

# 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

### Rights-Based Dementia Care (Monthly Webinar)

APRIL 8 | 11:30 AM - 12:30 PM

ONLINE - ZOOM

Explore rights-based dementia care principles, empowering individuals and improving communication. Learn strategies to enhance dignity and quality of life. CE credit available for \$10 fee. Free for non-CE attendees. RSVP online.

### Top 11 Things to Successfully Live Alone

MAY 27 | 10:00 AM - 11:00 AM

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

Learn 11 key strategies for safe, healthy, and fulfilling independent living in this engaging session. Perfect for all ages! Call (714) 573-3340 to RSVP.

### Are You Good to Go? Advance Care Planning

Learn key documents for future planning and how to navigate tough conversations to ensure wishes are honored when decisions arise.

APRIL 22 | 10:00 AM - 11:30 AM

ONLINE - ZOOM RSVP online.

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MAY 19 | 9:00 AM - 10:00 AM

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



### Dementia Friends

APRIL 24 | 10:00 AM - 11:00 AM

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

Join the global Dementia Friends movement! Learn about dementia and take action to create a more dementia-friendly Orange County. Call (949) 724-6800 to RSVP.

MAY 12 | 9:00 AM - 10:00 AM

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

Call (714) 895-2878 to RSVP

### Connection: Overcoming Loneliness as We Age



APRIL 24 | 10:00 AM - 11:00 AM

IN-PERSON OASIS SENIOR CITIZEN CENTER,  
801 NARCISSUS AVE, CORONA DEL MAR

Learn how to combat loneliness, build connections, and find purpose for better well-being. Call (949) 644-3244 to RSVP.

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### Planning the Next Steps: Continuum of Care

MAY 7 | 9:00 AM - 10:00 AM

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

Learn about care options, costs, and when they're needed in this informative session. Call (714) 741-5253 to RSVP.

*Community Education For All cont' on page 4.*

## CARE STRATEGIES (FOR CARE PARTNERS ONLY)

### Dementia Caregiver Education Series: Are You Equipped?

**APRIL 12 | 9:00 AM – 11:00 AM**

**IN-PERSON** MOUNT OF OLIVES ADULT DAY PROGRAM,  
24772 CHRISANTA DRIVE

Navigate the caregiving journey with expert guidance, resources, and support. Gain strength through knowledge and connect with fellow caregivers. Call 949-581-3800 to RSVP.

### Communication Strategies: Saying No Without Saying No

**ONLINE - ZOOM**

**APRIL 15 | 10:00 AM – 11:30 AM**

Learn compassionate communication techniques for dementia care, set boundaries, and manage challenges effectively without saying “no” in this practical session. RSVP online.

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### Home Safety 101

Empower your caregiving with safety strategies to prevent falls, enhance independence, and create a calming environment for your loved one.

**APRIL 15 | 2:00 PM – 3:00 PM**

**IN-PERSON** ANAHEIM PUBLIC LIBRARY - CANYON HILLS  
BRANCH, 400 S SCOUT TRAIL, ANAHEIM

Call to RSVP: (714) 765-6444

**APRIL 22 | 10:00 AM – 11:00 AM**

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

Call (714) 573-3340 to RSVP.

**MAY 22 | 1:00 PM – 2:00 PM**

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

Call (714) 288-2400 to RSVP.



## BRAIN HEALTH

### Sharpen your Mind! Memory Tricks and Teasers

Boost memory and brain health with fun, interactive exercises and strategies. Challenge your mind and play along!

**APRIL 7 | 10:00 AM – 11:00 AM**

**IN-PERSON** DANA POINT SENIOR CENTER,  
34052 DEL OBISPO ST., DANA POINT

Call (949) 496-4252 to RSVP.

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Elevating the Human Spirit

**APRIL 10 | 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.

**SPONSORED BY**  Comfort Keepers.  
Elevating the Human Spirit

**MAY 9 | 10:30 AM – 11:30 AM**

**IN-PERSON** ALISO VIEJO SENIOR CENTER,  
12 JOURNEY SUITE 100 ALISO VIEJO

Call 949-425-2500 to RSVP

**MAY 27 | 10:15 AM – 11:15 AM**

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

Call (949) 498-3322 to RSVP.

### Brain Health and Stress Management

**ONLINE - ZOOM**

**APRIL 10 | 11:00 AM – 12:00 PM**

Learn how stress impacts brain health and discover evidence-based strategies to boost resilience, clarity, and well-being with Dr. Neal H. Patel. RSVP online.

