



CLASSES & WORKSHOPS

JULY 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

TUESDAY, JULY 1 • 10:30AM

Healthy Brain Habits

TUESDAY, JULY 1 • 6PM

Let's Chat: Sleeping, Resistance
& Alzheimer's

WEDNESDAY, JULY 2 • 10AM

Let's Chat: Anger & Alzheimer's

MONDAY, JULY 7 • 6PM

Caring for those with Alzheimer's

WEDNESDAY, JULY 9 • 10AM

Let's Chat: Wandering & Alzheimer's

THURSDAY, JULY 10 • 10AM

Let's Chat: Resistance & Alzheimer's

WEDNESDAY, JULY 16 • 1PM

Let's Chat: Keeping Home Safe

WEDNESDAY, JULY 23 • 1PM

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

WEDNESDAY, JULY 30 • 1PM

Dementia Friends

IN-PERSON CLASSES

TUESDAY, JULY 8 • 3PM

Lost Memories: Season 3

Co-hosted by Sunland LAPL

7771 Foothill Blvd, Tujunga, CA 91402

THURSDAY, JULY 10 • 4PM

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

Co-hosted by Kaiser Downey

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

TUESDAY, JULY 15 • 10AM

Making Home Safe for a Person
with Alzheimer's

Co-hosted by La Mirada Activity Center

13810 La Mirada Blvd, La Mirada, CA 90638

THURSDAY, JULY 17 • 10AM

Memory Matters

Co-hosted by Cerritos Senior Center

12340 South St, Cerritos, CA 90703

MONDAY, JULY 28 • 4PM

Healthy Brain Habits

Co-hosted by Northridge Library

9051 Darby Ave, Northridge, CA 91325

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, JULY 2 • 11AM

WEDNESDAY, JULY 9 • 11AM

WEDNESDAY, JULY 23 • 11AM

Online

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.

WEDNESDAY, JULY 9 • 10AM

WEDNESDAY, JULY 23 • 10AM

Online

LACMA “Personal Connections” Program

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

TUESDAY, JULY 15 • 11AM

In-person

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, JULY 10 • 11AM

Online

BasebALZ Program

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

FRIDAY, JULY 11 • 11AM

Online

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 (ONLINE)

MONDAYS, JULY 7, 14, 28 • 9–11AM

THURSDAYS, JULY 10, 17, 24 • 9:30–11:30AM