

Alzheimer's
ORANGE COUNTY

**MEMORY
SUPPORT
SERVICES**

EDUCATION CALENDAR

October - December 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 Mastery Program

Aging Mastery empowers older adults with fun, practical tools to make small lifestyle changes that enrich health, longevity, and life. Join us to learn how modest lifestyle changes can drive big results.

ONLINE - ZOOM

OCTOBER 6 | EXERCISE AND YOU

NOVEMBER 3 | SLEEP

DECEMBER 1 | HEALTHY EATING AND HYDRATION

Normal Aging vs Warning Signs of Dementia

Normal aging or something else? Learn what changes to expect and which may need further evaluation in this class.

OCTOBER 7 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

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



OCTOBER 24 | 10:30 AM – 11:30 AM

IN-PERSON ALISO VIEJO RANCH, 100 PARK AVE, ALISO VIEJO
CALL (949) 425-2550 TO RSVP.

NOVEMBER 25 | 10:15 AM – 11:15 AM

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

DECEMBER 11 | 10:00 AM – 11:00 AM

IN-PERSON TRABUCO SENIOR CENTER,
5701 TRABUCO RD, IRVINE

CALL (949) 724-7300 TO RSVP.

DECEMBER 23 | 10:00 AM – 11:00 AM

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

Driving and Memory Concerns

OCTOBER 8 | 10:00 AM – 11:00 AM

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

Learn how memory changes impact driving, warning signs, conversation strategies, and future planning.

CALL (714) 738-6353 TO RSVP.

WEBINAR - Grief Through The Stages of Dementia

OCTOBER 14 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

Explore grief in dementia, supporting caregivers and loved ones, and learn practical strategies to cope with loss at every stage. One (1) CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS



How to Talk to Grandchildren about Dementia

OCTOBER 16 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Learn age-appropriate ways to explain dementia to children, fostering understanding, empathy, and meaningful family connections with guidance and support.

SPONSORED BY  Otsuka



How to Have a Conversation with the Doctor

Learn to discuss Alzheimer's confidently with your doctor, recognize signs, ask questions, and advocate effectively.

OCTOBER 17 | 12:30 PM – 1:30 PM

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

CALL (714) 961-7181 TO RSVP

DECEMBER 11 | 10:00 AM – 11:00 AM

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

CALL (949) 470-3062 TO RSVP.

Are You Good to Go?

OCTOBER 30 | 10:00 AM - 11:00 AM

NORMAN P. MURRAY SENIOR CENTER,
24932 VETERANS WAY, MISSION VIEJO

Learn to plan for serious illness, clarify wishes, and start vital conversations to ensure peace of mind for you and loved ones.

Webinar - Dementia Friendly Holidays (Online)

NOVEMBER 11 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

Learn to simplify holidays for individuals with dementia, reduce stress for caregivers, and create meaningful, comfortable celebrations for all. One (1) CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS.

Understanding the 3 Ds: Delirium, Depression, and Dementia

Explore delirium, depression, and dementia—the 3 D's—their differences, challenges, and importance of early detection and treatment.

OCTOBER 3 | 10:00 AM - 11:00 AM

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

CALL (949) 724-6800 TO RSVP.

NOVEMBER 13 | 10:00 AM – 11:00 AM

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

CALL (949) 470-3062 TO RSVP.



Managing the Stress of the Holidays

Learn strategies to help dementia caregivers reduce holiday stress, simplify traditions, manage expectations, and create meaningful, supportive celebrations for all.

DECEMBER 16 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

NOVEMBER 18 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

SPONSORED BY



ANAHEIM
PUBLIC
LIBRARY



Navigating Loneliness as We Age

NOVEMBER 21 | 12:30 PM – 1:30 PM

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

Explore causes and effects of loneliness, and learn practical strategies to stay socially connected, emotionally resilient, and purposeful.

CALL (714) 961-7181 TO RSVP.

Aging and the Senses

NOVEMBER 24 | 9:00 AM – 10:00 AM

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

Learn how aging affects senses like vision, hearing, taste, smell, and touch, with strategies to maintain sensory health.

CALL (949) 724-6900 TO RSVP.

Engage in Meaningful Activities at Home

NOVEMBER 25 | 10:00 AM – 11:00 AM

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

Learn meaningful activities and strategies to enjoy time with loved ones with cognitive decline, including making personal care positive.

CALL (714) 573-3340 TO RSVP.

