

# 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

### Navigating Loneliness as We Age

**JANUARY 8 | 1:00 PM – 2:00 PM**

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

Explore why loneliness occurs, how it affects brain and body, and learn practical strategies to stay socially connected, resilient, and purposeful at any age.

CALL (949) 470-3062 TO RSVP.

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

Learn to clarify and communicate your care wishes, ensure they're honored, and navigate essential conversations that provide peace of mind during serious or terminal illness.

**JANUARY 9 | 12:30 PM – 1:30 PM**

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

CALL (714) 961-7181 TO RSVP.

**JANUARY 31 | 2:00 PM - 3:00 PM**

**IN-PERSON** RANCHO SANTA MARGARITA LIBRARY | 30902 LA PROMESA, RANCHO SANTA MARGARITA

CALL 949-459-6094 TO RSVP

### Lewy Body Dementia: Navigating Diagnosis, Care Strategies, and Essential Support (MONTHLY CE WEBINAR)

**JANUARY 13 | 11:30 AM – 12:30 PM**

**ONLINE - ZOOM**

Learn about Lewy Body Dementia's key features, differences from Alzheimer's and Parkinson's dementias, major risks, and practical strategies to enhance safety, communication, quality of life, and caregiver support. *One (1) CE Credit Hour Offered: RCFE, BRN, CAMFT/BBS*

### Dementia 101

Learn the essentials of dementia, its types, brain changes, and practical strategies to support those affected with compassion and clarity.

**JANUARY 20 | 10:00 AM - 11:00 AM**

**IN-PERSON** COSTA MESA SENIOR CENTER | 695 W 19TH ST, COSTA MESA

CALL (714) 327-7550 TO RSVP

**FEBRUARY 4 | 9:30 AM - 11:00 AM**

**IN-PERSON** MOUNT OF OLIVES CHURCH | 24772 CHRISANTA DR BUILDING H, MISSION VIEJO

RSVP TO LAUREN.WEISS@ALZOC.ORG

### Deep Dive into the Different Types of Dementia

**FEBRUARY 3 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Learn the distinct symptoms, progression, and care needs of various dementias, including Lewy body, vascular, and frontotemporal, beyond the commonly recognized Alzheimer's disease.

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### Home Safety 101

**FEBRUARY 9 | 10:00 AM – 11:00 AM**

**IN-PERSON** SEA COUNTRY COMMUNITY CENTER | 24602 ALISO CREEK RD, LAGUNA NIGUEL

Learn simple home modifications like better lighting, safer layouts, and reducing hazards to prevent accidents and support comfortable, safe living for people of all ages.

CALL (949) 425-5151 TO RSVP.

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## COMMUNITY EDUCATION FOR ALL (CONTINUED)

### Living Well with Early-Stage Memory Loss

**FEBRUARY 12 | 10:00 AM – 11:00 AM**

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

Supportive class offering guidance, practical strategies, and hope for early-stage memory loss, focusing on independence, healthy routines, communication, and meaningful living for you or a loved one. CALL (949) 470-3062 TO RSVP.

### Aging Mastery Program

Financial Fitness

**JANUARY 5 | 10:00 AM - 11:30 AM**

**ONLINE - ZOOM**

Advance Planning

**FEBRUARY 2 | 10:00 AM - 11:30 AM**

**ONLINE - ZOOM**

### When to Seek Help for Memory Concerns

**FEBRUARY 17 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Learn to distinguish normal aging forgetfulness from warning signs, recognize red flags, and understand how early detection can impact brain health and overall well-being.

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Your faith. Your way of life.

### How to Have Better Conversations with Your Loved One with Dementia

**FEBRUARY 24 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Learn practical strategies to enhance listening, understanding, and meaningful connection in daily conversations with a loved one living with dementia.

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Your faith. Your way of life.



## GETTING AHEAD OF BRAIN HEALTH

### Brain Health Conference

**JANUARY 23 | 8:00 AM - 3:30 PM**

HILTON ORANGE COUNTY/COSTA MESA

Go beyond the basics of brain health! Learn from leading experts to see how you can preserve and protect your cognitive wellness at any age. Register today: [www.alzoc.org/brain](http://www.alzoc.org/brain)

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## BRAIN HEALTH

### Brain Myths Busted! What's True, What's Not, and What to Do

Explore common brain-health myths, discover what science really says about memory and aging, and learn practical, evidence-based habits to keep your mind sharp and resilient.

