

# EDUCATION CALENDAR

## May - June 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

#### FALL PREVENTION

**MAY 4 | 10:00 AM – 11:30 AM**

Learn to prevent falls by understanding risks and building habits that improve strength, balance, and safety in daily life.

#### Understanding the 3 Ds: Delirium, Depression, and Dementia

**MAY 5 | 10:00 AM – 11:00 AM**

ONLINE - ZOOM

Learn to distinguish depression, delirium, and dementia, recognize warning signs, and respond appropriately to support timely care and diagnosis.

Sponsored by  Town & Country  
Your faith. Your way of life.



#### Understanding the Journey: Dementia Stages and What to Expect (Four-Part Series)

**MAY 7, 14, 21, 28 | 1:00 PM – 2:00 PM**

ONLINE - ZOOM

Four-part series helping individuals with memory loss and caregivers understand dementia stages, how to adapt strategies, and maintain connection and quality of life.

**5/7, Session 1** – Mild Cognitive Impairment (MCI)

**5/14, Session 2** - Early-Stage Dementia (Early Memory Loss)

**5/21, Session 3** – Mid Stage Dementia

**5/28, Session 4** – Late-Stage Dementia



#### Clinical Trials for Dementia: What You Need to Know

**MAY 8 | 10:00 AM – 11:00 AM**

ONLINE - ZOOM

Learn about dementia clinical trials, their purpose, participation process, benefits, risks, and how to decide if joining is right for you or a loved one.

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Community Education For All cont' on page 2.

## COMMUNITY EDUCATION FOR ALL (CONTINUED)

### Understanding and Managing Behavioral Changes in Dementia (Monthly Webinar)

MAY 12 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

Explore causes of dementia-related behaviors and learn practical, non-pharmacological strategies to manage them while supporting dignity and person-centered care. CE credit is available for \$10 (RCFE, BRN, CAMFT/BBS).

### Advance Planning for Solo Agers

MAY 13 | 10:00 AM – 11:00 AM

IN-PERSON FULLERTON COMMUNITY CENTER | 340 W. COMMONWEALTH AVE., FULLERTON, CA, 92832

This class helps solo agers plan for the future, create support networks, and maintain independence while preparing for health and financial decisions. Call (714) 738-6575 to RSVP.

### Aging and the Senses

MAY 14 | 10:00 AM – 11:00 AM

IN-PERSON NORMAN P. MURRAY COMMUNITY AND SENIOR CENTER | 24932 VETERANS WAY, MISSION VIEJO, CA 92692

Learn how aging affects the senses and discover practical strategies to adapt, stay engaged, safe, and maintain independence. Call (949) 470-3062 to RSVP.

### Navigating Family Dynamics in Dementia Care

MAY 19 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Explore family dynamics in dementia caregiving and learn strategies for communication, boundaries, and collaboration to support both caregivers and loved ones.

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### Dementia 101

MAY 20 | 10:30 AM – 11:30 AM

IN-PERSON ORANGE SENIOR CENTER | 170 S. OLIVE STREET, ORANGE, CA, 92866

This introductory class explains dementia, its symptoms, types, differences from normal aging, and practical strategies for supporting affected individuals. Call (714) 538-9633 to RSVP.

### What If It's Not Dementia? Other Conditions that Cause Cognitive Decline

MAY 28 | 10:00 AM – 11:00 AM

IN-PERSON NORMAN P. MURRAY COMMUNITY AND SENIOR CENTER | 24932 VETERANS WAY, MISSION VIEJO, CA, 92692

Learn about memory and thinking changes caused by various conditions, how they mimic dementia, and when to seek proper evaluation. Call (949) 470-3062 to RSVP.

### Aging Mastery Program

Presented by Independence at Home, a SCAN Community Provider

ONLINE - ZOOM

### COMMUNITY ENGAGEMENT

JUNE 1 | 10:00 AM – 11:30 AM

See how social engagement supports brain health, reduces loneliness, and explore ways to stay connected and involved in community

### An Update on Alzheimer's Disease

JUNE 4 | 12:00 PM – 12:30 PM

IN-PERSON LAKE FOREST COMMUNITY CENTER | 100 CIVIC CENTER DR, LAKE FOREST, CA 92630

Get the latest updates on Alzheimer's research, emerging treatments, prevention strategies, and advances in diagnosis for families and professionals. Call (949) 461-3408 to RSVP.

## BRAIN HEALTH

### The Importance of Sleep on Cognition

Learn how sleep affects brain health, memory, and mood, and discover strategies to improve sleep quality as we age.