### Mind Your Brain: Strategies for Cognitive Strength at any Age

Learn key lifestyle habits to boost brain health, memory, and well-being in this engaging, evidence-based presentation. Call (949) 464-6645 to RSVP.

**APRIL 15 | 12:30 PM – 1:30 PM**

**IN-PERSON** YORBA LINDA SENIORS,  
4501 CASA LOMA AVE, YORBA LINDA

Call (714) 961-7181 to RSVP

**APRIL 16 | 10:00 AM – 11:00 AM**

**IN-PERSON** FULLERTON SENIOR CENTER,  
340 W COMMONWEALTH AVE, FULLERTON  
Call (714) 738-6353 to RSVP.

**APRIL 18 | 10:30 AM – 11:30 AM**

**IN-PERSON** ALISO VIEJO SENIOR CENTER,  
12 JOURNEY SUITE 100 ALISO VIEJO  
Call 949-425-2500 to RSVP.”

**APRIL 22 | 2:00 PM – 3:00 PM**

**IN-PERSON** SUSI Q CENTER, 380 3RD ST,  
LAGUNA BEACH, CA 92651  
Call 949-464-6645 to RSVP.

SPONSORED BY  **Comfort Keepers**  
Elevating the Human Spirit



**APRIL 24 | 10:00 AM – 11:00 AM**

**IN-PERSON** COSTA MESA SENIOR CENTER,  
695 W 19TH ST, COSTA MESA  
Call (714) 327-7550 to RSVP.

**APRIL 29 | 10:00 AM – 11:30 AM**

**ONLINE - ZOOM** RSVP online.

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**MAY 27 | 1:00 PM – 2:00 PM**

**IN-PERSON** THE CLUBHOUSE / LAKE FOREST SENIOR  
CENTER, 100 CIVIC CENTER DR, LAKE FOREST  
Call (949) 461-3408 to RSVP

## The Role of Exercise on Cognition

Discover how exercise boosts brain function, reduces cognitive decline risk, and enhances well-being in this evidence-based presentation.

**APRIL 22 | 10:15 AM – 11:15 AM**

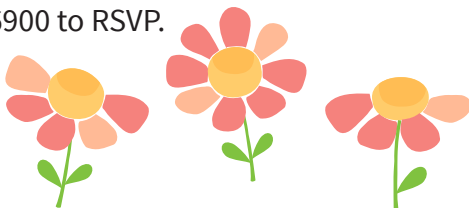
**IN-PERSON** DOROTHY VISSER SENIOR CENTER,  
117 AVENIDA VICTORIA, SAN CLEMENTE  
Call 949-498-3322 to RSVP.

**APRIL 24 | 1:00 PM – 2:00 PM**

**IN-PERSON** ORANGE LIBRARY,  
407 E CHAPMAN AVE, ORANGE  
Call (714) 288-2400 to RSVP.

**APRIL 28 | 9:00 AM – 10:00 AM**

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



## The Importance of Sleep for Cognition

May 8 | 10:00 am – 11:00 am

**IN-PERSON** NORMAN P. MURRAY COMMUNITY AND SENIOR  
CENTER, 24932 VETERANS WAY, MISSION VIEJO  
Learn how sleep impacts brain health, optimal sleep  
needs, and tips for better sleep hygiene. Call (949)  
470-3062 to RSVP.

## Nutrition for a Healthier Mind

**MAY 15 | 3:00 PM - 4:00 PM**

**IN-PERSON** FULLERTON LIBRARY,  
353 W COMMONWEALTH AVE, FULLERTON  
Explore memory changes, nutrition, and brain  
health. Learn what to eat and avoid for a sharper  
mind. Call (714) 738-6333 to RSVP.

## Brain Boot Camp (A 2 Week Series)

**MAY 22 & 29 | 9:30 AM – 11:00 AM**

**IN-PERSON** BREA SENIOR CENTER, 500 SIEVERS AVE, BREA  
Join this two-session UCLA Longevity Center  
course to boost brain health and memory. Must  
attend both sessions. Call (714) 990-7750 to RSVP.

## Memory Screening Event

Experiencing memory issues like forgetting names, dates, or misplacing things? Schedule a FREE Mind Check memory screening today!

