

Care Connections Network

AGING. BETTER.



(714) 962-9346

9812 Hamilton Avenue, Huntington Beach, CA 92646

www.CareConnectionsNetwork.org

May 2024

Lifelong Learning Presentation



FROM 1960 IOWA.... TO INDIA 1965-2001 *What I Learned Adjusting to a New Culture*

CCN member Gary Miller will present an illustrated story of how a kid from an isolated Iowa farm learned to live in an overpopulated, non-Christian culture with a billion people; affectionately called the world's attic.

He went from saving souls to giving testimony about how God was at work in that place.

Date: Saturday, May 4

Time: 4:00 Presentation, 5:15 Potluck Dinner

Place: LCR Sanctuary and Bercaw Hall
9812 Hamilton Ave., HB

****Two Indian dishes will be offered to sample; please bring a potluck dish to share****

RSVP to CCNAgingBetter@outlook.com
Or call 714-962-9346

Register at our website [HERE](#)

Care Connections Network Educational Seminar

Healthy as I Think

Thursday, May 16, 2024 at 11:30 am
- Bercaw Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave., HB

Learn the steps to attaining a healthy mind and a healthy body. If we take care of ourselves physically and spiritually, we can live a fruitful and satisfying life.

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Our presenter is CCN's longtime friend and supporter Reverend Judy Osuna of the Center for Spiritual Living. Judy has a long and varied career in community outreach and education, and will provide us with a roadmap to living our best life!

Lunch will be served.

This is a free event and all are welcome.

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

Register at our website [HERE](#)



Older Adults Month

May, 2024

Powered by Connections **AGING. BETTER.**

Save the
Date!

CCN Fundraiser
*Amarith Farmhouse
Restaurant & Bakery*

Wednesday, June 12

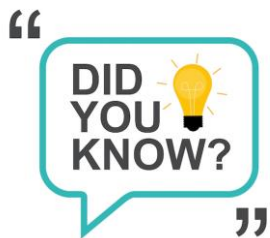
All day 7:00 am to 9:00 pm

Amarith has catered many of our Educational Seminars and they also have a brick-and-mortar restaurant that serves breakfast, lunch and dinner! Gather friends and family or come on your own to join CCN Board members for a delightful meal! 20% of your meal goes to CCN.

A Flyer will be forthcoming

18279 Brookhurst St., Fountain Valley 92708

(In Ralphs Shopping Center)



In case you didn't attend our April seminar, at the age of 18 you can fill out a legally binding Five Wishes booklet for peace of mind! Download a copy at: FiveWishes.org or get a copy from the CCN office.

Manzanar Trip Photos





Join us on Zoom!
Free classes, discussions and
events for adults 55+ and their
family caregivers.

Check out the calendar of classes at
<http://www.independenceathome.org>
or call 562-637-7248.

Marsha's Cookie Corner

Spritz Cookies

1C. butter	3 egg yolks
3/4 C. sugar	2 3/4 C. flour
1tsp vanilla	

Cream together butter and sugar.
Add egg yolks and vanilla; beat well.
Add flour and mix well.

You can put the dough through a cookie press or you can roll them into small balls and press them down with a lightly floured fork, like peanut butter cookies. *(I mash them down with a fork and sprinkle them with sprinkles - a cookie press is too much trouble!)*

Bake at 400 degrees 7-10 minutes or until just barely brown.

Technology Tutoring

Bring any tech that you need help with (laptop, tablet, smartphone, smartwatch) & learn something new!

Date: Tuesday, May 21

Time: 3:00-4:00 pm

Where: T-Hall, Lutheran Church of the Resurrection, 9812 Hamilton Ave, Huntington Beach

Travel Circle Group

At our last meeting the group discussed planning a visit to Chapman University's Huell Howser Archives with the hope of choosing interesting destinations for future trips. The Archives are open Monday thru Friday /10:00 am to 5:00 pm with self-guided tours.

Date: May 21st

Time to be determined by group email

May Funnies



What rock group has
four guys who can't
sing or play
instruments?

*Answer will appear in
the June newsletter.*

Answer to the April Funnies...

What country's capital
is growing the fastest?

Answer:

Dublin Ireland!



May Events

5/4 – From Iowa to India Presentation

5/16 – "Healthy as I Think" Seminar

5/21 – Tech Tutoring

Weekly Events:

Chair Yoga – Mondays 8:45

Mahjong – Wednesdays 1:00

Paper Rollers – Thursdays 9:00

Save the Date!

June 12 – Amarith Fundraiser

June 18 – Japanese Seminar

June 20 – Basic CPR & AED Seminar