

## **News Release: Alzheimer's Orange County Club December Events**

Please share the following information with the community of Laguna Woods. The flyers and message board submission forms are attached.

Even though this news release is for December events, here's a short reminder of next week's Alzheimer's OC Club meeting at 10 am on Friday, November 10 in Dining Room 2 of the Laguna Woods Performing Arts Center where free brain exercises will be offered. RSVP to [949.757.3721](tel:949.757.3721) is preferred.

### **December Events for Alzheimer's Orange County Club:**

#### **Sunday, December 3**

The Sunshine Holiday Show, an event for the community by community members and friends is also a benefit for Alzheimer's Orange County and two additional charities (Foundation of Laguna Woods Village and Saddleback Kiwanis Foundation). The doors will open at 6:15 on Sunday, December 3 in the Clubhouse 5 auditorium. The event is \$10 with tickets sold at the door for open seating -- first come, first served. While a pre-show video is presented, the Woods Combo will entertain as the audience waits for the 7 pm show. A GRF no-host bar will offer snacks and drinks from 5 to 7 pm. For further information contact [SunshineLutey@gmail.com](mailto:SunshineLutey@gmail.com) or call [949.278.6454](tel:949.278.6454).

#### **Friday, December 8:**

At 10 am on Friday, December 8, in Dining Room 2 of the Laguna Woods Performing Arts Center, the Alzheimer's OC Club meeting at will once again offer free brain exercise training. Allyson Lehrich, president of Cognitive Care Solutions will lead the training class. The exercises will help to hone skills in Memory and Reasoning, Attention and Concentration, Word Naming and Problem Solving, and Logical Sequencing and Visual-Spatial skills. Cognitive Care Solutions and Comfort Keepers will sponsor the event. Comfort Keepers will provide light refreshments. RSVP to [949.757.3721](tel:949.757.3721) is preferred but not required. The Alzheimer's Orange County 24/7 helpline is [844.435.7259](tel:844.435.7259). For information contact [SunshineLutey@gmail.com](mailto:SunshineLutey@gmail.com) or call [949.278.6454](tel:949.278.6454).

#### **Friday, December 15:**

The Alzheimer's OC Club is offering a free Special Event at 10 am on Friday, December 15 in Clubhouse 5 auditorium. Dr Dung Trinh, an internal medicine physician and dedicated researcher, will share the latest available information gleaned from the 10th Clinical Trials on Alzheimer's Disease Conference in Boston, Massachusetts which was held from November 1-4, 2017. Light refreshments will be offered. RSVP Require: call [949-304-8172](tel:949-304-8172) or email [info@healthybrainclub.com](mailto:info@healthybrainclub.com) and provide name, phone number and number of people attending. Sponsors who will have the opportunity to have a table in the back of the auditorium, share literature and make a one-minute overview of their organization are invited to participate with donations directly to Alzheimer's Orange County. For additional information contact [SunshineLutey@gmail.com](mailto:SunshineLutey@gmail.com) or call [949.278.6454](tel:949.278.6454).

Information about all the events discussed above is available at the club's website, [AlzheimersOCClub.com](http://AlzheimersOCClub.com).