



# CLASSES & WORKSHOPS

## JANUARY 2026



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

**FRIDAY, JANUARY 9 • 9:30AM**

Let's Chat: Getting Lost

**FRIDAY, JANUARY 9 • 1PM**

*Holding the Pieces* Video Series

**MONDAY, JANUARY 12 • 10AM**

Let's Chat: Depression & Sadness

**WEDNESDAY, JANUARY 14 • 10AM**

Let's Chat: Keeping Home Safe

**WEDNESDAY, JANUARY 14 • 1PM**

Brain & Heart Health for African Americans

**WEDNESDAY, JANUARY 21 • 1PM**

Caring for those with Alzheimer's:  
African American Voices

**MONDAY, JANUARY 26 • 6PM**

Brain & Heart Health for African Americans

## IN-PERSON CLASSES

**MONDAY, JANUARY 12 • 10AM**

Behaviors & Alzheimer's Disease:  
Using IDEA!

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

**WEDNESDAY, JANUARY 21 • 3PM**

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

*Co-hosted by Jewish Family Service LA  
330 N Fairfax Ave, Los Angeles, CA 90036*

**SATURDAY, JANUARY 24 • 1:30PM**

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

*Co-hosted by West Valley Regional Branch  
19036 Vanowen St, Reseda, CA 91335*

**MONDAY, JANUARY 26 • 10AM**

Holiday Tips for Caregivers

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

**WEDNESDAY, JANUARY 28 • 3PM**

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

*Co-hosted by Alhambra Library  
101 S 1st St, Alhambra, CA 91801*

# 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, JANUARY 7 • 11AM**

**WEDNESDAY, JANUARY 14 • 11AM**

**WEDNESDAY, JANUARY 28 • 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, JANUARY 8 • 11AM**

## BasebALZ Program

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

**FRIDAY, JANUARY 9 • 11AM**

## LACMA “Personal Connections” Program

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

**MONDAY, JANUARY 12 • 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, JANUARY 14 • 10AM**

**WEDNESDAY, JANUARY 28 • 10AM**

# 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®: 6-week program

**THURSDAYS, JANUARY 8, 15, 22, 29 & FEBRUARY 5, 12 • 8–10AM**

*Online*

Savvy Caregiver® Express: 3-week program

**THURSDAYS, JANUARY 8, 15, 22 • 2–4PM**

*Online*