



CLASSES & WORKSHOPS

APRIL 2025



Join **FREE** classes & programs in-person & online.

CALL: 844.HELP.ALZ (844.435.7259) VISIT: AlzheimersLA.org/calendar EMAIL: rsvp@alzla.org

ONLINE CLASSES

TUESDAY, APRIL 1 • 10AM

Healthy Brain Habits

WEDNESDAY, APRIL 2 • 10AM

Let's Chat: Anger & Alzheimer's

WEDNESDAY, APRIL 2 • 3PM

Healthy Brain Habits

WEDNESDAY, APRIL 2 • 7PM

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

THURSDAY, APRIL 3 • 10AM

Let's Chat: Sundowning Tips for
Alzheimer's Caregivers

THURSDAY, APRIL 10 • 5PM

Making Home Safe for a Person
with Alzheimer's

WEDNESDAY, APRIL 16 • 11AM

Healthy Brain Habits

MONDAY, APRIL 28 • 7PM

Behaviors & Alzheimer's Disease

IN-PERSON CLASSES

THURSDAY, APRIL 3 • 4PM

Communication & Dementia:

Connecting with a Person Living with
Memory Loss

Co-hosted by Kaiser Downey

9400 Rosecrans Ave, Bellflower, CA 90706

(Room B2/B3)

WEDNESDAY, APRIL 16 • 10AM

Let's Chat: Wandering

Co-hosted by Inglewood Senior Center

111 N Locust St, Inglewood, CA 90301

THURSDAY, APRIL 24 • 3PM

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

Co-hosted by North Hollywood Regional Branch

5211 Tujunga Ave, North Hollywood, CA 91601

FRIDAY, APRIL 25 • 1PM

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

*Co-hosted by Gardena Valley Japanese
Cultural Institute*

1964 W 162nd St, Gardena, CA 90247

TUESDAY, APRIL 29 • 10AM

Memory Matters: Addressing Memory
Concerns

Co-hosted by City of La Mirada

13810 La Mirada Blvd, La Mirada, CA 90638

ONLINE ACTIVITIES

For people living with memory concerns and their care partners.

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, APRIL 2 • 11AM

WEDNESDAY, APRIL 9 • 11AM

WEDNESDAY, APRIL 23 • 11AM

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.

THURSDAY, APRIL 3 • 10AM

THURSDAY, APRIL 17 • 10AM

LACMA “Personal Connections” Program

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

TUESDAY, APRIL 15 • 11AM

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, APRIL 17 • 11AM

BasebALZ Program

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

FRIDAY, APRIL 25 • 11AM

SAVVY CAREGIVER® ONLINE 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

MONDAYS, APRIL 7, 14, 21 • 9:30–11:30AM

THURSDAYS, APRIL 10, 17, 24 • 10AM–12PM

Co-hosted by Cerritos Senior Center

In-person event at 12340 South St, Cerritos, CA 90703

Savvy Caregiver®: 6-week program

SUNDAYS, APRIL 13, 20, 27 & MAY 4, 11, 18 • 10AM–12PM