

EDUCATION CALENDAR

September & October 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

Coping With the Loss of a Spouse

SEPTEMBER 12 | 8:30 AM – 12:00 PM

IN-PERSON ST. TIMOTHY CATHOLIC CHURCH | 29102 CROWN VALLEY PKWY, LAGUNA NIGUEL, CA 92677

Find comfort and community in this faith-based workshop offering guidance for surviving spouses navigating grief and rebuilding life after loss. To RSVP, email celina.berenguer@alzoc.org or call (949) 757-3720.

Know the Signs: When to Seek Help for Memory Concerns

SEPTEMBER 15 | 2:00 PM – 3:00 PM

ONLINE - ZOOM

Learn to recognize warning signs of cognitive decline and know when and how to talk to your doctor. *Co-hosted by*



The Beginning of the End for Alzheimer's Disease (CE Webinar)

SEPTEMBER 22 | 11:30 AM – 12:30 PM

ONLINE - ZOOM

Examine how Alzheimer's differs from normal aging, what drives brain changes like amyloid and inflammation, and evidence-informed lifestyle strategies that may reduce your risk. One CE credit is available (RCFE, BRN, CAMFT/BBS).

When Is It No Longer Safe for My Loved One to Live Alone?

SEPTEMBER 23 | 10:30 AM – 11:30 AM

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

Learn how to recognize when a loved one may no longer be safe living alone and how to start compassionate conversations about next steps. To RSVP, call (714) 538-9633.

Physician Panel and Open Forum

OCTOBER 3 | 8:00 AM – 11:00 AM

IN-PERSON 24772 CHRISANTA DR., MISSION VIEJO, CA 92691
Join a physician panel and open forum moderated by experts, with vendor exhibits and a free Memory Cafe for loved ones with dementia. Email adpinfo@moochurch.org to register.

A Deep Dive into the Types of Dementia

OCTOBER 13 | 11:30 AM – 1:30 PM

ONLINE - WEBINAR

Compare Alzheimer's disease, Lewy body dementia, frontotemporal dementia, vascular dementia, and other causes of dementia syndrome. Two CE credits available.

How to Have a Conversation with a Doctor

OCTOBER 20 | 2:00 PM – 3:00 PM

ONLINE - WEBINAR

Learn to prepare for medical appointments, ask clear questions, describe symptoms, and advocate for the information and follow-up you need. *Co-hosted by*



Normal Aging vs Warning Signs of Dementia

OCTOBER 21 | 10:30 AM – 11:30 AM

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

Practical strategies for improving focus, memory, and organization, plus tools to reduce cognitive overload and adapt when plans change. To RSVP, call (714) 538-9633.

Community Education For All cont' on page 5.

CARE STRATEGIES (FOR CARE PARTNERS ONLY)

Empowered Caregiver Workshop: Navigating Travel During the Holidays

SEPTEMBER 2 | 9:30 AM – 11:00 AM

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

Get practical tips for planning ahead, managing logistics, and reducing stress so your holiday travel is safer, smoother, and more enjoyable. To RSVP, email lauren.weiss@alzoc.org or call 949-955-9000.

The Changing Reality: A 5-Part Caregiver Series

**SEPTEMBER 3, 10, 17, 24 & OCTOBER 1 |
10:00 AM – 11:30 AM**

ONLINE - ZOOM

Join this five-part series to help family caregivers understand dementia-related changes in behavior, communication, and safety, and respond with greater confidence and compassion. Refreshments provided by Seniors Helping Seniors - Irvine.

Sponsored by  **ACADIA**

SEPT 3 | Part 1: When Reality Changes—
Hallucinations and Delusions

SEPT 10 | Part 2: When Words No Longer
Match Reality

SEPT 17 | Part 3: When Behaviors Make Sense

SEPT 24 | Part 4: Creating Safety in a
Changing Reality

OCT 1 | Part 5: The Changing Reality
Caregiver Clinic

Navigating Family Dynamics in Dementia Care

SEPTEMBER 15 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Learn how to navigate family conflict, improve communication, and align caregiving roles when supporting a loved one with dementia.

