

# EDUCATION CALENDAR

## March - April 2026 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](http://www.alzoc.org/ed-calendar)

### COMMUNITY EDUCATION FOR ALL

#### Aging Mastery Program

*Presented by Independence at Home, a SCAN Community Provider*

**ONLINE - ZOOM**

##### HEALTHY RELATIONSHIPS

**MARCH 2 | 10:00 AM - 11:00 AM**

Explore how to build and maintain meaningful, supportive relationships that promote emotional well-being, connection, and quality of life as we age.

##### MEDICATION MANAGEMENT

**APRIL 6 | 10:00 AM - 11:30 AM**

Understand how to safely manage medications, avoid common risks, and communicate effectively with healthcare providers to protect your health.

#### Sundowning Syndrome in Dementia (Webinar)

**MARCH 10 | 11:30 AM - 12:30 PM**

**ONLINE - ZOOM**

Learn to recognize sundowning symptoms, identify triggers, explore treatments, and apply practical strategies to reduce evening agitation in dementia. CE Credit is available for a \$10 fee.

#### Talk with an Expert on Dementia and Brain Health

**MARCH 13 | 12:30 PM - 1:30 PM**

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

Discuss dementia and brain health, gain guidance, insights, and resources for caregivers, future planning, or maintaining a healthy brain.



#### Tough Conversations with Families: Getting Everyone on the Same Page

**MARCH 17 | 10:00 AM - 11:00 AM**

**ONLINE - ZOOM**

Learn practical strategies to improve family communication, reduce conflict, and foster understanding while caring for a loved one.

Sponsored by *Caring Companions At Home*

#### Planning Ahead With Peace of Mind

**MARCH 26 | 11:30 AM - 1:00 PM**

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

Learn to plan for serious illness, clarify your wishes, and have important conversations with loved ones. Call (949) 470-3062 to RSVP.

*Refreshment provided by O'Connor Mortuary and Care Choices Hospice.*

#### The Power of Music and Dementia Care (Webinar)

**ONLINE - ZOOM**

**APRIL 19 | 11:30 AM - 12:30 PM**

Learn how music reduces stress, sparks memories, and strengthens connection in dementia care, with simple techniques for everyday caregiving.

CE Credit is available for a \$10 fee.



*Community Education For All cont' on page 3.*

## CARE STRATEGIES (FOR CARE PARTNERS ONLY)

### Caregiver Education and Support

Connect with other caregivers while gaining valuable education, resources, and guidance to navigate the challenges of caregiving with clarity, compassion, and strength.

**MARCH 3 | 6:00 PM – 7:00 PM**

**APRIL 7 | 6:00 PM – 7:00 PM**

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

Call (562) 430-1073 to RSVP.



### Empowered Caregiving Workshop: Communication Skills: How to Have Better Conversations

Learn practical communication tools to improve listening, reduce misunderstandings, strengthen relationships, and communicate with confidence. Email [lauren.weiss@alzoc.org](mailto:lauren.weiss@alzoc.org) to RSVP.

**MARCH 4 | 9:30 AM – 11:00 AM**

**IN-PERSON** MOUNT OF OLIVES CHURCH |  
24772 CHRISANTA DRIVE, MISSION VIEJO

**APRIL 1 | 9:30 AM – 11:00 AM**

**IN-PERSON** MOUNT OF OLIVES CHURCH |  
24772 CHRISANTA DRIVE, MISSION VIEJO

### Finding Meaning in Caregiving

**MARCH 19 | 3:00 PM – 4:00 PM**

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

Reconnect with purpose, resilience, and hope while caregiving, gaining tools to navigate emotional challenges and honor your journey.

Call (714) 738-6333 to RSVP.

## BRAIN HEALTH

### Mind Fit: Optimize Your Brain Health

Engage in games, puzzles, and trivia to stimulate six core brain regions, boosting memory, attention, language, and cognitive function.

Co-hosted by *TheKey*

**MARCH 11 | 2:00 PM – 3:00 PM**

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

Call (949) 464-6645 to RSVP



**MARCH 19, 26 & APRIL 2, 9, 16 | 2:00 PM - 3:00 PM**

**IN-PERSON** NORMAN P. MURRAY COMMUNITY AND SENIOR CENTER | 24932 VETERANS WAY, MISSION VIEJO  
Call (949) 470-3062 to RSVP.

