



CLASSES & WORKSHOPS

MAY 2025



Join **FREE** classes & programs in-person & online.

CALL: 844.HELP.ALZ (844.435.7259) VISIT: AlzheimersLA.org/calendar EMAIL: rsvp@alzla.org

ONLINE CLASSES

SATURDAY, MAY 3 • 10AM

Let's Chat: Repeating & Alzheimer's

TUESDAY, MAY 6 • 6PM

Making Home Safe for a Person
with Alzheimer's

WEDNESDAY, MAY 7 • 10AM

Memory Loss & Alzheimer's: Let's Talk!

THURSDAY, MAY 8 • 10AM

Healthy Brain Habits

THURSDAY, MAY 8 • 10AM

Lost Memories: Season 3

THURSDAY, MAY 8 • 11AM

Healthy Brain Habits

Co-hosted by PASC

TUESDAY, MAY 13 • 6PM

Behaviors & Alzheimer's Disease

MONDAY, MAY 19 • 7PM

Memory Loss & Alzheimer's: Let's Talk!

WEDNESDAY, MAY 21 • 7PM

Communication & Dementia:
Connecting with a Person Living with
Memory Loss

IN-PERSON CLASSES

THURSDAY, MAY 1 • 4PM

Making Home Safe for a Person
with Alzheimer's

Co-hosted by Kaiser Downey

9400 Rosecrans Ave, Bellflower, CA 90706
(Room B2/B3)

THURSDAY, MAY 15 • 10AM

Dementia Friends

Co-hosted by Cerritos Senior Center

12340 South St, Cerritos, CA 90703

MONDAY, MAY 19 • 10AM

Memory Loss & Alzheimer's: Let's Talk!

Co-hosted by Diamond Bar Community Center

1600 Grand Ave, Diamond Bar, CA 91765

TUESDAY, MAY 20 • 3PM

Lost Memories: Season 1

Co-hosted by Sunland LAPL

7771 Foothill Blvd, Tujunga, CA 91402

WEDNESDAY, MAY 21 • 12PM

Communication & Dementia:
Connecting with a Person Living with
Memory Loss

Co-hosted by Joslyn Adult Center

1301 W Olive Ave, Burbank, CA 91506

ONLINE ACTIVITIES

For people living with memory concerns and their care partners.

Online Activity Hour

An hour of casual fun featuring a mix of music, trivia, jokes, history news and word teasers presented by Jon Schaeffer.

WEDNESDAY, MAY 7 • 11AM

WEDNESDAY, MAY 14 • 11AM

WEDNESDAY, MAY 28 • 11AM

Memories in the Making

A guided art program encouraging people to create art. Art experience is not required and art supplies are provided upon request.

THURSDAY, MAY 14 • 10AM

THURSDAY, MAY 28 • 10AM

LACMA “Personal Connections” Program

Join LACMA Teaching Artist Elonda Norris as she discusses works of art from the museum's collection.

TUESDAY, MAY 20 • 11AM

Music to Remember Program

Teaching artist Nandani Sinha gently invites reflection through familiar and beloved songs. We encourage joyful interaction and singing-along throughout.

THURSDAY, MAY 22 • 11AM

BasebALZ Program

An hour for those who love baseball and want to talk and reminisce about it.

FRIDAY, MAY 30 • 11AM

SAVVY CAREGIVER® WORKSHOPS

This program develops the basic knowledge, skills, and attitudes needed to care for someone with Alzheimer’s disease or another dementia.

Savvy Caregiver®: 6-week program

MONDAYS, MAY 5, 12, 19 & JUNE 2, 9, 16 • 1–3PM

Co-hosted by ONEgeneration Wilkinson Senior Center,

In-person event at 8956 Vanalden Ave, Northridge, CA 91324

Savvy Caregiver® Express: 3-week program (ONLINE)

MONDAYS, MAY 5, 12, 19 • 9:30–11:30AM

THURSDAYS, MAY 8, 15, 22 • 4–6PM