

EDUCATION CALENDAR

June - July 2025



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

COMMUNITY EDUCATION FOR ALL

How to Have a Conversation with the Doctor

JUNE 4 | 9:00 AM – 10:00 AM

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

Learn to recognize Alzheimer's signs, talk with doctors confidently, ask key questions, and advocate effectively for yourself or others.

CALL (714) 741-5253 TO RSVP.

Enhancing Everyday Activities in Dementia Care

JUNE 10 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

Discover why dementia affects connection and learn proven strategies to enhance engagement across all stages. One CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS (\$10 Fee).

Dementia 101

Learn to distinguish normal aging from dementia and explore common types to better understand symptoms, planning, and care options

JUNE 4 | 1:30 PM – 2:30 PM

IN-PERSON DOWNTOWN ANAHEIM SENIOR CENTER,
250 E CENTER ST, ANAHEIM
CALL 714-765-4510 TO RSVP.

JULY 2 | 9:00 AM – 10:00 AM

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

JULY 22 | 10:00 AM – 11:00 AM

IN-PERSON TUSTIN AREA SENIOR CENTER,
200 S C ST, TUSTIN
CALL (714) 573-3340 TO RSVP



Understanding the 3 Ds: Delirium, Depression, and Dementia

JUNE 18 | 9:00 AM – 10:00 AM

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

Learn to distinguish delirium, depression, and dementia, and explore strategies for proper care, communication, and advocacy.

CALL (714) 741-5253 TO RSVP.

Normal Aging vs Warning Signs of Dementia

Learn which age-related changes are normal—and which may need attention—in this informative session on brain and body health.

JUNE 18 | 1:30 PM – 2:30 PM

IN-PERSON DOWNTOWN ANAHEIM SENIOR CENTER,
250 E CENTER ST, ANAHEIM

CALL 714-765-4510 TO RSVP.

JUNE 24 | 9:00 AM – 10:00 AM

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

JULY 7 | 9:00 AM – 10:00 AM

IN-PERSON DANA POINT SENIOR CENTER,
34052 DEL OBISPO, DANA POINT 92629

Community Education For All cont' on page 4.

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.

CARE STRATEGIES (FOR CARE PARTNERS ONLY)

Finding Meaning in Caregiving: A 3-Part Series

JUNE 3, 17, 24 | 10:00 AM – 11:30 AM

ONLINE - ZOOM

Explore grief, manage caregiving stress, and rediscover purpose in this three-part series on finding meaning in caregiving. Attending all 3 sessions is recommended but not required.

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Top 11 Things to Know about Alzheimer's Disease Psychosis

JUNE 25 | 11:00 AM – 12:00 PM

ONLINE - ZOOM

Learn the top 11 key facts about Alzheimer's Disease Psychosis, including symptoms, causes, treatments, and support strategies.

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Home Safety 101

Learn practical strategies to prevent falls, enhance safety, and create a calming home for loved ones with cognitive decline.

JULY 17 | 11:30 AM – 12:30 PM

IN-PERSON FULLERTON PUBLIC LIBRARY,
353 W. COMMONWEALTH AVE., FULLERTON
CALL (714) 738-6333 TO RSVP.

JULY 22 | 10:15 AM – 11:15 AM

IN-PERSON DOROTHY VISSER SENIOR CENTER, 1
17 AVENIDA VICTORIA, SAN CLEMENTE
CALL (949) 498-3322 TO RSVP.

Introduction to Communication and Memory Loss

JULY 15 | 10:00 AM – 11:30 AM

ONLINE - ZOOM

Learn dementia-friendly strategies to improve communication and navigate memory loss, confusion, and other common dementia-related challenges.

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A Caregiver's Journey: My 3 Lessons

JULY 22 | 10:00 AM – 11:30 AM

Hear former caregiver Ben Allen share insights and practical tips for supporting loved ones with memory loss and cognitive changes.

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When Is It Time for Memory Care?

JULY 29 | 10:00 AM – 11:30 AM

ONLINE - ZOOM

Learn when it may be time for memory care, how to decide with confidence, and ensure your loved one's well-being.