Home Safety 101

Learn practical tips to make your home safe for loved ones with memory changes, preventing falls and hazards.

DECEMBER 8 | 10:00 AM – 11:00 AM

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

CALL (714) 895-2878 TO RSVP

DECEMBER 10 | 10:00 AM – 11:00 AM

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

CALL (714) 738-6353 TO RSVP.

CARE STRATEGIES (FOR CARE PARTNERS ONLY)

Managing Caregiver Stress

OCTOBER 7 | 6:00 PM – 7:00 PM

IN-PERSON LOS ALAMITOS COMMUNITY CENTER,
10911 OAK ST, LOS ALAMITOS

Learn skills to build resilience, manage burnout, and support your loved one with memory loss.
CALL (562) 430-1073 TO RSVP.

Communication Strategies: Saying No Without Saying No

OCTOBER 21 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Learn compassionate communication strategies in dementia care, set boundaries, manage challenges, and enhance interactions effectively.

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

Understanding and Dealing with Common Challenging Situations

Learn to navigate challenges faced by care partners with loved ones experiencing cognitive changes, understanding causes and effective responses.

OCTOBER 28 | 10:00 AM – 11:00 AM

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

DECEMBER 9 | 6:00 PM – 7:00 PM

IN-PERSON LOS ALAMITOS COMMUNITY CENTER,
10911 OAK ST., LOS ALAMITOS

CALL (562) 430-1073 TO RSVP.



EVENTOS EN ESPAÑOL (CONTINÚA)

Ejercitando su Cerebro

14 DE OCTUBRE | 10:00 AM - 11:00 AM

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

16 DE DICIEMBRE | 9:00 AM – 10:00 AM

EN PERSONA LAKEVIEW SENIOR CENTER, 20 LAKE RD, IRVINE

Aprenda técnicas de entrenamiento de memoria con ejercicios interactivos y basados en evidencia para mejorar su capacidad de recordar.

REGÍSTRESE LLAMANDO AL (949) 724-6900.

Navigating Family Dynamics in Dementia Care

Learn strategies to support family relationships, manage conflict, and navigate challenges when a loved one is living with dementia.

OCTOBER 28 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

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

NOVEMBER 4 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

SPONSORED BY  Otsuka



Finding Meaning in Caregiving

NOVEMBER 4 | 6:00 PM – 7:00 PM

IN-PERSON LOS ALAMITOS COMMUNITY CENTER,
10911 OAK ST, LOS ALAMITOS

Explore how to deal with grief, how to cope with stressors, and how to find a renewed sense of purpose and meaning.

CALL (562) 430-1073 TO RSVP.

The Power of Music in Dementia Care

NOVEMBER 12 | 10:00 AM – 11:00 AM

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

Discover how music enhances mood, memory, and communication in dementia care, with practical tips for caregivers.

CALL (714) 738-6575 TO RSVP.



I Need a Break: A Caregiver's Respite Guide

NOVEMBER 13 | 11:00 AM – 12:00 PM

IN-PERSON BREA SENIOR CENTER, 500 SIEVERS AVE, BREA

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

CALL (714) 990-7750 TO RSVP

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 (CONTINUED)

The Importance of Sleep for Cognition

OCTOBER 28 | 10:15 AM – 11:15 AM

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

Learn how sleep impacts brain health and practical sleep hygiene tips for optimal cognitive function.
CALL (949) 498-3322 TO RSVP.

6 Pillars of Brain Health

Explore the six pillars of brain health, age-related memory changes, risks to brain health, and strategies to prevent cognitive decline.

NOVEMBER 5 | 9:00 AM – 10:00 AM

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

CALL (714) 741-5253 TO RSVP.

NOVEMBER 24 | 9:00 AM – 10:00 AM

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

CALL (714) 895-2878 TO RSVP.

DECEMBER 23 | 10:15 AM - 11:15 AM

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

CALL (949) 498-3322 TO RSVP.



LEAVE A LASTING IMPACT

Create lasting change by including Alzheimer's Orange County in your planned giving plans.

Learn more about the benefits and options online.

www.alzoc.org/gift

The Role of Exercise on Cognition

Learn how regular exercise supports brain health, reduces cognitive decline risk, and boosts well-being.

NOVEMBER 12 | 10:30 AM – 11:30 AM

IN-PERSON ORANGE SENIOR CENTER, 170 S OLIVE ST,
ORANGE

CALL (714) 538-9633 TO RSVP.

