



Classes & Workshops

October 2026

Join FREE classes & programs
in-person & online.

CALL: 844.435.7259

VISIT: AlzheimersLA.org

EMAIL: rsvp@alzla.org

ONLINE CLASSES

THURSDAY, OCTOBER 1 • 9 AM

Let's Chat: Sundowning

MONDAY, OCTOBER 5 • 10 AM

Communication & Dementia

WEDNESDAY, OCTOBER 7 • 9:30 AM

Let's Chat: Depression & Sadness

THURSDAY, OCTOBER 8 • 9:30 AM

Let's Chat: Getting Lost

WEDNESDAY, OCTOBER 14 • 1 PM

Behaviors & Alzheimer's

FRIDAY, OCTOBER 16 • 3 PM

Making Home Safe for Someone
with Alzheimer's

THURSDAY, OCTOBER 29 • 11 AM

Healthy Brain, Healthy Heart

IN-PERSON CLASSES

WEDNESDAY, OCTOBER 7 • 1 PM

Lost Memories: Season 1

South Pasadena Senior Center

1102 Oxley St. South Pasadena, CA 91030

THURSDAY, OCTOBER 15 • 10 AM

Communication & Dementia

Cerritos Senior Center

12340 South St. Cerritos, CA 90703

FRIDAY, OCTOBER 16 • 12:30 PM

Lost Memories: Season 3

Potrero Heights Senior Center

8051 Arroyo Dr. Montebello, CA 90640

TUESDAY, OCTOBER 20 • 1 PM

Healthy Brain, Healthy Heart

Sunland Senior Citizens Center

8640 Fenwick St. Sunland, CA 91040

WEDNESDAY, OCTOBER 21 • 12 PM

Let's Chat: Paranoia &

Sundowning

Joslyn Adult Center

1301 W Olive Ave. Burbank, CA 91506

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)

Friday, October 2, 9, 16 • 8:30 AM–10:30 AM

Online

Saturday, October 3, 10, 17 • 10 AM–12 PM

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, OCTOBER 7 • 11 AM

WEDNESDAY, OCTOBER 14 • 11 AM

WEDNESDAY, OCTOBER 28 • 11 AM

Hammer Museum Tour

The Hammer Museum features art spanning from French 19th century and European old masters to contemporary American artists. Please join us for a one-hour free guided tour of new fall exhibitions, including Hugette Caland and Mavis Pusey.

THURSDAY, OCTOBER 15 • 1 PM

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, OCTOBER 14 • 10 AM

WEDNESDAY, OCTOBER 28 • 10 AM

LACMA “Personal Connections” Program

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

MONDAY, OCTOBER 5 • 10:30 AM (In-person)

MONDAY, OCTOBER 19 • 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, OCTOBER 22 • 11 AM

BasebALZ Program

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

FRIDAY, OCTOBER 23 • 11 AM