MAY 7 | 3:00 PM – 4:00 PM

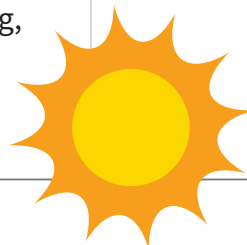
IN-PERSON FULLERTON PUBLIC LIBRARY | 353 W. COMMONWEALTH AVE., FULLERTON, CA, 92832

Call (714) 738-6333 RSVP.

MAY 19 | 10:00 AM – 11:00 AM

IN-PERSON COSTA MESA SENIOR CENTER, 695 W 19TH ST, COSTA MESA, CA 92627

Call (714) 327-7550 to RSVP.



## Mind Fit: Optimize Your Brain Health

Learn lifestyle habits like mental activity, exercise, nutrition, sleep, stress management, and social connection to support memory, focus, and brain health.

**MAY 13 & JUNE 10 | 2:00 PM – 3:00 PM**

**IN-PERSON** SUSI Q SENIOR CENTER | 380 3RD ST,  
LAGUNA BEACH, CA 92651

Call (949) 464-6645 to RSVP.

## Mind Matters: The Role of Heart Health

**MAY 19 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM**

Learn how heart health affects brain function and discover strategies to reduce cognitive decline risks from blood pressure, diabetes, and circulation issues.

Co-hosted by  ANAHEIM PUBLIC LIBRARY

## My Brain Health Plan

Explore lifestyle habits—mental, physical, and social—that support brain health, reduce cognitive decline risk, and create a personalized Brain Health Plan.

**MAY 26 | 10:15 AM – 11:15 AM**

**IN-PERSON** DOROTHY VISSER SENIOR CENTER | 117 AVENIDA  
VICTORIA, SAN CLEMENTE, CA, 92672

Call (949) 498-3322 to RSVP.

**MAY 29 | 12:30 PM – 1:30 PM**

**IN-PERSON** YORBA LINDA SENIOR CENTER |  
4501 CASA LOMA AVE, YORBA LINDA, CA 92886

Space is limited. Please call: (714) 961-7181 to RSVP.

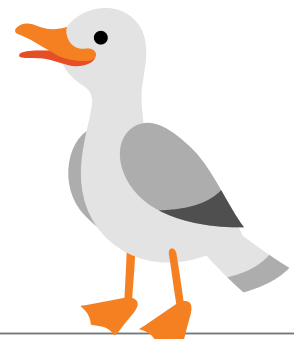
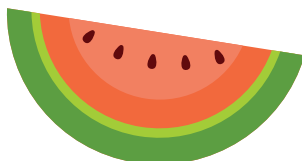
**JUNE 16 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM**

Co-hosted by  ANAHEIM PUBLIC LIBRARY

**JUNE 22 | 9:00 AM – 10:00 AM**

**IN-PERSON** LAKEVIEW SENIOR CENTER – CRAFT ROOM |  
20 LAKE RD, IRVINE, CA, 92604



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

**MAY 27 | 2:00 PM – 3:00 PM**

**IN-PERSON** SUSI Q SENIOR CENTER | 380 3RD ST,  
LAGUNA BEACH, CA 92651

Call 949-464-6645 to RSVP.

## The Brain Health Blueprint: A 6-Week Interactive Roadmap to a Healthier Mind – Your Brain, Your Future: How to Protect Your Mind as You Age

**JUNE 3, 10, 17, 24 & JULY 1, 8 | 1:00 PM – 2:30 PM**

**ONLINE - ZOOM**

Six-week series exploring brain health, with a different pillar each week. Learn lifestyle strategies, complete activities, and build a personalized Brain Health Blueprint to apply to your daily life.

**6/3** — Your Brain, Your Future: How to Protect Your Mind as You Age

**6/10** — Feeding the Brain: Foods that Protect Memory

**6/17** — Keep Your Mind Sharp: Activities That Strengthen Memory and Thinking

**6/24** — Move More, Think Better: How Exercise Protects the Brain

**7/1** — Calm the Mind, Rest the Brain: The Power of Sleep and Stress Relief

**7/8** — Putting It All Together: Build Your Personal Brain Health Plan

## The Role of Exercise in Brain Health

**JUNE 11 | 10:00 AM – 11:00 AM**

**IN-PERSON** TRABUCO SENIOR CENTER | 5701 TRABUCO RD,  
IRVINE, CA 92620

Discover how physical activity supports brain health, memory, and mood, and explore practical ways to incorporate movement into daily life. Call (949) 724-7300 to RSVP.

## BRAIN HEALTH (CONTINUED)

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

**JUNE 11 | 2:00 PM – 3:00 PM**

**IN-PERSON** NORMAN P. MURRAY SENIOR CENTER |  
24932 VETERANS WAY, MISSION VIEJO, CA 92692

Explore how emotional well-being affects brain health and learn practical strategies to manage stress, improve mood, and strengthen cognitive resilience. Call (949) 470-3062 to RSVP.

