



November Presentations



Monday, Nov 4 | 10:00 am - 11:00am *Midway City Sanitation Presentation*

Come join Ashley Davies from Midway City Sanitation as she discusses the services and resources available to seniors.



Tuesday, Nov 5, 12, 19, 26 | 9:30 am - 12:00 pm *Caregiver Support Group*

Come join the Caregiver Resource Center as they discuss the resources and support services available to caregivers.



HICAP

a Program of Council on Aging

Thursday, Nov 7 | 10:00 am-11:00 am *Medicare: What's New in 2025?*

Join HICAP (Health Insurance Counseling and Advocacy Program) to learn about upcoming changes to Medicare in 2025, and how those changes may impact you. Know your options to ensure your healthcare coverage best meets your needs.



Tuesday, Nov 12 | 10:30 am - 11:30 am *Pulsing with Power:*

Incorporating Legumes in Your Diet

Legumes are well-known for their impressive dietary resumes, but did you know that legume pulses enhance their nutritional value even more? Learn more about these powerful additions to your diet!

Thursday, Nov 14 | 8:00 am - 4:30 pm *HICAP One-on-One*



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Open Enrollment Appointments

Register for the opportunity to meet with members from HICAP and have the opportunity to ask questions and sign up during open enrollment period.



Thursday, Nov 14 | 10:00 am - 11:00 am *Depression: Common, Disabling, Unrecognized, Treatable*

Depression is common and happens to about 1 out of 20 adults every year. But you don't have to suffer with depression. Treatments are available to help you feel better. Spend some time with us to learn how to determine if it's more than just the blues and what you can do about it!



Register at the Senior Center Front Desk



714-895-2878



8200 Westminster Blvd,
Westminster CA 92683



November Presentations



DFPI

DEPARTMENT OF FINANCIAL PROTECTION & INNOVATION

Monday, Nov 18 | 10:00 am - 11:00 am

Protect Yourself from Identity Theft

Are you afraid to answer your phone? Come and learn how you can protect yourself from becoming a victim of identity theft and other financial fraud and scams. Topics also include email/texting scams, mail fraud, credit monitoring, and more.

UCI

Tuesday, Nov 19 | 10:00 am - 11:00 am

Lung Cancer Prevention and Early Detection

November is Lung Cancer Awareness Month! Please join the UCI Chao Family Comprehensive Cancer Center in learning more about lung cancer, risk factors, and the importance of prevention and early detection. Participants will also learn more about updated lung cancer resources and screenings at UCI Health.



Thursday, Nov 21 | 10:00 am - 11:00 am

Adaptive Fitness Presentation

Come join Nancy Jaeger from Coastline College as she gives a demonstration from one of the adaptive fitness classes that Coastline College has to offer.



Friday, Nov 22 | 10:30 am - 11:30 am

Diabetes Presentation

Attend this presentation from the Orange County Pharmacy Association as they go over the ins and outs of diabetes.



Alzheimer's

ORANGE COUNTY

Monday, Nov 25 | 9:00 am - 10:00 am

The Role of Exercise and Cognition

Explore the powerful connection between physical activity and cognitive health. This presentation will feature evidence-based information on how regular exercise can improve brain function, reduce the risk of cognitive decline, and enhance mental well-being.



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Register with the
front desk
FREE TO ATTEND

HOAG HEALTH PRESENTATIONS



Tuesday, November 5
9:30 am - 11:00 am

Healthy Living Review

Nurse Julia Teal (Hoag Community Nurse Navigator) will discuss the main points from the 16 health classes presented so far this year! Health topics range from head to toe. Come see what you missed and have some fun!



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