

Four Alzheimer's Club meetings will be held during 2016. The meetings will be held from 10 a.m. - 12 noon in Club House #3 - Dining Room #2. The meetings are free. Everyone is welcome to come and enjoy coffee, music, treats, discussion with other attendees, and sharing of information. The topic for each of the four sessions may focus on some of the following issues: dementia, harmonious relations, brain health, coping mechanisms and status on current research. Club meetings are for Laguna Woods residents and their guests.

2016 Meetings- Detail: Click on the date below for detail information.

Friday, January 8, 2016

844.373.4400 | www.alzoc.org

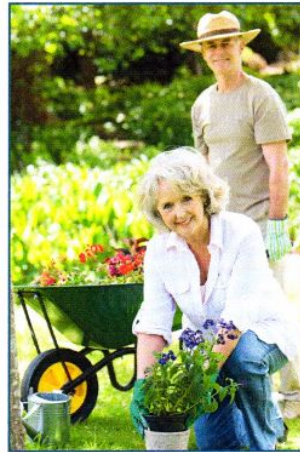
Alzheimer's
ORANGE COUNTY

Alzheimer's OC Club Laguna Woods Village

Join us for conversations about Alzheimer's disease, related dementias and healthy living.

Maintaining Brain Health as We Age

This class will cover the various strategies to keep the brain stronger for longer. Did you know that there are several modifiable risk factors that are highly correlated to brain health? Addressing these lifestyle factors can improve brain abilities and build up our cognitive reserve as we age.



Tonia Vojtkofsky, Psy.D.
President, Cognitive Care Solutions
Researcher, UCI MIND

Friday, January 8, 2016

10:00 a.m. – 12:00 p.m.

Alzheimer's OC Club Meeting and Information Session

23822 Avenida Sevilla, Clubhouse 3, Room 2
Laguna Woods, CA 92637

Light refreshments provided.
No cost to attend. Open to all.
RSVP REQUIRED: 844-373-4400



The Alzheimer's OC Club's mission is to increase awareness and understanding about Alzheimer's disease and related dementias, offer help to people affected, their caregivers and loved ones, and provide support to sustain and extend the programs of Alzheimer's Orange County.

Alzheimer's Orange County | 2515 McCabe Way, Ste. 200, Irvine CA 92614 | 949-955-9000

Friday, April 8, 2016

Event is open to Laguna Woods Village residents and their guests

844.373.4400 | www.alzoc.org

Alzheimer's
ORANGE COUNTY

Alzheimer's OC Club Laguna Woods Village

Join us for conversations about Alzheimer's disease, related dementias and healthy living.

The Neuroscience of Music & Dementia

Learn more about the brain activating and therapeutic power of music for people with and without dementia. Did you know people with dementia maintain musical ability and appreciation, even late in the disease? Music can reduce anxiety, depression and agitation.



Joshua Grill, Ph.D
Director of Education
Institute for Memory Impairments and
Neurological Disorders (UCI MIND)

Friday, April 8, 2016

10:00 a.m. – 12:00 p.m.

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23822 Avenida Sevilla, Clubhouse 3, Room 2
Laguna Woods, CA 92637

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For more info: contact Club President, Sunshine Lutey
Phone: 949-278-6454; Email: SunshineLutey@gmail.com

Friday, August 12, 2016

Event is open to Laguna Woods Village residents and their guests only

844.373.4400 | www.alzoc.org

Alzheimer's
ORANGE COUNTY

Alzheimer's OC Club Laguna Woods Village

Memory Loss and Aging - Where We Stand and a Glimpse Into the Future

- Learn about the latest research updates and clinical trials in your area.
- Learn how to access to the latest technology and treatments not yet available to the general public.



Dr. Gustavo Alva, MD
Psychiatrist

Friday, August 12, 2016

10:00 a.m. – 12:00 p.m.

**Alzheimer's OC Club
Meeting and Information Session**
23822 Avenida Sevilla, Clubhouse 3, Room 2
Laguna Woods, CA 92637

**Light refreshments provided.
No cost to attend. Open to all.
RSVP preferred, but not required:
844-373-4400**

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For more info: contact Club President, Sunshine Lutey
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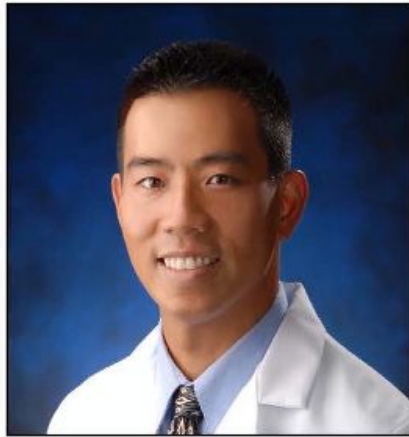
Event is open to Laguna Woods Village residents and their guests only

24/7 Helpline 844-HELP-ALZ (844-435-7259) | www.alzoc.org

Alzheimer's
ORANGE COUNTY

Alzheimer's OC Club, Laguna Woods Village

“Ask the Doc” - Bring your questions about dementia, Alzheimer's disease, behavioral challenges and memory Care



Steven Tam, MD
Associate Clinical Professor, Division
of Geriatrics, UC Irvine Health

Dr. Steven Tam will conduct an “Ask the Doc” session to answer your questions about:

- What changes when someone has Alzheimer's disease.
- How to cope with disease-related changes in personality and behavior.
- Challenges faced by families working with their doctors when a loved one has dementia.

Following a brief introduction to dementia, Dr. Tam will devote the entire time to answering your questions

Alzheimer's OC Club
Meeting and Information Session
23822 Avenida Sevilla, Clubhouse 3, Room 2
Laguna Woods, CA 92637

Friday, November 11, 2016
10:00 a.m. – 12:00 p.m.

Light refreshments provided.
No cost to attend. Open to all.
RSVP preferred, but not required: 949-757-3721

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