NOVEMBER 12 | 1:00 PM - 2:00 PM

IN-PERSON THE CENTER AT FOUNDERS VILLAGE FOUNTAIN
VALLEY, 17967 BUSHARD ST, FOUNTAIN VALLEY

CALL (714) 538-9633 TO RSVP.

Understanding Brain Health with Patty Mouton

NOVEMBER 20 | 1:00 PM – 2:00 PM

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

Learn how aging affects the brain and discover practical lifestyle strategies to boost memory, focus, and overall cognitive health.

CALL (949) 470-3062.

Ask the Expert: Questions on Aging and Brain Health

DECEMBER 16 | 10:00 AM – 11:00 AM

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

Join an open forum with a brain health expert to ask questions about memory, aging, and healthy strategies.

CALL (949) 470-3062 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

SPONSORED BY

For dates, times, and locations, visit:
www.facebook.com/pg/trinhhealth/events



Psychosis Across the Various Types of Dementia

DECEMBER 9 | 11:00 AM – 12:00 PM

ONLINE - ZOOM

Learn about hallucinations, delusions, and psychosis in dementia, their causes, impacts, and compassionate strategies for caregivers and professionals.

SPONSORED BY  ACADIA

Understanding and Responding to Challenging Behaviors

DECEMBER 9 | 6:00 PM - 7:00 PM

IN-PERSON LOS ALAMITOS COMMUNITY CENTER,
10911 OAK ST., LOS ALAMITOS

Learn why dementia behaviors occur and gain practical, compassionate strategies to reduce frustration, improve communication, and support a calmer environment.

CALL (562) 430-1073 TO RSVP.

Recognizing the Moment: When It's Time for Memory Care

DECEMBER 19 | 12:30 PM – 1:30 PM

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

Learn signs a loved one may need memory care, what to expect, and strategies to navigate this transition compassionately.

CALL (714) 961-7181 TO RSVP.



BRAIN HEALTH

Mind Fit: Optimize Your Brain Health

OCTOBER 2 | 2:00 PM - 3:00 PM

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

Engage in games, puzzles, and trivia to stimulate brain regions, memory, and cognition in this multi-week, interactive series. Attendance to all classes is not required but is encouraged: October 9, October 16, October 23, October 30.

CALL (949) 470-3062 TO RSVP.

Mind Your Mood: Stress, Emotions, and Brain Health

OCTOBER 9 | 10:00 AM – 11:00 PM

IN-PERSON NORMAN P. MURRAY, 24932 VETERANS WAY,
MISSION VIEJO

Learn how mood and stress affect memory and brain health, with strategies to boost resilience.

CALL (949) 470-3062.

Boost Your Brain: Simple Daily Habits for Cognitive Health

OCTOBER 10 | 10:00 AM – 11:00 AM

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

Learn simple lifestyle changes to boost memory, brain health, and healthy aging.

CALL (714) 895-2878 TO RSVP.

SPONSORED BY  CARE Patrol
Your Partner in Senior Care Solutions

Nutrition for a Healthier Mind

OCTOBER 21 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

Explore age-related memory changes and how diet impacts brain health, learning which foods you should eat and which you should avoid for a healthier brain and body.

CO-HOSTED BY  ANAHEIM
PUBLIC
LIBRARY

Mind Fit: Optimize Your Brain Health (5 Week Series)

OCTOBER 22 | 2:00 PM – 3:00 PM

IN-PERSON SUSIE Q SENIOR CENTER,
380 3RD ST, LAGUNA BEACH

Engage in games, puzzles, and trivia to stimulate brain regions, memory, and cognition in this interactive 5-week series. Attendance to all classes is not required but is encouraged: October 22, October 29, November 5, November 12, November 19.

Mind Fit: Optimize Your Brain Health

NOVEMBER 6 | 10:00 AM – 11:00 AM

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

Join this interactive session with games, puzzles, and trivia to boost brain reserves and stimulate six key cognitive functions.

CALL (949) 644-3244 TO RSVP.

Sharpen Your Mind: Memory Tips and Tricks

OCTOBER 27 | 9:00 AM – 10:00 AM

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

Join this interactive session to boost memory, improve brain health, and enjoy fun mental challenges.

CALL (949) 724-6900 TO RSVP.



