

Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

January 2023



Happy New Year!

We offer you some inspiration from a CCN member to help make this a year of well-being and balance!

+Be a best friend to yourself.

+Do something you've been putting off - what a relief!

+ "Forget" to feel guilty about something that hurts no one.

+You are here for a reason.

+Count one blessing and more will follow.

+Life has a way of nudging us in the right direction.

+Talk, touch, laugh, share.

Thank you to those who have signed up to help on a CCN committee! We will contact you with details.

Event Setup/Cleanup: Susan Durica, Carol Langston, Jan Marshall, Hilli Jacobs, Lovise Glicker, Peggy Jayne.

Office Duties: Janis Tetley, Bobbie Miller, Katsumi Tosu

Seminar Planning: Mari Simonson

Any & All: Lorna Wilfert

Japanese Seminar

New Year's Exercise
For a Healthy 2023

Thursday, January 12 at 11:30am

Followed by lunch at 12:30pm

Come learn "towel exercise" with Miho Yamagami and start your new year right! Use a hand towel to stretch your body and stimulate your cells. Although this is a Japanese-led seminar, everyone is welcome! Learn this exercise to keep you healthy all year long!

****Please wear comfortable clothes and bring a hand towel****

Register by calling the office
714/962-9346 or email to
CCNAgingBetter@outlook.com

AUTHOR TALKS AT SEGERSTROM CENTER (scfta.org for details)

Are you an avid reader? Three prolific authors will be giving upcoming lectures at Segerstrom Center:

*Amy Tan – January 23, 8:00 pm

*Fran Lebowitz – February 6, 8:00 pm

*Erik Larson – March 6, 8:00 pm

If you are interested in these special interest outings, contact Kirsten at CCNAgingBetter@outlook.com. We would like to connect those who might want to buy seats together. Learning while: **Aging. Better!**



Enter a world of fantasy featuring over 40 works of couture art, personally selected for exhibition by none other than the world-renowned designer herself, Guo Pei. Her exquisite creations go beyond the runway and red carpet, creating iconic global moments and fostering a wider awareness of China's cultural heritage and influence.

When: Tuesday, Jan. 17, 2023

Where: Bowers Museum,
2002 N. Main St., Santa Ana

Admission cost: \$20

Lunch at Dos Amigos, 21022 Brookhurst (at your own expense) at 11:30am.

Carpool meets at LCR at 11:15am.

Docent-led tour starts at 1:00pm.

Register by calling 714/962-9346 or emailing to CCNAgingBetter@outlook.com

Care Connections Network Educational Seminar

Tapping

An Emotional Freedom Technique

Thursday, January 19, 2023 at 11:30am

EFT tapping is a mind-body method of tapping acupressure points on the hands, face, and body with your fingertips. The tapper focuses on an issue or negative feeling that they wish to resolve. Similar to acupuncture, EFT tapping focuses on the meridian points to restore balance to your body's energy flow to maintain overall mental and physical health. Best known to help reduce stress, anxiety, and resolve fears.

Linda Turner, Yoga Instructor, will lead us in these exercises. The perfect way to start the new year!

Lunch will be served. There is no charge for this event, and all are welcome.

Register by calling the office 714/962-9346 or email to CCNAgingBetter@outlook.com



It's soup weather! Give these recipes a try if you're looking for an easy one-pot way to warm your cockles this winter! Contact the CCN office if you would like a printed copy of the recipes sent to you. Bon appetit!

For a healthy **Butternut Squash Soup** recipe – cookieandkate.com/roasted-butternut-squash-soup (I like to top mine with pepitas and dried cranberries. Sprouts always has these in their bulk bins.)

For a decadent, creamy soup, try **Nacho Cheese Soup** – sargento.com/recipes/appetizers-and-side-dishes/nacho-cheese-soup

For meat-lovers, try this **Hearty Italian Meatball Soup** – allrecipes.com/recipe/231282/hearty-italian-meatball-soup

Christmas Party Pictures



January Brain Teaser



What tastes better than it smells?

Check back next month for the answer!

Answer to the December Brain Teaser...

What has cities but no houses, forests but no trees, and water but no fish?

Answer:

A Map!

January Events

1/12/23 – Japanese Seminar

1/17 – Bower's Museum Tour – Guo Pei

1/19 – Tapping Seminar

Weekly Events:

Chair Yoga – Mondays 8:45

Mahjong – Wednesdays 1:00

Upcoming Events - Mark Your Calendars!

2/16 - Mental Health Seminar by Hoag Health Ministry

Feb. Date TBD - OC Museum of Art, lunch

3/25 -Spring Party