

R Memory: Risk, Signs & Tips for Staying Sharp

Presented by: Nancy Love, M.D. with Hoag Hospital
Thursday, May 9 | 9:30-10:30 a.m. | 13505

Registration Required

Join our Hoag Medical Group internist for an education presentation on memory. Her presentation will discuss risk factors, warning signs, treatment, and tips for keeping your memory sharp.



R Android Cell Phone Training

Presented by: CA Telephone Access Program (CTAP)
Wed., May 15 | 9:30 a.m.- 11:30 a.m. | 13792

Registration Required | Bring Your Own Device

Need help with your Android cell phone and learning how to get it to work for your needs? Join this free class and learn how to operate basic functions of your cell phone. **Please Note:** This class is not designed for any device other than the Android cell phone. Bring your Android cell phone to class.

R Prescription Drugs & Medical Cannabis

Presented by: Dr. Bill Lui with OC Health Care Agency
Monday, May 20 | 1-2 p.m. | 13799

Registration Required

If you take prescription drugs and/or medical Cannabis, how should they be taken? They should both be taken seriously. This presentation will present a balanced view comparing the similarities and the differences between prescription drugs and medical Cannabis. The discussion will cover the barriers, limitations, pros and cons of both prescription drugs and medical Cannabis, based on what the science says.

R iPhone Training

Presented by: CA Telephone Access Program (CTAP)
Wed., May 22 | 9:30 - 11:30 a.m. | 13794

Registration Required | Bring Your Own Device

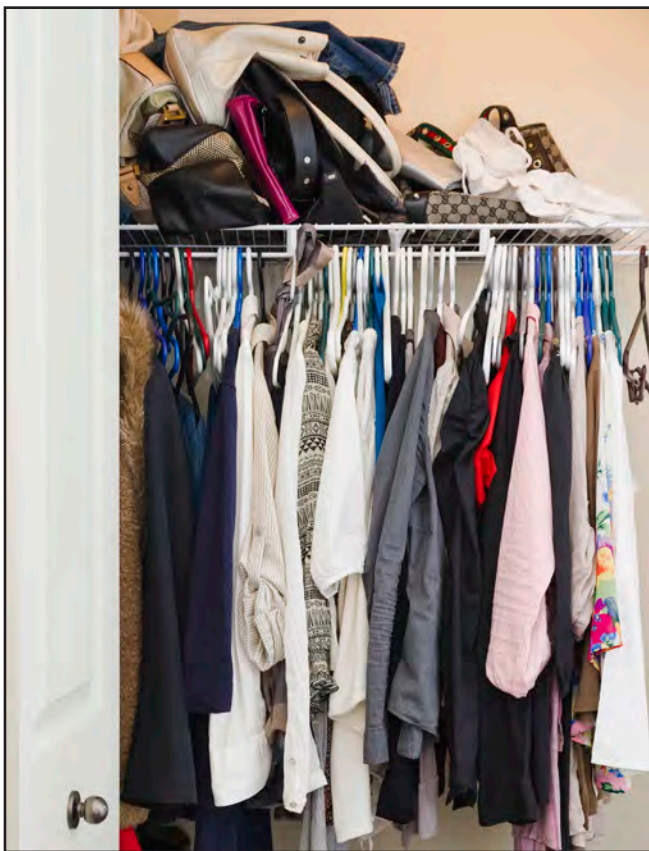
Need help with your Apple iPhone and learning how to get it to work for your needs? Join this free class and learn how to operate basic functions of your iPhone. **Please Note:** This class is not designed for any device other than the iPhone. Bring your iPhone to class.

R Build a Healthy Plate

Presented by: Orange County Health Care Agency
Wednesday, May 29 | 9:30- 11 a.m. | 13845

Registration Required

This workshop will help you discover how to build a healthy plate by eating from all the food groups. Learn about the variety of each food group and the amount you need daily from each of the food groups.



R Decluttering

Presented by: Penny Lambright with Clutter Cleaners
Thursday, May 30 | 10-11:30 a.m. | 13892

Registration required

Are you feeling overwhelmed and having trouble organizing your possessions? You are not alone. Join us as we discuss how to create beauty, order, serenity, balance and harmony in your home. You will learn ways to get rid of the clutter which is weighing you down and will alleviate and ease your stress.

R Emotions, Mood & Pain

Presented by: Lori Funke with Orange County Health Care Agency

Monday, June 10 | 10- 11a.m. | 13894

Registration Required

Join this discussion and learn about the relationship between your emotions, mood, and pain. We will discuss what role the brain plays in our moods and pain and how stress management can assist in managing pain.



R Dining Out with Diabetes

Presented by: Meghan Gonzalez, RD, CDE with Hoag Hospital

Thursday, June 13 | 12:30- 1:30 p.m. | 13784

Registration Required

Just because you have diabetes, doesn't mean you can't enjoy dining out. A nutritionist from the Mary & Dick Allen Diabetes Center will provide tips and tricks to dining out with diabetes while maintain a healthy diet.

R Fall Prevention

Presented by: Movement Specialists Physical Therapy

Monday, June 17 | 9- 10 a.m. | 13895

Registration Required

Falls affect us all—whether personally or someone we care about and love. Falls are NOT a normal part of aging – they are PREVENTABLE. The team of doctors of Movement Specialists will be leading this interactive presentation and workshop designed to educate you how to recognize signs of fall risk, reduce and prevent falls and demonstrate how to recover from a fall independently.

R Planning Healthy Meals & Shopping on a Budget

Presented by: Orange County Health Care Agency

Wednesday, June 19 | 1- 2:30 p.m. | 13896

Registration Required

Learn how you can plan a nutritious and healthy meal on a budget. The facilitators from Orange County Health Care Agency will provide a taste test from one of the recipes from their Everyday Healthy Meals cookbook from Champions for Change from the California Department of Public Health.



CalFresh Enrollment

CalFresh is a nutrition assistance program sponsored by the USDA that helps people purchase healthy foods. The program issues monthly electronic benefits that can be used at most grocery stores.

If you receive Social Security Retirement Income (SS), Social Security Disability Insurance (SSDI), or State Disability Insurance (SDI), you may be eligible. If you have any questions about the program or eligibility requirements, contact CalFresh at **(855) 233-3362** or visit www.FeedOC.org/gethelp.

Health Screenings Adult Public Health Nursing Services

The Orange County Health Care Agency provides seniors with the opportunity to meet with a nurse. If you would like to meet with a Public Health Nurse, please contact SHOPP at (714) 972-3700. SHOPP will send a nurse to the home of adults with health related needs. Individuals who would like a nurse to visit them should call the SHOPP number and ask for the Public Health Nurse Officer of the Day (SHOPP OD).

Free Hearing Screening

Friday, June 14 | 9:30 - 10:30 a.m.

Appointment required

Provided by: Clear Choice Hearing Aid



Blood Pressure Clinic

No appointment necessary. Nurses are available to take your blood pressure reading on a walk-in basis every Tuesday from 9-10:30 a.m.

**Subject to change without prior notice.*

— ATTENTION —

As a safety precaution, everyone who enters the facility is being asked to scan their membership card at the front desk. If you do not have a card, please see the front desk. Thank you for your cooperation as we continue this safety procedure.

R Registration Required

Activities may be cancelled due to low enrollment. Register at the front desk or online at www.cmclassesonline.com