

# EDUCATION CALENDAR



Free classes to help you learn more about brain health, memory loss, caregiving, healthy aging and other related topics. Registration is required to attend. Sign up and stay up to date with all our classes:

[www.alzoc.org/ed-calendar](http://www.alzoc.org/ed-calendar)

## COMMUNITY EDUCATION FOR ALL

### Bringing Everyone to the Table: Family Conversations and Planning After a Dementia Diagnosis

**FEBRUARY 3 | 11:30 AM – 12:30 PM**

**ONLINE - ZOOM**

Learn strategies to navigate family discussions, manage opinions, and create a supportive care plan after a dementia diagnosis.

### Caregiving From Afar

**FEBRUARY 26 | 11:30 AM – 12:30 PM**

**ONLINE - ZOOM**

Discover strategies to provide effective care for a loved one with dementia from afar, including communication, coordination, and self-care tips.

### Frontotemporal Degeneration: Misdiagnosed and Misunderstood (Monthly Webinar)

**FEBRUARY 11 | 11:30 AM – 12:30 PM**

**ONLINE - ZOOM**

Explore Frontotemporal Degeneration (FTD), its symptoms, subtypes, diagnosis challenges, and care strategies. CE credit available for \$10 fee. Free for non-CE attendees.

### Top 11 Things to Know about Alzheimer's Disease Psychosis

**FEBRUARY 12 | 12:00 AM – 1:00 PM**

**ONLINE - ZOOM**

Discover 11 essential facts about Alzheimer's Disease Psychosis, including symptoms, causes, treatments, and strategies to support affected individuals.

SPONSORED BY  ACADIA

### Finding Meaning in Grief: A 3-Part Series

**MARCH 4, 18, 25 | 10:00 AM – 11:30 AM**

**ONLINE - ZOOM**

Discover strategies for family communication, managing differing opinions, and creating a supportive dementia care plan.

SPONSORED BY  Caring  
Companions At Home

### Normal Aging vs Warning Signs of Dementia

Discover normal age-related changes vs. concerns needing evaluation in this informative session on memory, cognition, and physical health.

**FEBRUARY 8 | 1:00 PM – 2:30 PM**

**IN-PERSON** THE MERIDIAN AT ANAHEIM HILLS  
525 S ANAHEIM HILLS ROAD ANAHEIM

Email [learn@alzoc.org](mailto:learn@alzoc.org) to RSVP.

SPONSORED BY  THE MERIDIAN  
at Anaheim Hills

*Community Education For All cont' on page 3.*

## CARE STRATEGIES (FOR CARE PARTNERS ONLY)

### Caring Conversations

FEBRUARY 4 | 10:00 AM – 11:30 AM

ONLINE - ZOOM

Learn effective strategies to communicate and connect with loved ones experiencing cognitive decline in this interactive class. Bring questions!

SPONSORED BY  Town & Country  
Your faith. Your way of life.

### Navigating Family Dynamics

FEBRUARY 18 | 10:00 AM – 11:30 AM

ONLINE - ZOOM

Explore strategies to manage conflicts, improve communication, and foster collaboration in dementia care for a supportive family environment.

SPONSORED BY  Town & Country  
Your faith. Your way of life.

### Understanding and Dealing with Common Challenging Situations

FEBRUARY 25 | 10:00 AM – 11:30 AM

ONLINE - ZOOM

Learn practical strategies to manage challenging dementia behaviors like aggression, confusion, and refusal while fostering a calm, supportive environment.

SPONSORED BY  Town & Country  
Your faith. Your way of life.



## BRAIN HEALTH

### The Role of Exercise in Cognition & Memory Screening Event

FEBRUARY 5 | 9:00 AM – 10:00 AM, 10:00 AM – 12:00 PM

**IN-PERSON** H. LOUIS LAKE SENIOR CENTER, 11300 STANFORD AVE., GARDEN GROVE, CA

Discover how regular exercise boosts brain health, reduces cognitive decline risk, and enhances mental well-being with evidence-based insights. Free memory screenings will be available after the event. Call (714) 741-5253 to RSVP.

