



Classes & Workshops

July 2026

Join FREE classes & programs
in-person & online.

CALL: 844.435.7259

VISIT: AlzheimersLA.org

EMAIL: rsvp@alzla.org

ONLINE CLASSES

MONDAY, JULY 6 • 9:30 AM

Let's Chat: Sundowning

MONDAY, JULY 6 • 10 AM

Communication & Dementia

WEDNESDAY, JULY 8 • 10 AM

Let's Chat: Hallucinations

WEDNESDAY, JULY 8 • 1 PM

Behaviors & Alzheimer's

FRIDAY, JULY 17 • 3 PM

Making Home Safe for a Person
with Alzheimer's

IN-PERSON CLASSES

THURSDAY, JULY 16 • 10 AM

Healthy Heart Healthy Brain
Cerritos Senior Center
12340 South St. Cerritos, CA 90703

SATURDAY, JULY 25 • 10:30 AM

Let's Chat: Depression
West Valley Regional Library
19036 Vanowen St. Reseda, CA 91335

SAVVY CAREGIVER®

Develop the basic knowledge, skills, and attitudes needed to care for
someone with Alzheimer's or another dementia.

Savvy Caregiver® Express (3-weeks)

WEDNESDAYS, JULY 1, 8, 15 • 9:30 AM–11:30 AM
Online

Savvy Caregiver® (6-weeks)

THURSDAYS, JULY 2, 9, 16, 23, 30 & AUGUST 6 • 3 PM–5 PM
Online

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, JULY 1 • 11 AM

WEDNESDAY, JULY 8 • 11 AM

WEDNESDAY, JULY 22 • 11 AM

Memories in the Making

An art program encouraging people to create art. Art experience is not required and art supplies are provided upon request.

WEDNESDAY, JULY 8 • 10 AM

WEDNESDAY, JULY 22 • 10 AM

LACMA “Personal Connections” Program

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

MONDAY, JULY 6 • 10:30 AM (In-person)

MONDAY, JULY 20 • 11 AM (Virtual)

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, JULY 16 • 11 AM

BasebALZ Program

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

FRIDAY, JULY 24 • 11 AM