

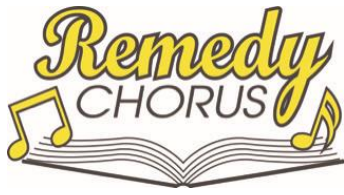
Saturday, October 30  
at 5:00pm

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

This event is free to CCN members  
Non-members are welcome to attend for \$25

R.S.V.P. by October 20 to Carolyn Ross  
at [cross.ccn@hotmail.com](mailto:cross.ccn@hotmail.com) or by calling the  
CCN office at 714/962-9346

Costumes  
Encouraged!



Remedy Chorus is an after-school youth choir for ages 11-14. Students practice sharing and listening to stories through music.

CCN is privileged to partner with this amazing group! We will be sharing our stories and connecting with the students through music. Meetings will focus on relationship building and fun, and we will learn a song to sing together at the November concert.

### Schedule

Meet and greet with time to share stories  
Tuesday 10/12 from 4:30-6:30pm

Choir Rehearsal 1  
Tuesday 10/26 from 4:30-6:30pm

Choir Rehearsal 2  
Tuesday 11/9 from 4:30-6:30pm

Concert  
Saturday 11/20 from 3:00-5:00pm

Cost to participate  
\$30 for CCN members \$40 for Nonmembers

Register by calling the CCN office



Sunday, October 10 from 9:00am – 12:00pm  
(or until the supply runs out)

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

There are many vaccine options available including the "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

### CCN Game Day

Thursday, October 7 from 1:00pm – 3:00pm

## MIND BOOSTER SERIES via Zoom

Are you concerned about memory loss?  
Do you want to keep your brain sharp as you age?  
Mind Booster was made for you!

Each class is from 10:00am-12:00pm on the following Tuesdays:  
10/5, 10/12, 10/19 and 10/26. The Zoom waiting room will open at 9:50am each week. You must pre-register by calling 949/441-1348 or by visiting [www.scvillage.org](http://www.scvillage.org).

### FREE MEMORY CHECKUPS

▪ by Phone or via Zoom ▪

Alzheimer's Family Center recommends everyone age 50 and older get a yearly "Check up from the neck up." Your results and information will be kept completely confidential. Please call (657) 200-5244 if you want more information or to schedule an appointment Monday through Friday.

### Caregiver Support Group

▪ All Family Caregivers are Welcome ▪

If you are a caregiver for a loved one with Alzheimer's disease or another dementia, AFC offers a free support group via Zoom on Tuesdays from 4:00pm-5:00pm. RSVP to Judy Osuna at [JOsuna@afscenter.org](mailto:JOsuna@afscenter.org) to receive the Zoom link.

These events are offered  
by CCN community partner



## Huntington Beach Chamber of Commerce Ribbon Cutting Ceremony

Join us to celebrate CCN's membership in the HB Chamber of Commerce! Meet city leaders while enjoying a little food and fellowship. Appetizers and drinks will be served.

Wednesday, October 20  
at 4:00pm

The Courtyard  
Lutheran Church of the Resurrection  
9812 Hamilton Ave., Huntington Beach

Planning to attend?  
You must RSVP before October 10 by calling the CCN office or email to [cross.ccn@hotmail.com](mailto:cross.ccn@hotmail.com)