



# CLASSES & WORKSHOPS

## FEBRUARY 2026



Join **FREE** classes & programs in-person & online.

CALL: 844.HELP.ALZ (844.435.7259) VISIT: [AlzheimersLA.org/calendar](http://AlzheimersLA.org/calendar) EMAIL: [rsvp@alzla.org](mailto:rsvp@alzla.org)

## ONLINE CLASSES

**WEDNESDAY, FEBRUARY 4 • 1PM**

Brain & Heart Health for African Americans

**THURSDAY, FEBRUARY 5 • 9:30AM**

Let's Chat: Driving Tips

## IN-PERSON CLASSES

**SATURDAY, FEBRUARY 7 • 10AM**

Making Home Safe for a Person with Alzheimer's

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

**THURSDAY, FEBRUARY 19 • 11AM**

*Lost Memories: Season 2*

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

**THURSDAY, FEBRUARY 26 • 10AM**

Dementia Friends

*Co-hosted by La Mirada Activity Center  
13810 La Mirada Blvd, La Mirada, CA 90638*

**SATURDAY, FEBRUARY 28 • 10:30AM**

Let's Chat: Sundowning

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

# 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, FEBRUARY 4 • 11AM**

**WEDNESDAY, FEBRUARY 11 • 11AM**

**WEDNESDAY, FEBRUARY 28 • 11AM**

## **LACMA “Personal Connections” Program**

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

**MONDAY, FEBRUARY 9 • 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, FEBRUARY 11 • 10AM**

**WEDNESDAY, FEBRUARY 25 • 10AM**

## **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, FEBRUARY 12 • 11AM**

## **BasebALZ Program**

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

**FRIDAY, FEBRUARY 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, FEBRUARY 4, 11, 18 • 9–11AM**

*Online*

Savvy Caregiver® Express: 3-week program

**WEDNESDAYS, FEBRUARY 4, 11, 18 • 1–3PM**

*Online*