



Alzheimer's  
LOS ANGELES

# CLASSES & WORKSHOPS

OCTOBER 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

**WEDNESDAY, OCTOBER 1 • 6PM**

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

**MONDAY, OCTOBER 6 • 6PM**

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

**THURSDAY, OCTOBER 9 • 10AM**

Let's Chat: Anger, Frustration, & Fighting

## IN-PERSON CLASSES

**THURSDAY, OCTOBER 2 • 4PM**

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

*Co-hosted by Kaiser Downey*

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

**THURSDAY, OCTOBER 2 • 11AM**

Lost Memories: Season 2

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

5211 Tujunga Ave, North Hollywood, CA 91601

**SATURDAY, OCTOBER 4 • 12PM**

Lost Memories: Season 2

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

**THURSDAY, OCTOBER 16 • 10AM**

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

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

**THURSDAY, OCTOBER 16 • 3PM**

Love Your Brain, Love Your Heart:

The Healthy Brain Heart Connection

*Co-hosted by Sunland-Tujunga Branch Library*  
7771 Foothill Blvd, Tujunga, CA 91042

## 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, OCTOBER 1 • 11AM**

**WEDNESDAY, OCTOBER 22 • 11AM**

**WEDNESDAY, OCTOBER 22 • 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, OCTOBER 8 • 10AM**

**WEDNESDAY, OCTOBER 22 • 10AM**

### LACMA “Personal Connections” Program

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

**MONDAY, OCTOBER 20 • 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, OCTOBER 16 • 11AM**

### BasebALZ Program

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

**FRIDAY, OCTOBER 24 • 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, OCTOBER 1, 8, 15 • 9–11AM**

*Online*

Savvy Caregiver® Express: 3-week program

**WEDNESDAYS, OCTOBER 8, 15, 22 • 1–3PM**

*Online*