**JANUARY 5 | 10:00 AM – 11:00 AM**

**IN-PERSON** DANA POINT SENIOR CENTER |  
34052 DEL OBISPO ST #303, DANA POINT  
CALL (949) 496-4252 TO RSVP.

**JANUARY 20 | 10:00 AM - 11:00 AM**

**IN-PERSON** WESTMINSTER SENIOR CENTER | 8200  
WESTMINSTER BLVD., WESTMINSTER  
CALL (714) 895-2878 TO RSVP

**FEBRUARY 17 | 2:00 PM - 3:00 PM**

**ONLINE - ZOOM**

CO-HOSTED BY



### The Importance of Sleep for Cognition

Discover how sleep impacts the brain, how much and what type adults need, and learn practical sleep-hygiene habits to improve rest and support optimal cognitive health.

**JANUARY 12 | 10:00 AM – 11:00 AM**

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

**JANUARY 26 | 9:00 AM – 10:00 AM**

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

### Remember This! Everyday Memory Tips that Work

**JANUARY 14 | 10:00 AM – 11:00 AM**

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

Learn practical, evidence-based strategies to improve memory, focus, and recall through lifestyle habits, organization, and brain exercises, leaving you confident and sharper every day.

CALL (714) 738-6575 TO RSVP

## Sharpen Your Mind: Memory Tips and Tricks

Join this interactive session to learn memory-boosting strategies, maximize brain health, and engage in fun exercises that challenge and stimulate your mind.

**JANUARY 21 | 10:30 AM – 11:30 AM**

**IN-PERSON** ORANGE SENIOR CENTER |  
170 S OLIVE ST. ORANGE

CALL (714) 538-9633 TO RSVP.

**JANUARY 22 | 1:00 PM – 2:00 PM**

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

CALL (949) 470-3062 TO RSVP.

**JANUARY 27 | 10:15 AM – 11:15 AM**

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

## Mind Fit: Optimize Your Brain Health

Join a six-week, weekly series of one-hour sessions featuring games, puzzles, and activities that boost memory, attention, language, and overall brain health in a fun, interactive way.”

**JANUARY 21, 28, FEBRUARY 4, 11, 18, 25 |  
2:00 PM – 3:00 PM**

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

**JANUARY 22, 29, FEBRUARY 5, 12, 19, 26 |  
10:00 AM – 11:00 AM**

**IN-PERSON** OASIS SENIOR CENTER | 801 NARCISSUS AVE,  
CORONA DEL MAR  
CALL 949-644-3244 OR EMAIL  
OASISCENTER@NEWPORTBEACHCA.GOV TO RSVP.

## Mind Your Mood: Stress, Emotions, and Brain Health

Learn how mood and stress affect memory and brain health, and discover practical strategies to manage emotions, build resilience, and support cognitive function at any age.

**JANUARY 22 | 10:30 AM – 11:30 AM**

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

**JANUARY 20 | 2:00 PM - 3:00 PM**

**ONLINE - ZOOM**

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## Digital Overload: Protecting Your Brain in a Tech-Heavy World

**FEBRUARY 11 | 10:00 AM – 11:00 AM**

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

Explore how screen time, multitasking and digital distractions affect memory, focus, mood and sleep, and learn strategies to ease tech overload and build better habits.

CALL (714) 738-6353 TO RSVP.

## Mind Matters: The Role of Heart Health

Explore how heart health affects memory and brain function, and learn practical strategies to manage cardiovascular risks and protect cognitive well-being at any age.

**FEBRUARY 17 | 10:00 AM – 11:00 AM**

**IN-PERSON** WESTMINSTER SENIOR CENTER |  
8200 WESTMINSTER BLVD., WESTMINSTER  
CALL (714) 895-2878 TO RSVP.

**FEBRUARY 17 | 10:00 AM – 11:00 AM**

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

## Boost Your Brain: Simple Daily Habits for Cognitive Health

Learn simple, practical habits like movement, nutrition, sleep, stress management, and mental stimulation to support brain health, resilience, and cognitive vitality at any age.