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

**MARCH 12 | 10:00 AM - 11:00 AM**

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

Discover fun, engaging activities and evidence-based strategies designed to strengthen memory, improve focus, and keep your mind active at any age.

### Brain Boosters: Everyday Activities that Build Cognitive Reserve

Learn simple, science-backed habits to boost memory, focus, and long-term brain health through small daily lifestyle changes.

**MARCH 17 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM**

Co-hosted by 



**APRIL 9 | 10:00 AM – 11:00 AM**

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

Please call (949) 470-3062 to RSVP.

**APRIL 28 | 10:15 AM – 11:15 AM**

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

Call (949) 498-3322 to RSVP.



### The Role of Exercise on Brain Health

**MARCH 17 | 10:00 AM – 11:00 AM**

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

Learn safe, simple ways to stay active, protecting your brain, boosting memory, mood, focus, and reducing dementia risk.

Call (714) 327-7550 to RSVP.

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

Explore the link between mood and brain health, learning strategies to manage stress, anxiety, depression, and build emotional resilience.

**MARCH 23 | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER – CRAFT ROOM |  
20 LAKE RD, IRVINE

Call (949) 724-6900 to RSVP.

**APRIL 10 | 12:30 PM TO 1:30PM**

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



**APRIL 21 | 10:00 AM – 11:00 AM**

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

## Mind Matters: The Role of Heart Health

**MARCH 20 | 10:00 AM – 11:00 AM**

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

Your heart and brain are deeply connected. Learn how managing blood pressure, cholesterol, and lifestyle habits can protect your cognitive health. Call (949) 724-6800 to RSVP.

## Remember This! Everyday Tips that Work

**MARCH 24 | 10:15 AM – 11:00 AM**

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

**APRIL 27 | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER – CRAFT ROOM |  
20 LAKE RD, IRVINE

Struggling with forgetfulness? Learn practical, science-backed memory strategies you can use right away to stay organized, focused, and confident in daily life.

Call (949) 498-3322 to RSVP

## The Role of Sleep for Good Cognition

**MARCH 25 | 10:30 AM – 11:30 AM**

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

Learn how sleep affects memory, mood, and brain function, and discover healthy habits for clearer thinking and emotional balance.

Call (714) 538-9633 to RSVP.

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

**MARCH 26 | 10:00 AM – 11:00 AM**

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

Separate fact from fiction about memory, aging, and dementia. Discover what science really says and what actions truly protect your brain.

Call (949) 470-3062 to RSVP.



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

**APRIL 21 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM**



Learn how screen time affects attention, memory, and stress, and discover simple strategies for creating healthier technology habits.

Co-hosted by 



## My Brain Health Plan

**APRIL 23 | 10:00 AM – 11:00 AM**

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

Create a personalized brain health roadmap using proven strategies in lifestyle, nutrition, movement, and mental fitness, with clear, actionable next steps. Call (949) 470-3062 to RSVP.

## Brain Health Blueprint: A Six-Week Series

**MARCH 5,12,19, APRIL 2,9,16**

**IN-PERSON** 49 W LAMBERT RD, BREA, CA 92821

Join us for a practical, interactive six-week program exploring the six pillars of brain health, helping participants build a personalized roadmap to support memory, cognition, and overall well-being.

### COMMUNITY EDUCATION FOR ALL (CONTINUED)

## A Sensory Perspective: How Dementia Alters Perception

**APRIL 21 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Discover how dementia affects perception and learn strategies to respond with greater empathy, understanding, and effective support.

Sponsored by 

CE Credit is available for a \$10 fee.

## Keeping Your Home Safe 101

**APRIL 22 | 10:30 AM – 11:30 AM**

**IN-PERSON** ORANGE SENIOR CENTER |  
70 S. OLIVE STREET, ORANGE

Learn to identify home hazards and make simple changes that prevent falls, injuries, and emergencies while supporting safe, independent living. Call (714) 538-9633 to RSVP.



## EVENTOS EN ESPAÑOL

### Prevención de caídas (Spanish)

17 DE MARZO | 9:00 AM – 10:00 AM

**EN PERSONA**

LAKEVIEW SENIOR CENTER – CRAFT ROOM | 20 LAKE RD, IRVINE  
Fortaleza independencía con estrategias que mejoran equilibrio, fuerza y seguridad en el hogar, promoviendo un estilo de vida más seguro. Llame para confirmar (949) 724-6900.

