



# CLASSES & WORKSHOPS

**APRIL 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

**WEDNESDAY, APRIL 1 • 10AM**

Let's Chat: Sundowning

**WEDNESDAY, APRIL 1 • 5PM**

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

**WEDNESDAY, APRIL 1 • 5PM**

Let's Chat: Anger, Frustration & Fighting

**THURSDAY, APRIL 2 • 10AM**

Let's Chat: Paranoia

**THURSDAY, APRIL 2 • 3:30PM**

Let's Chat: Resistance

**MONDAY, APRIL 6 • 5PM**

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

**MONDAY, APRIL 6 • 9:30AM**

Let's Chat: Getting Lost

**MONDAY, APRIL 13 • 10AM**

Behaviors & Alzheimer's Disease: Using IDEA!

**MONDAY, APRIL 27 • 10AM**

Healthy Brain Habits

## IN-PERSON CLASSES

**THURSDAY, APRIL 16 • 10AM**

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

*Co-hosted by Cerritos Senior Center*

*12340 South St, Cerritos, CA 90703*

**SATURDAY, APRIL 18 • 10:30AM**

Let's Chat: Bathing

*Co-hosted by West Valley Regional Branch*

*19036 Vanowen St, Reseda, CA 91335*

**SATURDAY, APRIL 18 • 12PM**

Let's Chat: Bathing

*Co-hosted by Porter Branch Library*

*11371 Tampa Ave, Porter Ranch, CA 91326*

**WEDNESDAY, APRIL 29 • 3PM**

Healthy Heart Brain Connection

*Co-hosted by Alhambra Civic Center 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, APRIL 1 • 11AM**

**WEDNESDAY, APRIL 8 • 11AM**

**WEDNESDAY, APRIL 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, APRIL 8 • 10AM**

**WEDNESDAY, APRIL 22 • 10AM**

## **BasebALZ Program**

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

**FRIDAY, APRIL 10 • 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, APRIL 16 • 11AM**

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

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

**MONDAY, APRIL 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, APRIL 8, 15, 22 • 9–11AM**

*Online*