**FEBRUARY 23 | 9:00 AM – 10:00 AM**

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

**FEBRUARY 26 | 10:00 AM – 11:00 AM**

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

## Train Your Brain: Fun Games for Better Focus and Memory

Engage in fun games and exercises to boost memory, focus, attention, and problem-solving while learning practical ways to support brain health and build lasting mental habits.

CALL (949) 498-3322 TO RSVP.

**FEBRUARY 24 | 10:15 AM – 11:15 AM**

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

**FEBRUARY 25 | 10:00 AM - 11:00 AM**

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

## EVENTOS EN ESPAÑOL

### Conociendo Tu Cerebro a Profundidad

19 DE ENERO | 10:30 AM – 11:30 AM

**EN PERSONA** MIRALOMA COMMUNITY CENTER |  
2600 E MIRALOMA WAY, ANAHEIM

Explora cómo funciona el cerebro y cómo aprovechar esta información para mejorar tu vida de manera práctica y significativa.

PARA REGISTRARSE LLAME AL: (714) 765-6490.

### Los Seis Pilares de un Cerebro Saludable

Descubra los pilares para mantener su cerebro activo y saludable, con consejos prácticos para fortalecer la función cognitiva y mejorar el bienestar general.

20 DE ENERO | 9:00 AM – 10:00 AM

**EN PERSONA** LAKEVIEW SENIOR CENTER | 20 LAKE RD, IRVINE.  
PARA REGISTRARSE LLAME AL: (949) 724-6900.

6 DE FEBRERO | 10:30 AM - 11:30 AM

**EN PERSONA** MIRALOMA FAMILY CENTER |  
2600 E MIRALOMA WAY, ANAHEIM  
PARA REGISTRARSE LLAME AL: (714) 765-6490

### Diabetes, Hipertensión y la Memoria

17 DE FEBRERO | 9:00 AM – 10:00 AM

**EN PERSONA** LAKEVIEW SENIOR CENTER | 20 LAKE RD, IRVINE  
Aprenda cómo cuidar su salud con diabetes o hipertensión puede fortalecer la memoria y prevenir el deterioro cognitivo mediante estrategias prácticas para mantener la mente activa. PARA REGISTRARSE LLAME AL: (949) 724-6900

### Aging Mastery Program

Planificación Anticipada

24 DE FEBRERO | 10:00 AM - 11:30 AM

**POR LINEA - ZOOM**



# WALK4ALZ

MARCH 14, 2026 | ANGEL STADIUM

## CARE STRATEGIES (FOR CARE PARTNERS ONLY)

### My 3 Lessons: A Caregivers Journey with Ben Allen

JANUARY 7 | 11:00 AM

**IN-PERSON** MOUNT OF OLIVES | 24772 CHRISANTA DR  
BUILDING H, MISSION VIEJO

### Understanding and Responding to Challenging Behaviors

JANUARY 13 | 6:00 PM – 7:00 PM

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

Explore common caregiving challenges for memory loss, understand behaviors, and learn practical strategies to respond effectively, reduce stress, and foster confidence, compassion, and connection.

CALL (562) 430-1073 TO RSVP.

### Managing Caregiver Stress

JANUARY 15 | 3:00 PM - 4:00 PM

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

Learn strategies to build resilience, manage stress, and prevent burnout while caring for someone with memory loss, balancing patience, skill, and self-care. CALL (714) 738-6333 TO RSVP

### Becoming a Resilient Care Partner

FEBRUARY 18 | 10:30 AM - 11:30 AM

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

Learn to build resilience, manage stress, set boundaries, and stay emotionally grounded while caring for someone with dementia, using practical tools to support long-term well-being.

CALL (714) 538-9633 TO RSVP.

### Creating an Emergency Care Plan - For You!

JANUARY 20 | 10:00 AM - 11:00 AM

**ONLINE - ZOOM**

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Join thousands in Orange County walking to support families affected by Alzheimer's and other dementias. Register, fundraise, and make a difference while honoring loved ones and raising awareness.