**APRIL 7 | 11:00 AM – 1:00 PM**

**IN-PERSON** DANA POINT SENIOR CENTER,  
34052 DEL OBISPO ST., DANA POINT  
Call (949) 496-4252 to RSVP.

**APRIL 15 | 10:30 AM – 12:30 PM**

**IN-PERSON** YORBA LINDA SENIORS,  
4501 CASA LOMA AVE, YORBA LINDA  
Call (714) 961-7181 to RSVP.

**APRIL 16 | 10:00 AM – 12:00 PM**

**IN-PERSON** H. LOUIS LAKE SENIOR CENTER,  
11300 STANFORD AVE., GARDEN GROVE  
Call (714) 741-5253 to RSVP.

**APRIL 21 | 9:00 AM – 11:00 AM**

**IN-PERSON** WESTMINSTER CITY SENIOR CENTER,  
8200 WESTMINSTER BLVD., WESTMINSTER  
Call (714) 895-2878 to RSVP.

**APRIL 21 | 10:00 AM – 12:00 PM**

**IN-PERSON** TUSTIN AREA SENIOR CENTER,  
200 S C ST, TUSTIN  
Call (714) 573-3340 to RSVP.

*More dates and times cont' on page 4.*

## COMMUNITY EDUCATION FOR ALL (CONTINUED)

### The POLST Form: What It Is and How to Use It (Monthly Webinar)

**MAY 13 | 11:30 AM – 12:30 PM**

**ONLINE - ZOOM**

Learn about the POLST form, its uses, and how it differs from other medical forms in end-of-life care decisions. CE credit available for \$10 fee. Free for non-CE attendees. RSVP online.

### Normal Aging vs Warning Signs of Dementia

Learn how aging affects memory, problem-solving, senses, and mobility—plus when to seek further evaluation for cognitive and physical changes.

**MAY 20 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM** RSVP online.

THANK YOU TO OUR CO-HOST



**MAY 21 | 9:00 AM – 10:00 AM**

**IN-PERSON** H. LOUIS LAKE SENIOR CENTER,  
11300 STANFORD AVE, GARDEN GROVE.  
CALL (714) 741-5253 TO RSVP.



## EVENTOS EN ESPAÑOL

### Diabetes, presión arterial alta y sus efectos sobre la memoria

**15 DE ABRIL | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER, 20 LAKE RD, IRVINE  
Únase a esta clase para aprender cómo la diabetes y la presión arterial alta influyen en su cognición y memoria. Llame al (949) 724-6900 para confirmar su asistencia.

### La Nutrición cambia con la Edad

**13 DE MAYO | 10:00 AM - 11:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER, 20 LAKE RD, IRVINE  
Únase a esta clase para aprender sobre cambios con la edad y cómo mejorar su salud cognitiva con un estilo de vida saludable. Llame a 714-573-3340.

## BRAIN HEALTH (CONTINUED)

**APRIL 23 | 10:30 AM – 12:30 PM**

**IN-PERSON** LAKE FOREST SENIOR CENTER,  
100 CIVIC CENTER DR., LAKE FOREST  
Call (949) 461-3408 to RSVP.

**IN-PERSON** **MAY 1 | 9:00 AM – 11:00 AM**  
SEA COUNTRY COMMUNITY CENTER,  
24602 ALISO CREEK RD, LAGUNA NIGUEL  
Call (949) 425-5151 to RSVP.

**IN-PERSON** **MAY 7 | 10:00 AM – 12:00 PM**  
H. LOUIS LAKE SENIOR CENTER,  
11300 STANFORD AVE., GARDEN GROVE  
Call (714) 741-5253 to RSVP.

**IN-PERSON** **MAY 15 | 10:00 AM – 12:00 PM**  
BREA SENIOR CENTER, 500 SIEVERS AVE, BREA  
Call (714) 990-7750 to RSVP.

**IN-PERSON** **MAY 19 | 10:30 AM – 12:30 PM**  
YORBA LINDA SENIORS,  
4501 CASA LOMA AVE, YORBA LINDA  
Call (714) 961-7181 to RSVP.

**IN-PERSON** **MAY 21 | 10:00 AM – 12:00 PM**  
H. LOUIS LAKE SENIOR CENTER,  
11300 STANFORD AVE., GARDEN GROVE  
Call (714) 741-5253 to RSVP.

HOSTED BY

## 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**

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



### El Estrés y la Memoria

Únase a nuestras clases sobre cambios relacionados con la edad y cómo mejorar su salud cognitiva. Para más información comuníquese al.

**8 DE ABRIL | 10:00 AM - 11:00 AM**

**IN-PERSON** TUSTIN AREA SENIOR CENTER, 200 SC ST, TUSTIN  
Llame a 714-573-3340

**20 DE MAYO | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER, 20 LAKE RD, IRVINE  
Llame a 7(949) 724-6900