EVENTOS EN ESPAÑOL

Diabetes, Hipertensión, y la Memoria (Spanish)

8 DE OCTUBRE | 12:00 PM – 1:00 PM

EN LÍNEA – ZOOM

Aprenda cómo cuidar su salud fortalece memoria y bienestar, con estrategias prácticas para prevenir deterioro cognitivo

Manejando el estrés del cuidador (Spanish)

14 DE OCTUBRE | 6:00 PM – 7:00 PM

EN PERSONA

LOS ALAMITOS COMMUNITY CENTER,
10911 OAK ST, LOS ALAMITOS

Aprenda a fortalecer bienestar, reconocer agotamiento y practicar autocuidado saludable como cuidador.

REGÍSTRESE LLAMANDO AL (562) 430-1073.

Diabetes y Hipertensión (Spanish)

16 DE OCTUBRE | 10:30 AM – 11:30 AM

EN PERSONA

PONDEROSA PARK, 320 E ORANGEWOOD AVE,
ANAHEIM

Explore cómo estas condiciones de salud pueden afectar la memoria y qué estrategias pueden ayudar a prevenir el deterioro cognitivo asociado.

REGÍSTRESE LLAMANDO AL (714) 765-5400.

Música y Baile para la Memoria (Spanish)

21 DE OCTUBRE | 9:00 AM – 10:00 AM

EN PERSONA

LAKEVIEW SENIOR CENTER, 20 LAKE RD, IRVINE

Descubra cómo música y baile estimulan el cerebro, mejoran memoria, reducen estrés y promueven bienestar.

REGÍSTRESE LLAMANDO AL (949) 724-3761.

Comportamiento Difíciles (Spanish)

22 DE OCTUBRE | 10:00 AM – 11:00 AM

EN LÍNEA – ZOOM

Aprenda a manejar momentos de angustia en personas con cambios cognitivos, promoviendo interacciones positivas y efectivas de manera amable.

La Edad y la Memoria (Spanish)

22 DE OCTUBRE | 1:00 PM – 3:00 PM

EN PERSONA

SOUTHWEST SENIOR CENTER, 2201 W
MCFADDEN AVE, SANTA ANA

Aprenda cómo la edad afecta la memoria, diferencias entre cambios normales y señales de alerta.

REGÍSTRESE LLAMANDO AL (714) 647-5306.

Aging Mastery Program - Liderazgo personal en el arte de madurar

En este programa, vas a crear un plan único para vivir más y mejor. No solo piensas en el tiempo que viene, sino en cómo quieres disfrutarlo y llenarlo de propósito cada día.

EN LÍNEA – ZOOM

28 DE OCTUBRE | El ejercicio y usted

25 DE NOVIEMBRE | El sueño

23 DE DICIEMBRE | Alimentación saludable
e hidratación

Nutrición con la Edad (Spanish)

12 DE NOVIEMBRE | 12:00 PM - 1:00 PM

EN LÍNEA – ZOOM

Descubra cómo la alimentación influye en memoria y aprendizaje, y qué alimentos ayudan a mantener cuerpo, mente y espíritu saludables.



Creando un hogar seguro (Spanish)

18 DE NOVIEMBRE | 9:00 AM – 10:00 AM

EN PERSONA

LAKEVIEW SENIOR CENTER, 20 LAKE RD, IRVINE

Aprenda precauciones y adaptaciones para hacer su hogar seguro para personas con problemas de memoria.

REGÍSTRESE LLAMANDO AL (949) 724-6900.



El estrés y la memoria (Spanish)

20 DE NOVIEMBRE | 10:30 AM – 11:30 AM

EN PERSONA

PONDEROSA PARK FAMILY RESOURCE CENTER,
320 E. ORANGEWOOD AVE., ANAHEIM

Aprenda técnicas de entrenamiento de memoria con ejercicios interactivos y basados en evidencia para mejorar su capacidad de recordar.

REGÍSTRESE LLAMANDO AL (714) 765-5400.

Resiliencia de los Cuidadores (Spanish)

26 DE NOVIEMBRE | 10:00 AM – 11:00 AM

EN LÍNEA – ZOOM

Aprenda estrategias para fortalecer resiliencia, practicar autocuidado y manejar estrés mientras cuida a un ser querido con desafíos cognitivos.

11 Consejos para Vivir Solo (Spanish)

10 DE DICIEMBRE | 12:00 PM – 1:00 PM

EN LÍNEA – ZOOM

Aprenda a planificar para vivir solo con independencia, asegurando bienestar y disfrutando plenamente de sus años dorados.

Eventos en Español continúa en la página tres.