



CLASSES & WORKSHOPS

NOVEMBER 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, NOVEMBER 1 • 10AM

Let's Chat: Anger, Frustration, & Fighting

MONDAY, NOVEMBER 3 • 10AM

Memory Matters: Addressing Memory
Concerns for African Americans

WEDNESDAY, NOVEMBER 5 • 5PM

Holiday Tips for Caregivers

WEDNESDAY, NOVEMBER 12 • 5PM

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

THURSDAY, NOVEMBER 13 • 11AM

Healthy Brain Heart Connection

MONDAY, NOVEMBER 17 • 9:30AM

Brain & Heart Health for African Americans

IN-PERSON CLASSES

SATURDAY, NOVEMBER 1 • 10AM

Healthy Brain Habits

*Co-hosted by Granada Hills Public Library
10640 Petit Ave, Granada Hills, CA 91344*

WEDNESDAY, NOVEMBER 5 • 3PM

Holiday Tips for Caregivers

*Co-hosted by Lake View Terrace Branch Library
12002 Osborne St, Lake View Terrace, CA 91342*

THURSDAY, NOVEMBER 6 • 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, NOVEMBER 6 • 11AM

Lost Memories: Season 2

*Co-hosted by North Hollywood Amelia Earhart
Regional Branch Library
5211 Tujunga Ave, North Hollywood, CA 91601*

MONDAY, NOVEMBER 17 • 10AM

Healthy Brain Habits

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

THURSDAY, NOVEMBER 20 • 10AM

Making Home Safe for a Person with
Alzheimer's

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

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, NOVEMBER 5 • 11AM

WEDNESDAY, NOVEMBER 12 • 11AM

WEDNESDAY, NOVEMBER 19 • 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, NOVEMBER 12 • 10AM

WEDNESDAY, NOVEMBER 19 • 10AM

LACMA “Personal Connections” Program

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

MONDAY, NOVEMBER 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, NOVEMBER 20 • 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

WEDNESDAYS, NOVEMBER 5, 12, 19 • 9–11AM

Online