

EDUCATION CALENDAR

July - August 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

COMMUNITY EDUCATION FOR ALL

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

JULY 1 | 9:30 AM – 11:00 AM

IN-PERSON MOUNT OF OLIVES ADULT DAY PROGRAM |
24772 CHRISANTA DRIVE, MISSION VIEJO

Recognize signs it's time for memory care, make confident decisions, while your loved one enjoys supervised activities. Email lauren.weiss@alzoc.org to RSVP.

Normal Aging vs Warning Signs of Dementia

JULY 6 | 10:00 AM – 11:00 AM

IN-PERSON SEA COUNTRY COMMUNITY CENTER |
24602 ALISO CREEK RD, LAGUNA NIGUEL, CA 92677

Distinguish normal aging from dementia warning signs and learn when to seek medical guidance for early evaluation. To RSVP call (949) 425-5151.

Know the Signs: When to Seek Help for Memory Concerns

JULY 9 | 2:00 PM – 3:00 PM

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

Learn to spot cognitive decline warning signs, know when to call the doctor, and learn how to prepare for that conversation. Call (949) 470-3062 to RSVP.

11 Tips to Live Alone Successfully

Gain practical strategies for living independently with memory changes, including safety, routines, medication management, and planning for future needs.

JULY 15 | 10:30 AM – 11:30 AM

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

Call (714) 538-9633 to RSVP.

AUGUST 18 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

Co-hosted by  ANAHEIM
PUBLIC
LIBRARY

Still Here: Relationships, Identity, and Meaning After Dementia Diagnosis

JULY 16 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Learn strategies to preserve identity, purpose, relationships, dignity, and quality of life after a dementia diagnosis. *Presented by Dr. Stephen Benson.*

Not Just Alzheimer's: Other Types of Dementia

Explore different types of dementia, their symptoms, the importance of diagnosis, and individualized approaches to care.

JULY 21 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

Co-hosted by  ANAHEIM
PUBLIC
LIBRARY

JULY 30 | 11:30 AM – 1:00 PM

IN-PERSON OASIS SENIOR CENTER | 801 NARCISSUS AVE,
CORONA DEL MAR, CA 92625

Call (949) 644-3244 to RSVP

AUGUST 13 | 2:00 PM – 3:00 PM

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

Call (949) 470-3062 to RSVP

COMMUNITY EDUCATION FOR ALL (CONTINUED)

Yes We Can: The High Road of Healthcare

JULY 22 | 11:30 AM -12:30 PM

ONLINE - ZOOM

Explores cannabis through the lens of brain health, aging, and stress. *Presented by Dr. Neal H. Patel.*

Creating a Safe Home

JULY 21 | 10:00 AM – 11:00 AM

IN-PERSON

COSTA MESA SENIOR CENTER |
695 W 19TH ST, COSTA MESA, CA 92627

Learn practical home safety strategies and modifications for a supportive living environment.

Memories in the Making Facilitator Training

JULY 27 | 1:00 PM - 4:00 PM

ONLINE - ZOOM

Free 3 Hours of CEU credit for CAMFT and RCFE.

Navigating Loneliness as We Age

AUGUST 19 | 10:00 AM – 11:00 AM

IN-PERSON

ORANGE SENIOR CENTER | 170 S OLIVE ST,
ORANGE, CA 92866

Discover why connection matters as we age and learn practical ways to reduce isolation. Call (714) 538-9633 to RSVP.

Continuum of Care: Navigating Resources

AUGUST 27 | 2:00 PM – 3:00 PM

IN-PERSON

NORMAN P. MURRAY SENIOR CENTER | 24932
VETERANS WAY, MISSION VIEJO, CA 92692

Explore care options and learn how to match services to changing needs. Call (949) 470-3062 to RSVP.

CARE STRATEGIES (FOR CARE PARTNERS ONLY)

Finding Meaning in Caregiving: A 3-Part Series

JULY 7, 21, 28 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Explore resilience, grief, and meaning in caregiving while gaining practical tools for navigating challenges with compassion and confidence.

Sponsored by



The Behavior Lab: Hands-On Dementia Caregiver Training

AUGUST 1 | 10:00 AM – 12:00 PM

IN-PERSON

MOUNT OF OLIVES | 24772 CHRISANTA DR
BUILDING H, MISSION VIEJO, CA 92691

Interactive workshop for dementia caregivers to understand behaviors, practice real-life responses, try hands-on activities, and build confidence, calm, and compassion.

Sponsored by



Sensory Perspective: How Dementia Alters Perception

ONLINE - ZOOM

Understand how dementia affects perception and senses, and learn empathetic strategies to improve communication, safety, and caregiving support.

AUGUST 4 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Sponsored by



AUGUST 5 | 9:30 AM – 11:00 AM

IN-PERSON

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

Email Lauren.weiss@alzoc.org to RSVP.



The Language of Dementia: Communication Skills for Caregivers

AUGUST 6, 13, 20, 27 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Four-part series on adapting communication in dementia care to reduce frustration and maintain meaningful connection at every stage.

Becoming a Resilient Care Partner

AUGUST 18 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Build resilience as a dementia caregiver: learn practical self-care, emotional regulation, and stress management strategies.

Sponsored by



Managing Caregiver Stress

AUGUST 18 | 10:00 AM – 11:00 AM

IN-PERSON

COSTA MESA SENIOR CENTER |
695 W 19TH ST, COSTA MESA, CA 92627

Recognize caregiver stress and learn practical tools for coping, boundaries, and self-care. Call (714) 327-7550 to RSVP.

