



CLASSES & WORKSHOPS

MARCH 2026



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

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

ONLINE CLASSES

THURSDAY, MARCH 5 • 10AM

Let's Chat: Repeating

THURSDAY, MARCH 5 • 11AM

Brain & Heart Health for African Americans

WEDNESDAY, MARCH 11 • 10AM

Let's Chat: Sundowning

WEDNESDAY, MARCH 11 • 3PM

Brain & Heart Health for African Americans

WEDNESDAY, MARCH 18 • 9:30AM

Let's Chat: Communication

WEDNESDAY, MARCH 18 • 1PM

Holding the Pieces

IN-PERSON CLASSES

TUESDAY, MARCH 17 • 11AM

Lost Memories: Season 2

Co-hosted by Sunland Senior Citizens Center

8640 Fenwick St, Sunland, CA 91040

SATURDAY, MARCH 21 • 10:30AM

Let's Chat: Wandering

Co-hosted by West Valley Regional Branch

19036 Vanowen St, Reseda, CA 91335

MONDAY, MARCH 23 • 1PM

Holding the Pieces

10200 Success Ave, Los Angeles, CA 90002

TUESDAY, MARCH 24 • 3:30PM

Brain & Heart Health for African
Americans

Co-hosted by Black Resource Center

150 E. El Segundo Blvd, Los Angeles, CA 90061

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, MARCH 4 • 11AM

WEDNESDAY, MARCH 11 • 11AM

WEDNESDAY, MARCH 25 • 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, MARCH 11 • 10AM

WEDNESDAY, MARCH 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, MARCH 12 • 11AM

LACMA “Personal Connections” Program

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

MONDAY, MARCH 16 • 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, MARCH 2, 9, 16 • 9–11AM

Online

THURSDAYS, MARCH 5, 12, 19 • 10AM–12PM

Co-hosted by Cerritos Senior Center

12340 South St, Cerritos, CA 90703