### The Power of Music for the Brain

**JUNE 16 | 10:00 AM – 11:00 AM**

**IN-PERSON** COSTA MESA SENIOR CENTER | 695 W 19TH ST.,  
COSTA MESA, CA, 92627

Explore how music supports brain function, memory, and mood, and learn ways to use it for well-being. Call (714) 327-7550 to RSVP.

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

**JUNE 16 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Learn how digital overload impacts focus, memory, and sleep, and explore strategies to build healthier technology habits and maintain mental clarity.

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

**JUNE 19 | 12:30 PM – 1:30 PM**

**IN-PERSON** YORBA LINDA COMMUNITY CENTER,  
4501 CASA LOMA AVE., YORBA LINDA, CA, 92886

Separate myths from facts about aging and memory, and learn evidence-based habits that support brain health and lifelong cognitive function. Call (714) 961-7181 to RSVP.

### Mind Your Brain: Strategies for Cognitive Strength at Any Age

**JUNE 24 | 10:30 AM – 11:30 AM**

**IN-PERSON** ORANGE SENIOR CENTER | 170 S. OLIVE STREET,  
ORANGE, CA, 92866

Learn evidence-based lifestyle habits that support brain health, protect cognitive function, and reduce risk of decline through practical, everyday strategies. Call (714) 538-9633 to RSVP.



### Remember This! Everyday Tips to Improve Memory

**JUNE 25 | 2:00 PM – 3:00 PM**

**IN-PERSON** NORMAN P. MURRAY COMMUNITY AND SENIOR  
CENTER | 24932 VETERANS WAY, MISSION VIEJO,  
CA, 92692

Learn practical memory strategies to improve recall, stay organized, and support everyday tasks by understanding how attention and habits influence memory. Call (949) 470-3062 to RSVP.

### Sharpen Your Mind! Memory Tips and Tricks

Learn how mental stimulation supports brain health, and discover activities that strengthen memory, focus, flexibility, and long-term cognitive resilience.

**JUNE 29 | 10:00 AM - 11:00 AM**

**IN-PERSON** SEA COUNTRY SENIOR & COMMUNITY CENTER |  
24602 ALISO CREEK ROAD, LAGUNA NIGUEL,  
CA, 92677

**JUNE 30 | 2:00 PM – 3:00 PM**

**IN-PERSON** SUSI Q SENIOR CENTER | 380 3RD ST,  
LAGUNA BEACH, CA 92651

Call (949) 425-5151 to RSVP.





## PLANNING

### Continuum of Care: In-Home, Out-of-Home and End-of-Life

MAY 5 | 6:00 PM – 7:00 PM

ONLINE - ZOOM

**IN-PERSON** LOS ALAMITOS COMMUNITY CENTER |  
10911 OAK ST., LOS ALAMITOS, CA, 90720

As dementia progresses, care needs evolve. This class explores the continuum of care and helps plan transitions. Call (562) 430-1073 to RSVP.

### Legal and Financial Planning in Dementia

MAY 26 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Learn essential legal and financial planning for dementia, including powers of attorney, advance directives, long-term care, and strategies to protect assets.

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## CARE STRATEGIES (FOR CARE PARTNERS ONLY)

### Empowered Caregiver Workshop Series - Home Safety 101

MAY 6 | 9:30 AM – 11:00 AM

**IN-PERSON** MOUNT OF OLIVES CHURCH | 24772 CHRISANTA DRIVE, MISSION VIEJO, CA, 92691

Learn to improve home safety and accessibility by identifying risks and making simple modifications to support independence and reduce fall hazards. Space is limited. Reserve your spot: email lauren.weiss@alzoc.org or call 949-955-9000.

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### Communication Skills: How to Have Better Conversations



JUNE 2 | 6:00 PM – 7:00 PM

ONLINE - ZOOM

**IN-PERSON** LOS ALAMITOS COMMUNITY CENTER | 10911 OAK ST, LOS ALAMITOS, CA 90720

Learn strategies for clear, respectful communication, active listening, and navigating conversations, including changes with aging or cognitive challenges. Join in-person or online. Call (562) 430-1073 to RSVP.

### Empowered Caregiving Workshop: Navigating Sundowning in Dementia Care

JUNE 3 | 9:30 AM – 11:00 AM

**IN-PERSON** MOUNT OF OLIVES ADULT DAY PROGRAM |  
24772 CHRISANTA DR BUILDING H,  
MISSION VIEJO, CA 92691

Learn why sundowning occurs in dementia and discover strategies to reduce late afternoon agitation and support nighttime routines. Reservations required. Email lauren.weiss@alzoc.org or call (949) 955-9000

### I Just Became a Caregiver...Now What?

JUNE 23 | 10:15 AM – 11:15 AM

**IN-PERSON** DOROTHY VISSER SENIOR CENTER |  
117 AVENIDA VICTORIA, SAN CLEMENTE, CA 92672

Guidance for new caregivers on managing responsibilities, understanding dementia, communication, finding support, reducing stress, and prioritizing self-care. Call (949) 498-3322 to RSVP.