Sponsored by  *Caring
Companions At Home*

Beyond the Silence: Understanding Communication when Dementia and Hearing Intersect

SEPTEMBER 21 | 1:00 PM – 2:00 PM

ONLINE - ZOOM

Learn how hearing loss and dementia intersect and discover strategies for more supportive, person-centered communication and connection.

Empowered Caregiver Workshop: Are You Good to Go? Advance Care Planning

OCTOBER 7 | 9:30 AM – 11:00 AM

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

Learn how to plan ahead with the right documents and conversations to ensure your healthcare and personal wishes are honored. To RSVP, please email lauren.weiss@alzoc.org or call 949-955-9000. Refreshments provided by Seniors Helping Seniors - Irvine.

Behavior Bootcamp: A 3-Part Caregiver Training Series

OCTOBER 8, 15, 22 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

Join this three-part series to understand why dementia-related behaviors occur and learn strategies to reduce distress and support connection.

OCT 8 | Part 1: Why Behavior Happens—
Understanding Changes in the Brain

OCT 15 | Part 2: The Behavior Detective—
Identifying Triggers and Preventing Escalation

OCT 22 | Part 3: The Response Toolkit—Practical
Strategies That Work

Sponsored by  **ACADIA**

I Just Became a Caregiver...Now What?

OCTOBER 20 | 6:30 PM – 7:30 PM

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

Guidance for new family care partners: what to expect, communication strategies, understanding dementia, finding support, and managing stress. To RSVP call, (949) 425-5151.

37th Annual Southern California Alzheimer's Disease Research Conference - The Energy Behind Metabolism

**September 25, 2026
8:00 am - 3:00 pm**

Join seven leading researchers exploring how metabolism, diet, exercise, and emerging therapies are shaping the future of Alzheimer's and dementia care.

conference.mind.uci.edu



BRAIN HEALTH

Diabetes, Hypertension, and Brain Health

SEPTEMBER 1 | 5:30 – 6:30 PM

IN-PERSON ALISO VIEJO RANCH | 100 PARK AVE, ALISO VIEJO, CA 92656

Discover how diabetes and high blood pressure affect brain health, and learn practical steps to protect your memory and thinking. To RSVP, call (949) 425-2550.

Boost Your Brain: A 3-Part Series on Memory and Focus

SEPTEMBER 9, 16, 23 | 10:00 AM – 11:30 AM

ONLINE - ZOOM

Explore evidence-based strategies to support memory, attention, and brain health in this three-part cognitive wellness series.

SEPT 9 - Part 1: Foundations of Brain Health—How the Brain Ages

SEPT 16 - Part 2: Strengthening the Brain—Lifestyle Strategies That Matter

SEPT 23 - Part 3: Improving Cognition Day to Day—Memory, Focus, and Mental Flexibility

Mind Fit: Optimize Your Brain Health

SEPTEMBER 9 | 2:00 PM – 3:00 PM

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

Stay sharp and have fun! Join this lively, hands-on session featuring games, puzzles, and trivia designed to boost memory, attention, and mental flexibility. To RSVP, call (949) 464-6645.

Remember This! Everyday Memory Tips that Work

SEPTEMBER 10 | 10:00 AM – 11:00 AM

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

Learn simple, practical strategies to improve recall, stay organized, and support memory in your everyday life. To RSVP, call (949) 724-7300.

The Power of Music for Brain Health

SEPTEMBER 14 | 6:30 PM – 7:30 PM

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

See how music supports brain health, memory, mood, and connection, and learn practical ways to use it in daily life. To RSVP, call (949) 425-5151.

Sponsored by 

The Role of Exercise on Cognition

SEPTEMBER 17 | 3:00 PM – 4:00 PM

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

Explore how movement supports memory, mood, sleep, and brain health, and learn which types of exercise benefit your mind and body. To RSVP, call (714) 738-6333.

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

SEPTEMBER 28 | 9:00 AM – 10:00 AM

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

Learn how digital habits affect your brain and discover simple strategies to set healthier boundaries with technology for better focus and rest. To RSVP, call (949) 724-6900.

Sponsored by  ACTi-KARE
RESPONSIVE IN-HOME CARE

Brain Health Beyond Memory: A 4-Part Series

OCTOBER 7, 14, 21, 28 | 10:00 AM – 11:30 AM

ONLINE - ZOOM

A four-part series exploring attention, processing speed, decision-making, and cognitive reserve, with practical strategies to support thinking skills.