### Brain Boot Camp (A 2 Week Series)

FEBRUARY 6 | 10:00 AM – 11:30 AM,  
FEBRUARY 13 | 10:00 AM – 11:00 AM

**IN-PERSON** OASIS SENIOR CENTER,  
801 NARCISSUS AVE., CORONA DEL MAR, CA

Join a two-session, evidence-based course to learn healthy brain habits and memory enhancement. RSVP at (949) 644-3244.

### Memory Screening Event

Concerned about memory? Attend a free memory screening to assess your cognitive health.

FEBRUARY 5 | 10:00 AM – 12:00 PM  
FEBRUARY 19 | 10:00 AM – 11:00 AM

**IN-PERSON** H. LOUIS LAKE SENIOR CENTER,  
11300 STANFORD AVE., GARDEN GROVE, CA

Call (714) 741-5253 to RSVP

### Nutrition for a Healthier Mind

Explore age-related memory changes and how diet impacts brain health. Learn foods to eat or avoid for cognitive wellness.

FEBRUARY 6 | 1:00 PM – 2:00 PM

**IN-PERSON** ORANGE PUBLIC LIBRARY,  
407 E. CHAPMAN AVE., ORANGE

Call (714) 288-2400 to RSVP

FEBRUARY 12 | 10:00 AM – 11:00 AM

**IN-PERSON** FULLERTON SENIOR CENTER  
340 W COMMONWEALTH AVE, FULLERTON

FEBRUARY 13 | 2:00 PM – 3:00 PM

**IN-PERSON** SUSI Q SENIOR CENTER  
380 THIRD STREET, LAGUNA BEACH

Call (949) 464-6645 to RSVP

## **FEBRUARY 19 | 9:00 AM – 10:00 AM**

**IN-PERSON** H. LOUIS LAKE SENIOR CENTER  
11300 STANFORD AVE., GARDEN GROVE, CA,

Call (714) 741-5253 to RSVP

## **FEBRUARY 24 | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER  
CRAFT ROOM, 20 LAKE RD, IRVINE, CA

Call (949) 724-6900 to RSVP

## **MARCH 6 | 10:00 AM – 11:00 AM**

**IN-PERSON** NORMAN P. MURRAY COMMUNITY AND SENIOR  
CENTER 24932 VETERANS WAY, MISSION VIEJO

Call (949) 470-3062 to RSVP

## **MARCH 25 | 10:15 AM – 11:15 AM**

**IN-PERSON** DOROTHY VISSER SENIOR CENTER  
117 AVENIDA VICTORIA, SAN CLEMENTE

Call (949) 498-3322 to RSVP

## **Sharpen Your Mind! Memory Tips & Teasers**

Boost your memory with fun, interactive exercises and evidence-based techniques in this one-hour memory training class.

## **FEBRUARY 7 | 10:00 AM – 11:00 AM**

**IN-PERSON** RANCHO SENIOR CENTER,  
3 ETHEL COPLEN WAY, IRVINE, CA 92612

Call (949) 724-6800 to RSVP

## **FEBRUARY 13 | 11:30 AM – 12:30 PM**

**IN-PERSON** FULLERTON LIBRARY  
353 W COMMONWEALTH AVE, FULLERTON

## **FEBRUARY 14 | 12:30 PM – 1:30 PM**

**IN-PERSON** YORBA LINDA COMMUNITY CENTER,  
4501 CASA LOMA AVE., YORBA LINDA

Call (714) 961-7181 to RSVP.

## **FEBRUARY 18 | 11:30 AM – 12:30 PM**

**IN-PERSON** LAKE FOREST SENIOR CENTER  
100 CIVIC CENTER DR, LAKE FOREST

Call (949) 461-3408 to RSVP

## **Brain Health**

### **MARCH 7 | 10:00 AM – 11:00 AM**

**IN-PERSON** RANCHO SENIOR CENTER  
3 ETHEL COPLEN WAY, IRVINE

Join this interactive session to discover strategies for improving memory and maximizing brain health through fun, practical exercises.

Call (949) 724-6800 to RSVP.