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BRAIN HEALTH

Nutrition for a Healthier Mind

Explore how age, memory, and nutrition connect—plus which foods to eat or avoid for better brain and body health.

JUNE 11 | 10:00 AM – 11:00 AM

IN-PERSON FULLERTON SENIOR CENTER,
340 W COMMONWEALTH AVE, FULLERTON
CALL (714) 738-6353 TO RSVP

JUNE 11 | 10:30 AM – 11:30 AM

IN-PERSON ORANGE SENIOR CENTER,
170 S OLIVE ST, ORANGE
CALL TO (714) 538-9633 RSVP

JULY 23 | 1:30 PM – 2:30 PM

IN-PERSON DOWNTOWN ANAHEIM SENIOR CENTER,
250 E CENTER ST, ANAHEIM
CALL 714-765-4510 TO RSVP

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



Memory Screening Event

Struggling with memory or focus? Schedule a FREE Mind Check screening to spot early signs and support brain health. Call (949) 644-3244 to RSVP.

JUNE 12 | 9:00 AM – 11:00 AM

IN-PERSON OASIS SENIOR CENTER,
801 NARCISSUS AVE, CORONA DEL MAR
CALL (949) 644-3244 TO RSVP.

JUNE 16 | 10:30 AM – 12:30 PM

IN-PERSON YORBA LINDA SENIORS,
4501 CASA LOMA AVE, YORBA LINDA
CALL (714) 961-7181 TO RSVP

JUNE 26 | 10:00 AM - 12:00 PM

IN-PERSON SEA COUNTRY COMMUNITY CENTER,
24602 ALISO CREEK RD, LAGUNA NIGUEL
CALL (949) 425-5151 TO RSVP

JULY 7 | 10:00 AM – 1:30 PM

IN-PERSON DANA POINT SENIOR CENTER,
34052 DEL OBISPO ST, DANA POINT,
CALL (949) 496-4252 TO RSVP

The Role of Exercise on Cognition

Learn how regular exercise boosts brain function, reduces cognitive decline risk, and supports mental well-being in this evidence-based presentation.

JUNE 16 | 12:30 PM – 1:30 PM

IN-PERSON YORBA LINDA SENIORS,
4501 CASA LOMA AVE, YORBA LINDA
CALL (714) 961-7181 TO RSVP.

JUNE 19 | 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.

JULY 9 | 10:00 AM – 11:00 AM

IN-PERSON FULLERTON SENIOR CENTER,
340 W COMMONWEALTH AVE, FULLERTON
CALL (714) 738-6353 TO RSVP.

Brain Fit: Techniques for Memory and Focus

JUNE 17 & JUNE 24 | 2:00 PM – 3:00 PM

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

Join us for a fun, UCLA Longevity Center evidence-based, two session intensive course that teaches healthy brain lifestyles and enhances memory ability. Must attend both sessions.

CALL (949) 464-6645 TO RSVP.

Sharpen Your Mind: Memory Trips and Tricks

JUNE 24 | 10:00 AM – 11:30 AM

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

Join this fun, interactive session to boost memory, challenge your brain, and learn strategies for better cognitive health. Call (949) 644-3244 to RSVP.

Mind Your Brain: 6 Pillars of Brain Health

Explore six pillars of brain health, age-related memory changes, risks, and practical tips to protect your brain and reduce the risk of cognitive decline.

JUNE 17 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

THANK YOU TO OUR CO-HOST



JUNE 26 | 1:00 PM – 2:00 PM

IN-PERSON SEA COUNTRY COMMUNITY CENTER,
24602 ALISO CREEK RD, LAGUNA NIGUEL
CALL (949) 425-5151 TO RSVP

JULY 9 | 1:30 PM – 2:30 PM

IN-PERSON DOWNTOWN ANAHEIM SENIOR CENTER,
250 E CENTER ST, ANAHEIM

Explore six brain health pillars, memory changes with age, risks to brain health, and steps to reduce cognitive decline.

