

Alzheimer's
ORANGE COUNTY

**MEMORY
SUPPORT
SERVICES**

EDUCATION CALENDAR

August - September 2025 Classes



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

Aging and the Senses

AUGUST 15 | 12:30 PM – 1:30 PM

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

Explore how aging affects your senses and learn practical tips to maintain sensory health and improve quality of life.

CALL (714) 961-7181 TO RSVP.

Help! My Neighbor has Memory Loss

AUGUST 19 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

Learn about memory loss, its impact, and practical steps to manage anxiety, fear, and sadness. You're not alone.

CO-HOSTED BY



Fireside Chat with Patty

AUGUST 20 | 5:00 PM – 7:00 PM

IN-PERSON THE MERIDIAN AT ANAHEIM HILLS,
525 S ANAHEIM HILLS RD. ANAHEIM

Join dementia expert Patty Barnett Mouton for a discussion and Q&A. Light snacks served.

RSVP TO CELINA BERENGUER AT

CELINA.BERENGUER@ALZOC.ORG OR (949) 757-3720.

Change is Hard: Shifting Family Dynamics as Parents Age

AUGUST 27 | 11:00 AM – 12:00 PM

ONLINE - ZOOM

Explore how aging can shift family roles and relationships, and learn strategies to navigate these changes with empathy, communication, and confidence.

SPONSORED BY  **THEKEY™**
A new chapter in aging at home

Scams, Schemes, and Safeguards: What Every Senior Should Know

AUGUST 28 | 10:30 AM – 11:30 AM

IN-PERSON WALNUT VILLAGE ORANGE COUNTY RETIREMENT
COMMUNITY, 891 S WALNUT ST, ANAHEIM

Learn to spot scams, protect personal information, and defend against fraud targeting older adults online, by phone, or in person. Presented in collaboration with Council on Aging – Southern California.

RSVP TO LEAH PEGG: LEAH.PEGG@ALZOC.ORG.

Dementia 101

SEPTEMBER 23 | 10:15 AM – 11:15 AM

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

Learn the differences between normal aging and dementia, including Alzheimer's and other types, to better understand symptoms, planning, and care.

11 Tips to Live Alone Successfully

AUGUST 25 | 9:00 AM – 10:00 AM

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

Learn 11 essential tips for living alone safely and happily. Ideal for all ages seeking independence and well-being.

CALL (949) 724-6900 TO RSVP.



CARE STRATEGIES (FOR CARE PARTNERS ONLY)

Caring Conversation: Tips for Connecting and Communication

Learn practical tips to better communicate and connect with loved ones experiencing cognitive decline. Q&A included.

AUGUST 6 | 1:30 PM – 2:30 PM

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

AUGUST 21 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

SPONSORED BY  Otsuka



Home Safety 101

Learn practical strategies to create a safe, comfortable environment that prevents falls, promotes independence, and reduces confusion for caregivers.

AUGUST 14 | 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  THEKEY™
A new chapter in aging at home

SEPTEMBER 18 | 11:00 AM – 12:00 PM

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

Introduction to Communication and Memory Loss

SEPTEMBER 23 | 9:00 AM – 10:00 AM

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

Learn how memory loss affects communication and gain practical tools to improve conversations and connection, reduce frustration, and enhance understanding. Call (714) 895-2878 to RSVP.

SPONSORED BY  CARE Patrol™
Your Partner in Senior Care Solutions



Help! I Need a Break: Caregiver Respite Guide

SEPTEMBER 9 | 6:00 PM – 7:00 PM

IN-PERSON LOS ALAMITOS SENIOR CENTER, 1091 OAK ST.,
LOS ALAMITOS

Learn about available respite care options and how they can give caregivers a much-needed break and support.

Wandering in Dementia

SEPTEMBER 9 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

Learn why wandering occurs in dementia and how to prevent, respond to, and ensure safety for those at risk.

One (1) CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS. \$10 fee if taking for CE credit.



I Just Became a Caregiver, Now What

SEPTEMBER 16 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

This class offers essential guidance, practical tips, and emotional support for those who are new to caregiving for someone with dementia.

Introduction to Communications and Memory Loss

SEPTEMBER 23 | 10:00 AM – 11:00 AM

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

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



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.

BRAIN HEALTH

Sharpen Your Mind: Memory Tips and Tricks

Boost memory and brain health with fun, interactive activities, and tips. Challenge your mind!

AUGUST 7 | 10:00 AM – 11:00 AM

IN-PERSON COSTA MESA SENIOR CENTER, 695 W 19TH ST., COSTA MESA, CA
CALL (714) 327-7550 TO RSVP.

AUGUST 12 | 10:00 AM – 11:30 AM

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

SEPTEMBER 4 | 1:00 PM – 2:00 PM

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

Nutrition for a Healthier Mind

Discover how age affects memory and how diet choices can boost brain health. Learn what to eat and what to avoid.

SEPTEMBER 9 | 1:30 PM – 2:30 PM

IN-PERSON THE CENTER AT FOUNDERS VILLAGE,
17967 BUSHARD ST, FOUNTAIN VALLEY
CALL (714) 593-4446 TO RSVP.

SEPTEMBER 9 | 1:30 PM – 2:30 PM

ONLINE - ZOOM

COMMUNITY EDUCATION FOR ALL (CONTINUED)

Driving and Memory Concerns

Learn how memory changes affect driving, warning signs to watch for, alternatives to driving and how to plan for the future.

SEPTEMBER 11 | 10:00 AM – 11:00 AM

IN-PERSON NORMAN P. MURRAY,
24932 VETERANS WAY, MISSION VIEJO
CALL (949) 470-3062 TO RSVP.

SEPTEMBER 22 | 9:00 AM – 10:00 AM

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

Early-Stage Memory Loss: Now What?

