



CLASSES & WORKSHOPS

DECEMBER 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

MONDAY, DECEMBER 1 • 10:30AM

Let's Chat: Communication

MONDAY, DECEMBER 1 • 4PM

Let's Chat: Sundowning

TUESDAY, DECEMBER 2 • 5PM

Let's Chat: Sleeping

WEDNESDAY, DECEMBER 3 • 11AM

Caring for those with Alzheimer's:
African American Voices

SATURDAY, DECEMBER 6 • 9AM

Holiday Tips for Caregivers

WEDNESDAY, DECEMBER 17 • 10AM

Making Home Safe for a Person with
Alzheimer's

FRIDAY, DECEMBER 19 • 10AM

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

IN-PERSON CLASSES

THURSDAY, DECEMBER 4 • 10AM

Holiday Tips for Caregivers

Co-hosted by Cerritos Senior Center

12340 South St, Cerritos, CA 90703

THURSDAY, DECEMBER 4 • 11AM

Lost Memories: Season 3

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

5211 Tujunga Ave, North Hollywood, CA 91601

THURSDAY, DECEMBER 4 • 4PM

Holiday Tips for Caregivers

Co-hosted by Kaiser Downey

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

FRIDAY, DECEMBER 5 • 12:15PM

Lost Memories: Season 1

Co-hosted by San Pedro Service Center

769 W 3rd St, San Pedro, CA 90731

MONDAY, DECEMBER 8 • 10AM

Holiday Tips for Caregivers

Co-hosted by Diamond Bar Community Center

1600 Grand Ave, Diamond Bar, CA 91765

MONDAY, DECEMBER 8 • 10AM

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

Co-hosted by Montebello Senior Center

115 S Taylor Ave, Montebello, CA 90640

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, DECEMBER 3 • 11AM

WEDNESDAY, DECEMBER 10 • 11AM

WEDNESDAY, DECEMBER 17 • 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, DECEMBER 3 • 10AM

WEDNESDAY, DECEMBER 10 • 10AM

LACMA “Personal Connections” Program

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

MONDAY, DECEMBER 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, DECEMBER 11 • 11AM

BasebALZ Program

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

FRIDAY, DECEMBER 5 • 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, DECEMBER 1, 8, 15 • 8–10AM

Online

MONDAYS, DECEMBER 1, 8, 15 • 1–3PM

Online