



Classes & Workshops

September 2026

Join FREE classes & programs
in-person & online.

CALL: 844.435.7259

VISIT: AlzheimersLA.org

EMAIL: rsvp@alzla.org

ONLINE CLASSES

THURSDAY, SEPTEMBER 10 • 10 AM

Let's Chat: Anxiety

MONDAY, SEPTEMBER 21 • 10 AM

Communication & Dementia

THURSDAY, SEPTEMBER 24 • 1 PM

Behaviors & Alzheimer's

MONDAY, SEPTEMBER 28 • 3 PM

Making Home Safe for Someone
with Alzheimer's

IN-PERSON CLASSES

THURSDAY, SEPTEMBER 3 • 10 AM

Making Home Safe for Someone
with Alzheimer's

Diamond Bar Center

1600 Grand Ave. Diamond Bar, CA 91765

TUESDAY, SEPTEMBER 15 • 1 PM

Healthy Brain Habits

Sunland Senior Citizens Center

8640 Fenwick St Sunland, CA 91040

THURSDAY, SEPTEMBER 17 • 10 AM

Alzheimer's Research Update

UCLA Easton Center & Cerritos Senior
Center

12340 South St. Cerritos, CA 90703

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)

Wednesday, September 2, 9, 16 • 9 AM–11 AM

Online

Thursday, September 3, 10, 17 • 1 PM–3 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, SEPTEMBER 2 • 11 AM

WEDNESDAY, SEPTEMBER 9 • 11 AM

WEDNESDAY, SEPTEMBER 23 • 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, SEPTEMBER 9 • 10 AM

WEDNESDAY, SEPTEMBER 23 • 10 AM

LACMA “Personal Connections” Program

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

MONDAY, SEPTEMBER 14 • 10:30 AM (In-person)

MONDAY, SEPTEMBER 21 • 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, SEPTEMBER 17 • 11 AM

BasebALZ Program

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

FRIDAY, SEPTEMBER 25 • 11 AM