SEPTEMBER 11 | 10:00 AM – 11:00 AM

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

The Importance of Sleep for Cognition

Discover how sleep impacts brain health and learn tips to improve sleep habits for better cognitive function.

AUGUST 13 | 10:00 AM – 11:00 AM

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

SEPTEMBER 10 | 10:30 AM – 11:30 AM

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

The Role of Exercise on Cognition

Discover how regular exercise boosts brain function, reduces cognitive decline risk, and improves mental well-being with evidence-based insights.

AUGUST 19 | 2:00 PM – 3:00 PM

IN-PERSON SUSI Q CENTER, 380 3RD ST, LAGUNA BEACH
CALL (949) 464-6645 TO RSVP.

SEPTEMBER 16 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

CO-HOSTED BY



SEPTEMBER 25 | 10:00 AM – 11:00 AM

IN-PERSON TRABUCO SENIOR CENTER,
5701 TRABUCO RD, IRVINE
CALL (949) 724-7300 TO RSVP.



Discover how to navigate early memory loss with clarity and support through planning, communication tips, lifestyle changes and available resources. CALL (949) 644-3244 TO RSVP.

Understanding the 3 Ds: Delirium, Dementia, and Depression

Learn to recognize and understand delirium, depression, and dementia—the 3 D's—and why early detection and treatment are essential.

AUGUST 12 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

One (1) CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS. \$10 fee if taking for CE credit.

SEPTEMBER 19 | 12:30 PM – 1:30 PM

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

PLANNING

Creating an Emergency Care Plan – For You!

AUGUST 19 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Learn to create an emergency care plan so your loved one with dementia is protected if you're suddenly unavailable.

Creating an Emergency Care Plan

AUGUST 20 | 9:00 AM – 10:00 AM

IN-PERSON

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

Learn how to prepare legally, financially, and practically for dementia-related emergencies. Gain tools to navigate unexpected caregiving challenges with confidence.

CALL (714) 741-5253 TO RSVP.

Planning the Next Steps: Continuum of Care

Learn about care options, costs, and timing—from nursing homes to hospice—in this helpful discussion on levels of care.

AUGUST 20 | 1:30 PM – 2:30 PM

IN-PERSON

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

AUGUST 26 | 10:15 AM – 11:15 AM

IN-PERSON

DOROTHY VISSER SENIOR CENTER,
117 AVENIDA VICTORIA, SAN CLEMENTE
CALL (949) 498-3322 TO RSVP.

SEPTEMBER 10 | 10:00 AM – 11:00 AM

IN-PERSON

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

EVENTOS EN ESPAÑOL

La risa es la mejor medicina

12 DE AGOSTO | 10:00 AM – 11:00 AM

PRESENCIAL

Descubre cómo la risa mejora la salud mental, reduce el estrés y promueve el bienestar y la salud cerebral. Llama al (949) 724-6900 para confirmar tu asistencia.

6 Pilares para un Cerebro Saludable

13 DE AGOSTO | 12:00 PM – 1:00 PM

ONLINE - ZOOM

Aprenda pilares clave para mantener su cerebro sano y activo, con consejos prácticos para mejorar la cognición y bienestar.

REGISTRASE AQUÍ: [HTTPS://BIT.LY/ALZOCSM25](https://bit.ly/ALZOCSM25)

El Poder del Ejercicio Físico

19 DE AGOSTO | 9:00 AM – 10:00 AM

PRESENCIAL

LAKEVIEW SENIOR CENTER,
20 LAKE RD, IRVINE

Descubra cómo el ejercicio mejora la salud cerebral y mental, y reduce el riesgo de deterioro cognitivo. LLAME AL (949) 724-6900 PARA CONFIRMAR SU ASISTENCIA.

Cuidando a la Cuidadora

27 DE AGOSTO | 10:00 AM – 11:00 PM

ONLINE - ZOOM

Aprenda a cuidar su bienestar físico, emocional y mental como cuidador, con herramientas para evitar el agotamiento y establecer límites.

REGISTRASE AQUÍ: [HTTPS://BIT.LY/ALZOCSM25](https://bit.ly/ALZOCSM25)

¿Qué es la pérdida de memoria?

9 DE SEPTIEMBRE | 10:00 AM – 11:00 AM

PRESENCIAL

TUSTIN SENIOR CENTER, 200 S C ST TUSTIN

Descubra cómo funciona la memoria, por qué cambia con el tiempo y qué puede hacer para apoyar la salud del cerebro en esta clase interesante e informativa. Llame al (949) 724-6900 para confirmar su asistencia.

El Sueño y la Memoria

10 DE SEPTIEMBRE | 12:00 PM – 1:00 PM

ONLINE - ZOOM

Descubra cómo el sueño impacta el cerebro y cree una rutina saludable basada en ciencia para mejorar su función cognitiva.

REGISTRASE AQUÍ: [HTTPS://BIT.LY/ALZOCSM25](https://bit.ly/ALZOCSM25)

El Poder de la Resiliencia

16 DE SEPTIEMBRE | 9:00 AM – 10:00 AM

PRESENCIAL

LAKEVIEW SENIOR CENTER 20 LAKE RD, IRVINE

Descubra cómo desarrollar resiliencia puede empoderar a los cuidadores y mejorar la calidad de vida de quienes viven con demencia mediante estrategias prácticas y fortaleza emocional. Llame al (949) 724-6900 para confirmar su asistencia.

Comunicación Compasiva

24 DE SEPTIEMBRE | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Aprenda a decir “no” con empatía a un ser querido con demencia, reduciendo angustia y fortaleciendo la conexión emocional.

REGISTRASE AQUÍ: [HTTPS://BIT.LY/ALZOCSM25](https://bit.ly/ALZOCSM25)