



Alzheimer's
LOS ANGELES

CLASSES & WORKSHOPS

SEPTEMBER 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

WEDNESDAY, SEPTEMBER 3 • 9:30AM

Let's Chat: Driving

WEDNESDAY, SEPTEMBER 3 • 4PM

Healthy Brain Habits

Co-hosted by Department of Mental Health

THURSDAY, SEPTEMBER 4 • 10AM

Let's Chat: Sleeping

WEDNESDAY, SEPTEMBER 10 • 4PM

Memory Matters for African Americans

WEDNESDAY, SEPTEMBER 17 • 9:30AM

Let's Chat: Anxiety

WEDNESDAY, SEPTEMBER 17 • 4PM

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

THURSDAY, SEPTEMBER 18 • 10AM

Let's Chat: Wandering

THURSDAY, SEPTEMBER 25 • 11AM

Making Home Safe for a Person
with Alzheimer's

MONDAY, SEPTEMBER 29 • 4:30PM

Let's Chat: Wandering

Co-hosted by Department of Mental Health

IN-PERSON CLASSES

THURSDAY, SEPTEMBER 4 • 11AM

Lost Memories: Season 1

*Co-hosted by North Hollywood Amelia Earhart
Regional Branch Library*

5211 Tujunga Ave, North Hollywood, CA 91601

SATURDAY, SEPTEMBER 6 • 12PM

Lost Memories: Season 1

*Co-hosted by Porter Ranch Branch Library
11371 Tampa Ave, Porter Ranch, CA 91326*

MONDAY, SEPTEMBER 8 • 10AM

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

*Co-hosted by Diamond Bar Community Center
1600 Grand Ave, Diamond Bar, CA 91765*

THURSDAY, SEPTEMBER 18 • 10AM

Alzheimer's Research Update

*Co-hosted by UCLA Easton Center and Cerritos
Senior Center*

12340 South St, Cerritos, CA 90703

THURSDAY, SEPTEMBER 18 • 10AM

Healthy Brain Habits

Co-hosted by Emanate Health

1041 W. Badillo St, 2nd Floor, Covina, CA 91722

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, SEPTEMBER 3 • 11AM

WEDNESDAY, SEPTEMBER 10 • 11AM

WEDNESDAY, SEPTEMBER 24 • 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.

WEDNESDAY, SEPTEMBER 10 • 10AM

WEDNESDAY, SEPTEMBER 24 • 10AM

LACMA “Personal Connections” Program

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

MONDAY, SEPTEMBER 15 • 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, SEPTEMBER 18 • 11AM

BasebALZ Program

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

FRIDAY, SEPTEMBER 26 • 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

TUESDAYS, SEPTEMBER 2, 9, 16 • 8:30–10:30AM

Online