



CLASSES & WORKSHOPS

AUGUST 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

FRIDAY, AUGUST 1 • 9:30AM

Let's Chat: Depression & Sadness

MONDAY, AUGUST 4 • 6PM

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

TUESDAY, AUGUST 5 • 5PM

Let's Chat: Sundowning

WEDNESDAY, AUGUST 6 • 4PM

Dementia Friends

Co-hosted by Department of Mental Health

THURSDAY, AUGUST 7 • 6PM

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

WEDNESDAY, AUGUST 13 • 4PM

Let's Chat: Anger

WEDNESDAY, AUGUST 20 • 4PM

Healthy Brain Habits

WEDNESDAY, AUGUST 27 • 4PM

Memory Matters for African Americans

IN-PERSON CLASSES

THURSDAY, AUGUST 7 • 4PM

Behaviors & Alzheimer's Disease

Co-hosted by Kaiser Downey

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

FRIDAY, AUGUST 8 • 1PM

Healthy Brain Habits

*Co-hosted by Gardena Valley Japanese
Cultural Institute*

1964 W 162nd St, Gardena, CA 90247

THURSDAY, AUGUST 21 • 10AM

Behaviors & Alzheimer's Disease

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

FRIDAY, AUGUST 22 • 12PM

Healthy Brain Habits

Co-hosted by Altadena Senior Center
3330 Lincoln Ave, Altadena CA 91001

MONDAY, AUGUST 25 • 4PM

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

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.

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, AUGUST 6 • 11AM

WEDNESDAY, AUGUST 13 • 11AM

WEDNESDAY, AUGUST 27 • 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, AUGUST 13 • 10AM

THURSDAY, AUGUST 27 • 10AM

LACMA “Personal Connections” Program

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

TUESDAY, AUGUST 18 • 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, AUGUST 21 • 11AM

BasebALZ Program

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

FRIDAY, AUGUST 22 • 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® Express: 3-week program

MONDAYS, AUGUST 4, 11, 18 • 10AM–12PM

Online

WEDNESDAYS, AUGUST 6, 13, 20 • 9–11AM

Online