



# CLASSES & WORKSHOPS

**JUNE 2025**



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

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

## ONLINE CLASSES

**MONDAY, JUNE 2 • 12PM**

Let's Chat: Depression & Alzheimer's

**TUESDAY, JUNE 3 • 5PM**

Let's Chat: Sleeping & Alzheimer's

**MONDAY, JUNE 9 • 6PM**

Making Home Safe for a Person  
with Alzheimer's

**SATURDAY, JUNE 14 • 10AM**

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

**MONDAY, JUNE 16 • 6PM**

Let's Chat: Getting Lost

**SATURDAY, JUNE 21 • 10AM**

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

**MONDAY, JUNE 23 • 6PM**

Behaviors & Alzheimer's Disease

## IN-PERSON CLASSES

**THURSDAY, JUNE 12 • 10AM**

Healthy Brain Habits

*Co-hosted by Cerritos Senior Center  
12340 South St, Cerritos, CA 90703*

**WEDNESDAY, JUNE 18 • 12PM**

Making Home Safe for a Person  
with Alzheimer's

*Co-hosted by Joslyn Adult Center  
1301 W Olive Ave, Burbank, CA 91506*

**FRIDAY, JUNE 20 • 12PM**

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

*Co-hosted by Altadena Senior Center  
@ Loma Alta Park  
3330 Lincoln Ave, Altadena, CA 91001*

**TUESDAY, JUNE 24 • 11:15AM**

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

*Co-hosted by Walnut Senior Center  
21215 La Puente Rd, Walnut, CA 91789*

**MONDAY, JUNE 30 • 4PM**

Memory Matters

*Co-hosted by Northridge Library  
9051 Darby Ave, Northridge, CA 91325*

# ONLINE ACTIVITIES

*For people living with memory concerns and their care partners.*

To RSVP or for more information, please contact Anne Oh-Moon at [aoh@alzla.org](mailto:aoh@alzla.org).

## 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, JUNE 4 • 11AM**

**WEDNESDAY, JUNE 11 • 11AM**

**WEDNESDAY, JUNE 25 • 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, JUNE 11 • 10AM**

**THURSDAY, JUNE 25 • 10AM**

## LACMA “Personal Connections” Program

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

**TUESDAY, JUNE 17 • 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, JUNE 12 • 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

**WEDNESDAYS, JUNE 4, 11, 18, 25 & JULY 2, 9 • 9–11AM**

*Online*

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

**THURSDAYS, JUNE 5, 12, 26 • 2:30–4:30PM**

*Co-hosted by Kaiser Downey*

*In-person event at 9400 Rosecrans Ave, Bellflower, CA 90706 (Room B2/B3)*

**MONDAYS, JUNE 9, 16, 23 • 6–8PM**

*Online*

**WEDNESDAYS, JUNE 11, 18, 25 • 9–11AM**

*Online*