



# CLASSES & WORKSHOPS

**MAY 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

**MONDAY, MAY 4 • 9:30 AM**

Let's Chat: Depression & Sadness

**MONDAY, MAY 4 • 4:30 PM**

Let's Chat: Keeping Home Safe

**WEDNESDAY, MAY 6 • 1 PM**

Communication & Dementia

**FRIDAY, MAY 8 • 11 AM**

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

**WEDNESDAY, MAY 13 • 1 PM**

Behaviors & Alzheimer's: Using IDEA!

**WEDNESDAY, MAY 20 • 10 AM**

Healthy Heart Brain Connection

**WEDNESDAY, MAY 20 • 1 PM**

Making Home Safe for a Person with Alzheimer's

**WEDNESDAY, MAY 20 • 4 PM**

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

## IN-PERSON CLASSES

**THURSDAY, MAY 14 • 10 AM**

Healthy Brain Habits

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

**TUESDAY, MAY 19 • 1 PM**

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

Co-hosted by Sunland Senior Citizens Center  
8640 Fenwick St. Sunland, CA 91040

**SATURDAY, MAY 30 • 10:30 AM**

Let's Chat: Paranoia and Repeating

Co-hosted by West Valley Regional Library  
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.

### **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, MAY 6 • 11 AM**

**WEDNESDAY, MAY 13 • 11 AM**

**WEDNESDAY, MAY 27 • 11 AM**

### **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, MAY 13 • 10 AM**

**WEDNESDAY, MAY 20 • 10 AM**

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

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

**MONDAY, MAY 18 • 11 AM**

### **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, MAY 21 • 11 AM**

### **BasebALZ Program**

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

**FRIDAY, MAY 22 • 11 AM**

## 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

**FRIDAYS, MAY 1, 8, 15 • 9:30 AM–11:30 AM**

Online