



Classes & Workshops

August 2026

Join FREE classes & programs
in-person & online.

CALL: 844.435.7259

VISIT: AlzheimersLA.org

EMAIL: rsvp@alzla.org

ONLINE CLASSES

MONDAY, AUGUST 3 • 10 AM

Communication & Dementia

WEDNESDAY, AUGUST 12 • 1 PM

Behaviors & Alzheimer's

WEDNESDAY, AUGUST 19 • 9:30 AM

Let's Chat: Wandering

THURSDAY, AUGUST 20 • 10 AM

Let's Chat: Driving

THURSDAY, AUGUST 20 • 5 PM

Let's Chat: Repeating

FRIDAY, AUGUST 21 • 10 AM

Memory Loss & Alzheimer's

FRIDAY, AUGUST 21 • 3 PM

Making Home Safe for a Person
with Alzheimer's

IN-PERSON CLASSES

SATURDAY, AUGUST 15 • 10:30 AM

Let's Chat: Communication

West Valley Regional Library

19036 Vanowen St. Reseda, CA 91335

TUESDAY, AUGUST 18 • 1 PM

Memory Loss & Alzheimer's

Sunland Senior Citizens Center

8640 Fenwick St. Sunland, CA 91040

THURSDAY, AUGUST 20 • 10 AM

Behaviors & Alzheimer's

Cerritos Senior Center

12340 South St. Cerritos, CA 90703

MONDAY, AUGUST 24 • 10 AM

Healthy Brain Habits

Diamond Bar Center

1600 Grand Ave. Diamond Bar, CA 91765

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)

MONDAYS, AUGUST 3, 10, 17 • 2 PM–4 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, AUGUST 5 • 11 AM

WEDNESDAY, AUGUST 12 • 11 AM

WEDNESDAY, AUGUST 26 • 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, AUGUST 12 • 10 AM

WEDNESDAY, AUGUST 26 • 10 AM

LACMA “Personal Connections” Program

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

MONDAY, AUGUST 3 • 10:30 AM (In-person)

MONDAY, AUGUST 17 • 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, AUGUST 20 • 11 AM

BasebALZ Program

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

FRIDAY, AUGUST 28 • 11 AM