

Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

June 2023

The Huntington Beach Council on Aging presents:

AGEISM – Changing the Narrative

Ageism affects us all regardless of age. Please join us for an engaging and honest conversation about this important topic and how we interact with it at many different levels. Our presenter is Paul Nash, PhD, instructional Associate Professor of Gerontology, University of Southern California. Dr. Nash is an expert on ageism and intersectionality, stigma, and discrimination, epitomized by his work on ageism with the World Health Organization. Dr. Nash is actively pursuing research on interventions to address both implicit and explicit ageist prejudice.

Date and Time: Wednesday June 14, 2023
5:30pm Mixer
6:00pm Presentation

Place: Parkview Room
Senior Center in Central Park
18041 Goldenwest St Huntington Beach, CA

Register by calling 714-536-5600

Care Connections Network Educational Seminar

Understanding Mental Health

Thursday, June 15, 2023 at 11:30am
-Bercaw Hall, Lutheran Church of the
Resurrection, 9812 Hamilton Ave.

Beth Otterbein, BSN/RN, of Hoag Hospital will address the most common types of mental illness, their symptoms and treatments. By providing a better understanding of mental illness, she hopes to be able to dispel the stigma that surrounds it. Breakout sessions will allow for group interaction and participation to share individual experiences and thoughts.

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



Check it out!

Looking for something to do this summer? We have some suggestions for FREE arts activities in the area.

[Segerstrom Center for the Arts \(scfta.org\)](http://scfta.org)
600 Town Center Drive in Costa Mesa

Every Friday starting June 2 – “Summer Sounds” at the Argyros Plaza outside of Segerstrom Center. Free music concerts start at 7:30 pm – bring your own chairs and blankets – food and drinks available for purchase or pack your own (no outside alcohol).

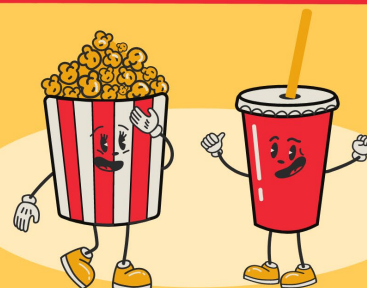
“Tuesday Night Dance” starting June 6 – Free dance classes at the Argyros Plaza. Dance theme for June is Broadway, August is Line-Dancing. Hour-long class starts at 6:30 pm and is free, but online registration required.

[2023 Sunday in the Park Concerts](http://hbconcertband.org/summerseries)
 [\(hbconcertband.org/summerseries\)](http://hbconcertband.org/summerseries)

Sundays from June 25 – August 20 at the *Central Park Concert Bandstand behind the Central Library*. Concerts start at 5:00 pm, with free dance lessons at 4:15! Bring chairs, blankets and picnic goodies.

[Pacific Symphony](http://pacificsymphony.org/SOTG)
 [\(pacificsymphony.org/SOTG\)](http://pacificsymphony.org/SOTG)

Pacific Symphony brings the orchestra to you! Their mobile stage will roll in to Balearic Community Center in Costa Mesa on June 18 for a 7:00 pm performance. Bring a chair & blanket to *1975 Balearic Drive in Costa Mesa*.



FRI JUNE 23 AT 5:30 PM

SECONDHAND LIONS

JOIN US FOR A VIEWING OF “SECONDHAND LIONS”
– A COMING-OF-AGE STORY ABOUT A SHY YOUNG
BOY SENT BY HIS IRRESPONSIBLE MOTHER TO SPEND
THE SUMMER WITH HIS WEALTHY, ECCENTRIC
UNCLES IN TEXAS.

We'll gather in Bercaw Hall at Lutheran Church of the Resurrection (9812 Hamilton Ave, Huntington Beach) for pizza and movie snacks.

Bring your favorite beach chair for comfortable seating (or get cozy in a folding chair).

Date: Friday, June 23
Time: 5:30 pm





MENS' CIRCLE GROUP ACTIVITY FOR JUNE

CCN's mens' group is looking forward to touring the historic and famous Battleship Iowa in San Pedro.

Tuesday, June 6, 10 am to 2 pm
Self-Guided Tour with free downloadable app

Meet at church at 8:30 am to carpool then have lunch at the site or a nearby restaurant. Sign up between services at LCR.

Or contact Paul Coulter at (714.469.1262)



Fountain Valley is hosting a Senior Expo.

There will be door prizes, raffles, giveaways, music and free food! Don't miss out on the information that can help you be healthy, enjoy life, and plan for the future.

Where: Center at Founders Village

Address: 17967 Bushard Street

Fountain Valley, CA 92708

Time: 9:30am – 12:00pm

CCN in the Digital World!

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

is new and improved! On this website you will find our calendar of events, pictures of past events, membership information, and many tools that will help our organization thrive in the 21st

Century! Have you created your member account yet?? Contact the CCN office if you need assistance. We have already had members register for events and pay their membership renewal fee online!

[CCN Facebook Page](#)

Check out our facebook page to see pictures of recent events and news you can use! (click on the link above)

IT'S FIESTA TIME!

Ole! Ole! Summer is here!

JOIN US FOR A TACO NIGHT IN THE COURTYARD
WITH DRINKS, MUSIC, FOOD AND GOOD
COMPANY!

Saturday | July 15, 2023
5:00 PM

Courtyard at Lutheran Church of the Resurrection
9812 Hamilton Ave., HB

THIS EVENT IS FREE TO MEMBERS
NON-MEMBER FEE = \$35

RSVP by July 9 to 714/962-9346 or
CCNAgingBetter@outlook.com



Tech Tutoring

We were so fortunate to have worked with three amazing high school seniors in our tech tutoring program. Amanda will be heading to San Diego State University in the fall, while Kayla goes to California State University at Long Beach and Emily starts her college career at University of California at San Diego. We have sent them thank-you cards, and we are sure you join us in wishing them great luck in their continued education! We expect to restart the tech tutoring program in the fall with new Edison High School students 😊

June Brain Teaser



You'll find me in Mercury,
Earth, Mars, Jupiter,
Saturn and Uranus. But
never Neptune or Venus.
What am I?

*Answer will appear in the
July newsletter.*

Answer to the May Brain Teaser...

How can a man who
shaves several times a day
still sport a long beard?

Answer: The man is a
barber.

June Events

- 6/6 – Men's Circle Group – Battleship Iowa
- 6/14 – HBCOA Ageism Presentation
- 6/15 – Understanding Mental Health Seminar
- 6/23 – Movie Night
- 6/28 – Fountain Valley Senior Expo

Weekly Events:

- Chair Yoga – Mondays 8:45
- Mahjong – Wednesdays 1:00

Upcoming Events - Mark Your Calendars!

- 7/15 – Summer Fiesta