## EVENTOS EN ESPAÑOL

### Telenovela - Recuerdos perdidos

Acompáñanos a conocer cómo la familia Ramírez, de Los Ángeles del Este, enfrenta el estigma y los retos de la enfermedad del Alzheimer.

**POR LÍNEA**

**1 DE MAYO | 12:00 PM – 1:00 PM**

**8 DE MAYO | 12:00 PM – 1:00 PM**

**15 DE MAYO | 12:00 PM – 1:00 PM**

### Cuidando a la Cuidadora

**12 DE MAYO | 11:00 AM – 12:00 PM**

**EN PERSONA** UNITED DOMESTIC WORKERS OF AMERICA |  
333 W CIVIC CENTER DR, SANTA ANA, CA 92701

Guía práctica para cuidadores sobre bienestar físico, emocional y mental. Aprenda a reconocer agotamiento, establecer límites y priorizar el autocuidado con herramientas efectivas.

### ¿Qué es la Pérdida de la Memoria?

**21 DE MAYO | 10:30 AM – 11:30 AM**

**EN PERSONA** PONDEROSA PARK AND FAMILY CENTER |  
320 E ORANGEWOOD AVE, ANAHEIM, CA 92802

Aprenda a diferenciar cambios normales de memoria de los signos tempranos de demencia, y cómo esta comprensión mejora la planificación y el manejo.

### Diabetes, Hipertensión y la Memoria

Aprenda estrategias prácticas para mantener la mente activa, proteger la memoria y el bienestar, incluso con diabetes o hipertensión.

**18 DE MAYO | 10:30 AM – 11:30 AM**

**EN PERSONA** MIRALOMA PARK AND FAMILY CENTER |  
2600 E. MIRALOMA WAY, ANAHEIM CA, 92806

**27 DE MAYO | 1:00 PM – 3:00 PM**

**EN PERSONA** SOUTHWEST SENIOR CENTER |  
2201 W MCFADDEN AVE, SANTA ANA, CA 92704

**EN PERSONA** ABRAZAR, INC. MIDWAY COMMUNITY CENTER |  
14900 PARK LN., MIDWAY CITY, CA 92655

### La Nutrición Cambia con la Edad

**27 DE MAYO | 9:30 AM – 10:30 AM**

**EN PERSONA** ABRAZAR, INC. MIDWAY COMMUNITY CENTER |  
14900 PARK LN. MIDWAY CITY, CA 92655

Aprenda cómo la alimentación influye en memoria y aprendizaje, y qué alimentos elegir o evitar para mantener cuerpo, mente y espíritu saludables.



### El Estrés y la Memoria

**28 DE MAYO | 4:30 PM – 5:30 PM**

**EN PERSONA** SERVE THE PEOPLE | 1206 17TH ST,  
SANTA ANA, CA 92701

Aprenda cómo el estrés crónico afecta la memoria y qué estrategias puede implementar para proteger su salud mental y cognitiva.

### El Ejercicio y la Memoria

**9 DE JUNIO | 11:00 AM – 12:00 PM**

**EN PERSONA** UNITED DOMESTIC WORKERS OF AMERICA |  
333 W CIVIC CENTER DR, SANTA ANA, CA 92701

Descubra cómo un enfoque integral de ejercicio y atención plena fortalece cuerpo y cerebro, con estrategias prácticas para su vida diaria.

### La Música, el Baile y el Cerebro (Spanish)

La música y el baile apoyan la salud cerebral y el ánimo. Venga a moverse, cantar y mantener su mente activa.

**15 DE JUNIO | 10:30 AM – 11:30 AM**

**EN PERSONA** MIRALOMA PARK AND FAMILY CENTER |  
2600 E. MIRALOMA WAY, ANAHEIM CA, 92806

**18 DE JUNIO | 10:30 AM – 11:30 AM**

**EN PERSONA** PONDEROSA PARK AND FAMILY CENTER |  
320 E ORANGEWOOD AVE, ANAHEIM, CA 92802

**24 DE JUNIO | 1:00 PM – 3:00 PM**

**EN PERSONA** SOUTHWEST SENIOR CENTER |  
2201 W MCFADDEN AVE, SANTA ANA, CA 92704

**25 DE JUNIO | 4:30 PM – 5:30 PM**

**EN PERSONA** SERVE THE PEOPLE | 1206 17TH ST, SANTA ANA,  
CA 92701