



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
Released 10/26/23

FREE WORKSHOPS – OLDER ADULTS

Los Alamitos, CA – The Los Alamitos Recreation and Community Services Department is offering free workshops for seniors! These monthly educational workshops are on a variety of topics that are catered to the aging adult. On Wednesday, October 25, HICAP will be hosting a seminar to help prepare seniors for the Medicare open enrollment period. Medicare coverage benefits, healthcare options, Medicare Part D prescription coverage, and general costs will be presented. The next month, UC Irvine Institute for Memory Impairments and Neurological Disorders will present on neurological disorders such as Alzheimer's disease and how to protect your brain as you age. This will take place on Wednesday, November 8. The following month, the Orange County Fire Authority will lead a workshop on Wednesday, December 13. OCFA will present on fire safety, home electrical and heating safety, and common fire accidents for the holiday season. Following the presentation, OCFA will conduct a fire extinguisher demonstration.

All workshops will be from 11:00 a.m. to 12:00 p.m. at the Los Alamitos Community Center (10911 Oak St.). We encourage you to bring a friend and take advantage of these wonderful resources! For more information, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

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CITY OF
Los Alamitos
California

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Los Alamitos
Recreation & Community Services
Creating Quality of Life

FREE!
**Educational
Workshops**

11:00 a.m. - 12:00 p.m.

The City of Los Alamitos Recreation and Community Services Department will be hosting free, monthly educational workshops on a variety of topics catered to the aging adult. We welcome you to bring a friend and take advantage of these amazing resources!

20
SEPT.
WED.

OCTA - Transportation
Learn about the OC BUS
*Free bus vouchers



25
OCT.
WED.

HICAP - Medicare
Prepare for open enrollment



8
NOV.
WED.

**UCI MIND - Healthy Brain Aging &
Alzheimer's Disease**



13
DEC.
WED.

**OCFA - Holiday Fire Safety &
Fire Extinguisher Demo**



 Los Alamitos Community Center
10911 Oak St. Los Alamitos, CA 90720

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