



JULY 2021 WORKSHOPS
LET'S "CHAT" ABOUT IT THURSDAYS

JOIN US EVERY THURSDAY, 1:00PM TO 2:00PM

PLEASE DO NOT COME TO THE CENTER IF YOU HAVE BEEN SICK OR HAVE BEEN IN CONTACT WITH SOMEONE WHO IS FEELING SICK OR ARE EXHIBITING COLD OR FLU LIKE SYMPTOMS.

JULY 8TH
LET'S STAY HEALTHY
MAINTAIN
A HEALTHY BRAIN

Join us to learn about how to keep a healthy brain.

Via **zoom** or in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN



PRE-REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5253

JULY 15TH
TECHNOLOGY
SMARTPHONE
UPDATES

Join us to learn more about how to utilize your smartphone features.

Via **zoom** or in person

PRESENTATION PROVIDED BY SCAN HEALTH PLAN



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 PLEASE CALL 714-741-5253

JULY 22nd
SUMMER
CRAFT CLASS



Space is limited to the first 10 registrations.
 There will be a material fee of \$5.00

Join us in person

AT THE H. LOUIS LAKE SENIOR CENTER



PRE-REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5253

JULY 29TH
ALZHEIMER'S
ORANGE COUNTY

Join us to learn about Alzheimer's OC programs and services.

Via **zoom** or in person

PRE-REGISTRATION IS REQUIRED,
 PLEASE CALL 714-741-5253

Programs are for individuals age 55+.

If you are not familiar with Zoom, a staff member is available to assist you.
 Please call the H. Louis Lake Senior Center to register and receive password/code to join.

Zoom ID: 943 1136 6298 **zoom**
 You can also dial in: 1-669-900-6833

