

Event is open to Laguna Woods Village residents and their guests only



24/7 Helpline 844-HELP-ALZ (844-435-7259) | [www.alzoc.org](http://www.alzoc.org)

**Alzheimer's**  
ORANGE COUNTY

## Alzheimer's OC Club, Laguna Woods Village

Join us for a series of Brain Fitness exercise led by Cognitive Care Solutions

In this class you will be trained in the following skills:

- ❖ Memory
- ❖ Reasoning
- ❖ Attention & Concentration
- ❖ Word Naming
- ❖ Problem Solving
- ❖ Logical Sequencing
- ❖ Processing Speed
- ❖ Visual- Spatial Skills



**Monday, November 12, 2018**

10:00 a.m. – 12:00 p.m.

### Alzheimer's OC Club

#### Meeting and Information Session

23822 Avenida Sevilla, Clubhouse 3, Room 2  
Laguna Woods, CA 92637

**No cost to attend.**

**RSVP preferred, but not required:  
949-757-3721**

*Cognitive Care*  
SOLUTIONS  
Comprehensive Cognitive Wellness

Refreshments provided by:

**Adapt 2 It**  
Home Medical Supply

For more info: contact Club President, Sunshine Lutey Phone: 949.278.6454; Email: [SunshineLutey@gmail.com](mailto:SunshineLutey@gmail.com)