CALL 714-765-4510 TO RSVP.

The Importance of Sleep for Cognition

JULY 28 | 9:00 AM – 10:00 AM

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

Learn how sleep impacts brain health and gain tips to improve sleep habits for better cognitive function and overall wellness.

CALL (949) 724-6900 TO RSVP.

EVENTOS EN ESPAÑOL

Nutrición para una mente más sana

17 DE JUNIO | 9:00 AM – 10:00 AM

EN PERSONA LAKEVIEW SENIOR CENTER,
20 LAKE ROAD, IRVINE 92604

Aprenda cómo la edad y la alimentación afectan la memoria, y qué comer o evitar para una salud cerebral óptima.

LLAME AL (949) 724-6900 PARA CONFIRMAR SU ASISTENCIA.

Eventos en Español For All cont' on page 4.

COMMUNITY EDUCATION FOR ALL (CONTINUED)

World Elder Abuses Awareness Day 2025: Prevention Through Planning

JUNE 12 | 10:00 AM - 12:00 PM

ONLINE - ZOOM

Learn legal and financial strategies to prevent elder abuse, protect autonomy, and promote safety for older adults.

Planning the Next Steps: Continuum of Care

Learn the differences between care options, when they're needed, and how to pay for them in this helpful, informative session.

JUNE 23 | 9:00 AM - 10:00 AM

IN-PERSON LAKEVIEW SENIOR CENTER,
20 LAKE RD, IRVINE
CALL (949) 724-6900 TO RSVP.

JULY 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.

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JULY 15 | 2:00 PM - 3:00 PM

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

11 Tips to Live Alone Successfully

JUNE 24 | 10:15 AM - 11:15 AM

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

Learn 11 key strategies for living alone safely and independently while supporting your health, happiness, and overall well-being.
CALL (949) 498-3322 TO RSVP.

THANK YOU TO OUR CO-HOST



Caring Conversations: Tips for Connecting and Communicating

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

IN-PERSON TUSTIN AREA SENIOR CENTER,
200 S C STREET, TUSTIN

Learn practical tips to improve communication and connection with loved ones experiencing cognitive decline. Q&A included—bring your questions!



Soul Spark at OASIS Senior Center

JULY 7 | 10:00 AM - 11:00 AM

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

Use gentle movement and breath work to help rewire brain patterns, re-balance the nervous system, and reconnect with clarity and peace.

Driving and Memory Concerns

Explore how memory loss impacts driving, warning signs, tough conversations, and safe alternatives in this helpful, informative session.

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

ONLINE - ZOOM

JULY 16 | 9:00 AM - 10:00 AM

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

JULY 28 | 12:30 PM - 1:30 PM

IN-PERSON YORBA LINDA SENIOR CENTER,
4501 CASA LOMA AVE, YORBA LINDA
CALL (714) 961-7181 TO RSVP



Dementia Friends

Learn what it's like to live with dementia and take small actions to help create a dementia-friendly

JULY 8 | 10:00 AM - 11:00 AM

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

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

IN-PERSON BREA SENIOR CENTER,
500 SIEVERS AVE, BREA, ORANGE COUNTY.
CALL (714) 990-7750 TO RSVP.

EVENTOS EN ESPAÑOL (CONTINUADA)

Los beneficios del sueño para tu cerebro

8 DE JULIO | 10:00 AM - 11:00 AM

EN PERSONA TUSTIN AREA SENIOR CENTER,
200 S C ST, TUSTIN

Aprenda cómo el sueño impacta al cerebro y cómo mejorar su higiene del sueño para una salud cerebral óptima.

La risa es la mejor medicina

15 DE JULIO | 9:00 AM - 10:00 AM

EN PERSONA LAKEVIEW SENIOR CENTER, 20 LAKE RD, IRVINE

Descubre cómo la risa mejora la salud mental, reduce el estrés y protege el cerebro en esta clase divertida e inspiradora.

LLAME AL (949) 724-6900 PARA CONFIRMAR SU ASISTENCIA.