### Aging Mastery Program

**EN LÍNEA – ZOOM**

**SESIÓN #7: RELACIONES SALUDABLES (SPANISH)**

24 DE MARZO | 10:00 AM – 11:30 AM

Fortaleza conexiones personales con estrategias prácticas para mejorar comunicación, confianza y redes de apoyo, fomentando bienestar y resiliencia.

**SESIÓN #8: MANEJO DE LOS MEDICAMENTOS (SPANISH)**

28 DE ABRIL | 10:00 AM – 11:00 AM

Optimice seguridad y salud con prácticas esenciales para administrar medicamentos, mejorar organización, comunicarse con proveedores y minimizar riesgos.

### La Edad y La Memoria

Charla sobre cómo el envejecimiento afecta la memoria y cómo distinguir cambios normales de señales de alerta que requieren atención.

MARCH 3 | 10:00 AM – 11:30 AM

**EN PERSONA**

HOAG MELINDA HOAG SMITH CENTER FOR HEALTHY LIVING 307 PLACENTIA AVE #307, NEWPORT BEACH, CA 92663

MARCH 12 | 5:30 PM – 6:30 PM

**EN PERSONA**

ANAHEIM CENTRAL LIBRARY  
500 W BROADWAY, ANAHEIM, CA 92805

MARCH 16 | 10:30 AM – 11:30 AM

**EN PERSONA**

MIRALOMA PARK AND FAMILY CENTER  
2600 E. MIARALOMA WAY, ANAHEIM

MARCH 19 | 10:30 AM – 11:30 AM

**EN PERSONA**

PONDEROSA PARK AND FAMILY CENTER  
320 E ORANGEWOOD AVE, ANAHEIM, CA 92802

APRIL 21 | 9:00 AM – 10:00 AM

**EN PERSONA**

LAKEVIEW SENIOR CENTER 20 LAKE RD, IRVINE 92604

APRIL 25 | 9:30 AM – 10:30 AM

**EN PERSONA**

ABRAZAR MIDWAY COMMUNITY CENTER  
14900 PARK LANE, MIDWAY CITY 92655

### Recuerdos Perdidos

3/18 AND 4/15 | 10:00 AM – 11:30 AM

**EN PERSONA**

FULLERTON COMMUNITY CENTER  
W COMMONWALTH AVE, FULLERTON 92832

Una telenovela educativa que explora los primeros síntomas de la demencia, su impacto familiar y cómo buscar ayuda y apoyo.

### Mejorando la Memoria y Ejercicios Cognitivos

En solo una hora, usted fortalecerá su capacidad para recordar a través de dinámicas entretenidas, interactivas y respaldadas por la ciencia.

APRIL 9 | 5:30 PM – 6:30 PM

**EN PERSONA**

ANAHEIM CENTRAL LIBRARY  
500 W BROADWAY, ANAHEIM, CA 92805

APRIL 16 | 10:30 AM – 11:30 AM

**EN PERSONA**

PONDEROSA PARK AND FAMILY CENTER  
320 E ORANGEWOOD AVE, ANAHEIM, CA 92802

APRIL 20 | 10:30 AM – 11:30 AM

**EN PERSONA**

MIRALOMA PARK AND FAMILY CENTER  
2600 E. MIARALOMA WAY, ANAHEIM

APRIL 22 | 1:00 PM – 3:00 PM

**EN PERSONA**

SOUTHWEST SENIOR CENTER  
2201 W MCFADDEN AVE, SANTA ANA, CA 92704

### Conociendo Tu Cerebro a Profundidad

MARCH 25 | 1:00 PM – 3:00 PM

**EN PERSONA**

SOUTHWEST SENIOR CENTER  
2201 W MCFADDEN AVE, SANTA ANA, CA 92704

Una exploración fascinante de cómo funciona el cerebro y cómo tomar ventaja de la información que tenemos para mejorar nuestra vida.

### Ejercicios cognitivos

MARCH 26 | 5:30 PM – 6:30 PM

**EN PERSONA**

SERVE THE PEOPLE  
1206 17TH ST, SANTA ANA, CA 92701

En solo una hora, usted fortalecerá su capacidad para recordar a través de dinámicas entretenidas, interactivas y respaldadas por la ciencia.