OCT 7 | Part 1: Why Brain Health Is More Than Memory

OCT 14 | Part 2: Attention, Processing Speed, and Decision-Making

OCT 21 | Part 3: Cognitive Flexibility and Adapting to Change

OCT 28 | Part 4: Building Cognitive Reserve Across the Lifespan

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

OCTOBER 21 | 2:00 PM – 3:00 PM

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

Debunk common brain health myths, clarify what's true, and share practical, realistic steps to support memory and lifelong brain wellness. To RSVP, call (949) 464-6645.

The Brain Health Blueprint: A Six-Week Series

Join this six-week interactive series to build personalized, evidence-based habits across the six pillars of brain health and reduce your risk of dementia.

**OCTOBER 1, 8, 15, 22, 29 & NOVEMBER 5 |
1:00 PM – 2:30 PM**

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

OCT 1 | Your Brain, Your Future: How to Protect Your Mind as You Age

OCT 8 | Feeding the Brain: Foods That Protect Memory

OCT 15 | Keep Your Mind Sharp: Activities That Strengthen Memory and Thinking

OCT 22 | Move More, Think Better: How Exercise Protects the Brain

OCT 29 | Calm the Mind, Rest the Brain: The Power of Sleep and Stress Relief

NOV 5 | Putting It All Together: Build Your Personal Brain Health Plan

To RSVP, call (949) 470-3062.

**OCTOBER 16, 23, 30 & NOVEMBER 6, 13, 20 |
12:30 PM – 2:00 PM**

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

OCT 16 | Your Brain, Your Future: How to Protect Your Mind as You Age

OCT 23 | Feeding the Brain: Foods That Protect Memory

OCT 30 | Keep Your Mind Sharp: Activities That Strengthen Memory and Thinking

NOV 6 | Move More, Think Better: How Exercise Protects the Brain

NOV 13 | Calm the Mind, Rest the Brain: The Power of Sleep and Stress Relief

NOV 20 | Putting It All Together: Build Your Personal Brain Health Plan

To RSVP, call (714) 961-7181.

Nutrition for a Healthier Mind

Learn evidence-based nutrition strategies that support brain and heart health with realistic, sustainable changes without relying on restrictive diets.

OCTOBER 20 | 10:00 AM – 11:00 AM

ONLINE - ZOOM

OCTOBER 23 | 10:00 AM - 11:00 AM

IN-PERSON RANCHO SENIOR CENTER, 3 ETHEL COPLEN WAY,
IRVINE, CA, 92612

To RSVP, call (949) 724-6800.

Sponsored by 

EVENTOS EN ESPAÑOL

Conversaciones con el doctor

10 DE SEPTIEMBRE | 1:00 PM – 2:00 PM

EN LÍNEA - ZOOM

Aprenda a comunicarse con profesionales de salud sobre memoria, cognición y demencia, y a preparar citas médicas eficaces.

Amigos de la Demencia

Únete a este movimiento para comprender mejor la demencia y apoyar a quienes la viven en tu comunidad.

14 DE SEPTIEMBRE | 12:00 PM – 1:00 PM

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

16 DE SEPTIEMBRE | 10:30 AM – 11:30 AM

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

La risa es la mejor medicina

21 DE SEPTIEMBRE | 10:00 AM – 11:00 AM

EN PERSONA COMMUNITY ACTION PARTNERSHIP
OF ORANGE COUNTY | 10841 GARZA AVE.,
ANAHEIM, CA 92804

Fortalece tu memoria con el poder de la risa: ejercicios prácticos, consejos de estilo de vida y recursos diarios.

Comprendiendo las tres D: delirio, demencia y depresión

Aprenda a diferenciar el delirio, la demencia y la depresión, reconociendo sus características y cómo abordarlas adecuadamente.

23 DE SEPTIEMBRE | 9:30 AM – 10:30 AM

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

12 DE OCTUBRE | 12:00 PM – 1:00 PM

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

Prevención de caídas

23 DE SEPTIEMBRE | 1:00 PM – 3:00 PM

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

Fortalece tu independencia con herramientas para reducir riesgos en el hogar y en la vida diaria.