## **Mind your Brain: Strategies for Cognitive Strength at any Age**

Discover six pillars of brain health, memory changes, risks, and practical steps to protect your brain and reduce cognitive decline.

### **FEBRUARY 18 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM**

Thank you to our co-host



### **FEBRUARY 24 | 1:00 PM – 2:00 PM**

**IN-PERSON** FLORENCE SYLVESTER SENIOR CENTER  
23721 MOULTON PKWY, LAGUNA HILLS

Call (949) 380-0155 to RSVP

### **FEBRUARY 25 | 10:00 AM – 11:00 AM**

**IN-PERSON** TUSTIN AREA SENIOR CENTER  
200 SC ST. TUSTIN

Call (714) 573-3340 to RSVP

### **FEBRUARY 25 | 10:15 AM – 11:15 AM**

**IN-PERSON** DOROTHY VISSER SENIOR CENTER  
117 AVENIDA VICTORIA, SAN CLEMENTE

Call (949) 498-3322 to RSVP

### **MARCH 24 | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER 20 LAKE RD, IRVINE  
Call (949) 724-6900 to RSVP

## **COMMUNITY EDUCATION FOR ALL**

## **Normal Aging vs Warning Signs of Dementia (continued)**

### **MARCH 12 | 10:00 AM – 11:00 AM**

**IN-PERSON** FULLERTON SENIOR CENTER  
340 W COMMONWEALTH AVE, FULLERTON

Call (714) 738-6353 to RSVP

### **MARCH 14 | 10:00 AM – 11:00 AM**

**IN-PERSON** YORBA LINDA SENIOR CENTER  
4501 CASA LOMA AVE, YORBA LINDA

Call (714) 961-7181 to RSVP

## **Dementia 101: Understanding the Basics**

### **MARCH 25 | 9:00 AM – 10:00 AM**

**IN-PERSON** WESTMINSTER SENIOR CENTER  
8200 WESTMINSTER BLVD., WESTMINSTER

Understand the differences between normal aging and dementia symptoms. Review common types of dementia. Call (714) 895-2878 to RSVP.





**There's hope  
in every step.**

**MARCH 15, 2025 | ANGEL STADIUM  
WWW.ALZOC.ORG/WALK**

Join us for our biggest annual event, where people of all ages unite to raise funds and awareness for those affected by Alzheimer's or other types of dementia. Walk, donate, and volunteer to bring hope, support care, and ensure no one in our community faces this disease alone.

## EVENTOS EN ESPAÑOL

### 6 Pilares de la Salud Cerebral

**18 DE FEBRERO | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER  
20 LAKE RD, IRVINE, CA 92604

Aprenda sobre los seis pilares de la salud cerebral, cambios de memoria, riesgos y estrategias prácticas para reducir el deterioro cognitivo

### Diabetes, Presión Arterial Alta y sus Efectos Sobre la Memoria

**11 DE MARZO | 10:00 AM – 11:00 AM**

**IN-PERSON** TUSTIN AREA SENIOR CENTER  
200 SC ST. TUSTIN

Aprenda cómo la diabetes y la presión arterial alta afectan la cognición y memoria. Llame al (714) 573-3340 para confirmar.

### Cuidando al Cuidador

**18 DE MARZO | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER  
20 LAKE RD, IRVINE, CA

Únete a este curso para cuidadores y aprende a priorizar tu bienestar, enfrentar desafíos con resiliencia y aceptar el cuidado con orgullo. Llama al (949) 724-6900 para confirmar tu asistencia.

## SUPPORT GROUPS



You are not alone. Connect, share, and find understanding with others in one of our many support groups. Available online, in person and in multiple languages.

## HEALTH TALKS WITH DR. TRINH

Dr. Trinh is a medical missionary and well-known expert training others on evidence based healthy brain strategies, preventive health and wellness, inflammation, ketosis, and intermittent fasting.

**ONLINE** **IN-PERSON**

**SPONSORED BY**

For dates, times, and locations, visit:  
[www.facebook.com/pg/trinhhealth/events](http://www.facebook.com/pg/trinhhealth/events)

