

Club Monthly Meetings 2017 - For Laguna Woods Residents and their guests only

Sunshine Lutey

Alzheimer's Club meetings will be held monthly during 2017. 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.

January 13, 2017

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

Join us for a conversation with Dr. Kent Peppard about the impact of healthy living on Alzheimer's disease and related dementias

This Class will cover the following:

- Various strategies to keep the brain stronger for longer
- Modifiable risk factors that are related to brain health
- Age related risks and threats to brain health.



Kent Peppard, Ph.D.
Clinical Psychologist

Friday, January 13, 2017

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:
949-757-3721

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

For more info: contact Club President, Sunshine Lutey Phone: 949.278.6454; Email: SunshineLutey@gmail.com

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

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ORANGE COUNTY

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Join us for a conversation with Allyson Lehrich of *Cognitive Care Solutions* as she outlines the components of a Brain Fitness program and actually leads you through some exercises.

What is Brain Exercise?

- The brain is not a muscle but it can function as one. When we exercise it, our brain gets stronger.
- To keep it strong, we need to keep challenging it regularly.
- Brain Exercise includes training the following skills: memory, reasoning, processing speed, concentrations and more.
- Trade your athletic shoes in for paper and pencil!

Friday, February 10, 2017

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

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Cognitive Care
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Friday, March 10, 2017

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

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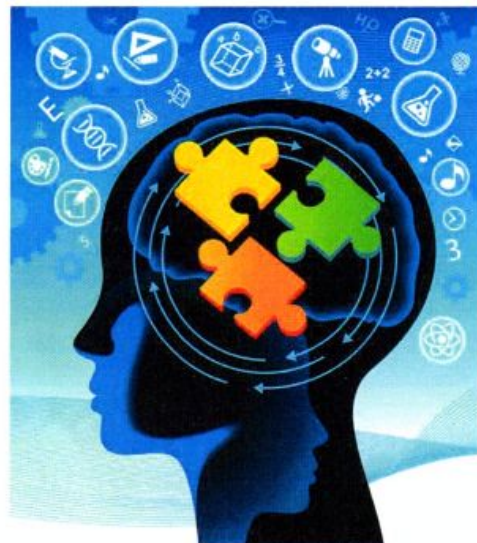
Alzheimer's
ORANGE COUNTY

Alzheimer's OC Club, Laguna Woods Village

Join us for a series of Brain Fitness exercise led by Cognitive Care Solutions

In this class you will be trained in the following skills:

- ✓ Memory
- ✓ Reasoning
- ✓ Attention & Concentration
- ✓ Word Naming
- ✓ Problem Solving
- ✓ Logical Sequencing
- ✓ Processing Speed
- ✓ Visual- Spatial Skills



Friday, March 10, 2017

10:00 a.m. – 12:00 p.m.

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ORANGE COUNTY

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Join us for a conversation with caregiver and educator Ben Allen as he shares from a caregiver's perspective on Compassionate Communication.

This Class will cover the following:

- Learning how to communicate with your loved one when conversation is limited
- Understanding how communicating effectively with your loved one reduces their anxiety and agitation.
- Practicing new skills which will improve the quality of day to day life with your loved one with memory loss or dementia.

Friday, April 14, 2017

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



Ben Allen
Alzheimer's Orange County –
Community Educator and
Speaker

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Wednesday, May 17, 2017

The May meeting had to be rescheduled. The Senior Summit meeting is being on this date. Many of the people that attend the Alzheimer's Orange County Club meetings also wanted to attend the Senior Summit, so we changed the Alzheimer's OC club meeting will be held in Clubhouse 7 at 1 pm on Wednesday, May 17.

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ORANGE COUNTY

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Join us for a series of Brain Fitness exercises led by Cognitive Care Solutions, and learn how to keep your brain stronger for longer!

In this class you will be trained in the following skills:

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- ❖ Problem Solving
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- ❖ Processing Speed
- ❖ Visual- Spatial Skills



Wednesday, May 17, 2017

1:00 p.m. – 3:00 p.m.

Alzheimer's OC Club

Meeting and Information Session

24111 Moulton Parkway Clubhouse 7 Main Lounge
Laguna Woods, CA 92637



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Rec. Dept. Approved L.G.



Friday, June 9, 2017

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

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RSVP preferred, but not required:

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Alzheimer's | ORANGE COUNTY

Alzheimer's OC Club, Laguna Woods Village

Join Us for a Conversation on Memory Loss & Aging


Rec. Dept. Approved

This Class will cover the following:

- Understanding age related changes in memory and learning
- Review possible risks and threats to brain health
- Learn what you can do to protect your brain health

Presented by: W. Joshua Johnson, PhD, ABPP- Board Certified Clinical Neuropsychologist,
Advanced Neurobehavioral Health of Southern California

Friday, July 14, 2017

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



Dr. W. Joshua Johnson, PhD, ABPP
Board Certified Clinical
Neuropsychologist

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Friday, August 11, 2017

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

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