Cuide su estado de ánimo: estrés, emociones y salud cerebral

24 DE SEPTIEMBRE | 4:30 PM – 5:30 PM

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

Explore cómo el estrés y el bienestar emocional afectan la memoria y el cerebro; aprenda herramientas para manejarlo.

Telenovela – Recuerdos perdidos

16 DE OCTUBRE | 10:30 AM – 12:30 PM

EN PERSONA 2600 E. MIRALOMA WAY, ANAHEIM CA, 92806

Conoce cómo la familia Ramírez, del Este de Los Ángeles, enfrenta el estigma y los retos del Alzheimer.

El estrés y la memoria

16 DE OCTUBRE | 10:45 AM – 11:45 AM

EN PERSONA HOAG | 307 PLACENTIA AVE STE 203,
NEWPORT BEACH, CA 92663

Aprende cómo el estrés afecta tu memoria y descubre técnicas prácticas para proteger tu salud mental, ideales para cuidadores.

Diabetes, presión y colesterol altos, y la memoria

20 DE OCTUBRE | 5:30 PM – 6:00 PM

EN PERSONA HOAG | 307 PLACENTIA AVE STE 203,
NEWPORT BEACH, CA 92663

Aprende cómo cuidar tu salud protege tu memoria; estrategias prácticas para mantenerte activo, incluso con diabetes o hipertensión.

El sueño y la memoria

22 DE OCTUBRE | 4:30 PM – 5:30 PM

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

Descubre cómo el sueño afecta al cerebro, cuánto necesitas y cómo desarrollar buenos hábitos para un mejor funcionamiento cerebral.

¿Y si no es demencia? Otras condiciones que pueden parecer deterioro cognitivo

28 DE OCTUBRE | 9:30 AM – 10:30 AM

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

No todos los problemas de memoria son causados por demencia. Explore condiciones médicas, emocionales y de estilo de vida relacionadas.

La música, el baile y el cerebro

28 DE OCTUBRE | 1:00 PM – 3:00 PM

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

Explora cómo la música y el baile activan el cerebro, estimulan la memoria, reducen el estrés y mejoran el bienestar.

COMMUNITY EDUCATION (CONTINUED)

Advance Planning for Solo Ager

OCTOBER 26 | 9:00 AM – 10:00 AM

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

Learn practical steps to plan ahead for healthcare, finances, housing, and support so you can age safely and independently. To RSVP, call (949) 724-6900.

Sponsored by *Arosa*



Ways to Give: Legacy Giving

**Leave a legacy.
Create a lasting impact.**

Include Alzheimer's Orange County in your estate plans and make a difference for generations to come. Enjoy potential financial benefits while supporting a meaningful cause. Explore options and get started today.

www.alzoc.org/gift



Alzheimer's | ORANGE COUNTY

BACK TO THE 80'S

SATURDAY, NOVEMBER 14, 2026

5 o'clock in the evening

VEA NEWPORT BEACH
Newport Beach, CA

SAVE THE DATE

Jump back in time to the 80s, dust off your shoulder pads, pull up your leg warmers, and save the date for a night of classic hits and unforgettable memories. Join us for our 2026 Gala to help the over 164,000 Orange County families affected by some form of memory loss or dementia. No DeLorean required.

www.alzoc.org/gala
Helpline 844-373-4400



Alzheimer's | ORANGE COUNTY

Getting Ahead of Brain Health Conference

THE FUTURE OF BRAIN HEALTH: FROM RISK TO RESILIENCE

Join us for a full day of brain health insights from leading researchers and experts in the field. Explore cognitive resilience, sleep, your environment, emerging science, how beliefs and emotions shape wellness, and more. Walk away with real tools and a clearer picture of risks to your brain health and what you can do about them.



Featuring
speakers
from

- Hoag Pickup Family Neurosciences Institute
- UC Irvine
- UC San Francisco
- Healthy Brain Clinic
- Alzheimer's Orange County

Friday, January 29, 2027

Hilton Costa Mesa | 3050
Bristol Street, Costa Mesa

www.alzoc.org/brain