Understanding and Managing Common Challenging Behaviors

AUGUST 25 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Understand why dementia behaviors occur and learn compassionate, practical strategies to improve communication and reduce frustration.

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

BRAIN HEALTH

The Brain Health Blueprint: A 6-Week Interactive Roadmap to a Healthier Mind: Calm the Mind, Rest the Brain: The Power of Sleep and Stress Relief

JULY 1, 8 | 1:00 – 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.

MindFit: Optimize Your Brain Health

Boost memory, attention, and problem-solving through fun, interactive games, puzzles, and trivia while connecting with others.

JULY 8 | 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.

JULY 30, AUG 6, 13, 20, 27 | 2:00 PM – 3:00 PM

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

Call (949) 470-3062 to RSVP.

AUGUST 12 | 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

Brain Under Pressure: How Stress Affects Thinking, Memory, and Aging Webinar

JULY 14 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

Learn how stress affects brain health, memory, and aging, with practical strategies to recognize, manage, and reduce stress. CE credit is available for \$10 (RCFE, BRN, CAMFT/BBS).

Train Your Brain: Fun Games for Better Focus and Memory

Explore simple brain-training activities, lifestyle habits, and strategies to support memory, mental engagement, and healthy aging at home.

JULY 22 | 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.

JULY 27 | 9:00 AM – 10:00 AM

IN-PERSON LAKEVIEW SENIOR CENTER | 20 LAKE RD,
IRVINE, CA 92604

Call (949) 724-6900 to RSVP

Mind Matters: The Role of Heart Health

JULY 23 | 2:00 PM – 3:00 PM

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

Explore how heart health impacts brain health and learn lifestyle strategies to support cardiovascular and cognitive well-being. Call (949) 470-3062 to RSVP.

Mind Your Mood: Stress, Emotions, and Brain Health

AUGUST 3 | 10:00 AM – 11:00 AM

IN-PERSON SEA COUNTRY COMMUNITY CENTER | 24602 ALISO
CREEK RD, LAGUNA NIGUEL, CA 92677

Explore how mood, stress, and emotions affect memory and brain health, with strategies to support emotional wellness and seek help. Call (949) 425-5151 to RSVP.

Technology, Memory, and the Aging Brain: What Helps, What Hurts, and What We Know

AUGUST 11 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

Examine how technology affects attention and memory, clarify misconceptions about “digital dementia,” and explore intentional, supportive tech use for cognition. CE credit is available for \$10 (RCFE, BRN, CAMFT/BBS).

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

AUGUST 26 | 2:00 PM – 3:00 PM

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

Explore how digital habits affect brain health and learn simple strategies for healthier technology boundaries and better rest. Call (949) 464-6645 to RSVP.



EVENTOS EN ESPAÑOL

Telenovela: Recuerdos Perdidos

6,13, 20 DE JULIO | 7:00 PM – 8:30 PM

ZOOM

Agudice su Mente

7 DE JULIO | 10:30 AM – 11:30 AM

EN PERSONA EL MODENA FAMILY RESOURCE CENTER
18672 E CENTER AVE, ORANGE, CA 92869

El Sueño y la Memoria (Spanish)

Aprenda cómo el sueño afecta al cerebro y desarrolle una rutina saludable para mejorar su función cerebral.

13 DE JULIO | 12:00 PM – 1:30 PM

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

22 DE JULIO | 9:30 AM – 10:30 AM

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

26 DE AGOSTO | 1:00 PM – 3:00 PM

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

Diabetes, Hipertensión y la Memoria

17 DE JULIO | 10:30 AM – 11:30 AM

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

Aprenda estrategias para fortalecer la memoria, y promover la salud cerebral con diabetes o hipertensión.

El Estrés y la Memoria

Aprenda cómo el estrés afecta la memoria y descubra estrategias prácticas para proteger la salud mental y cognitiva.

28 DE JULIO | 10:30 AM – 11:30 AM

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

10 DE AGOSTO | 12:00 PM – 1:30 PM

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

27 DE AGOSTO | 4:30 PM – 5:30 PM

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

La Risa es la Mejor Medicina

Fortalezca su memoria con el poder de la risa mediante ejercicios prácticos y hábitos saludables para mantener la mente activa.

22 DE JULIO | 1:00 PM – 3:00 PM

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

28 DE AGOSTO | 10:30 AM – 11:30 AM

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

Navegando las dinámicas familiares

23 DE JULIO | 4:30 PM – 5:30 PM

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

Aprenda estrategias para manejar conflictos familiares y fomentar colaboración al cuidar a un ser querido con demencia.

Entrene su Cerebro

4 DE AGOSTO | 10:30 AM – 11:30 AM

EN PERSONA EL MODENA FAMILY RESOURCE CENTER
18672 E CENTER AVE, ORANGE, CA 92869

¿Qué es la Pérdida de la Memoria?

17 DE AGOSTO | 10:30 AM – 11:30 AM

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

Aprende a distinguir el envejecimiento normal de la demencia y el Alzheimer para planificar mejor tu salud.

BRAIN HEALTH (CONTINUED)

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

Separate memory myths from facts and discover research-based steps to support brain health at any age.

AUGUST 24 | 9:00 AM – 10:00 AM

IN-PERSON LAKEVIEW SENIOR CENTER | 20 LAKE RD,
IRVINE, CA 92604

Call (949) 724-6900 to RSVP.

AUGUST 27 | 10:00 AM – 11:00 AM

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

Call (949) 724-7300 to RSVP

