# EDUCATION CALENDAR

**November & December 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**

Alzheimer's ORANGE COUNTY

## COMMUNITY EDUCATION FOR ALL

### Walking Families and Patients through End-of-Life Spiritual Questions

**NOVEMBER 2 | 9:00 AM - 12:00 PM**

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

Explore research on meaning-making, spiritual experiences, and psychosocial support for people facing the end of life. Call (949) 757-3720 to RSVP.

### Understanding the 3 D's: Dementia, Depression, and Delirium

Dementia, depression, and delirium can look alike. Learn to tell them apart and know when changes require medical attention.

**NOVEMBER 4 | 10:00 AM – 11:00 AM**

**IN-PERSON** TOWN AND COUNTRY SENIOR LIVING | 555 E MEMORY LN, SANTA ANA, CA 92706

Call (714) 547-7581 to RSVP.

**NOVEMBER 17 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM**

### Memories in the Making: Facilitator Training

**NOVEMBER 5 | 1:00 PM – 4:00 PM**

**ONLINE - ZOOM**

Become a certified Memories in the Making facilitator and help people living with dementia connect through art. Includes 3 CE hours for CAMFT/BBS and RCFE.

### Coping with the Holidays

**NOVEMBER 7 | 8:30 AM – 12:00 PM**

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

Grieving a loved one this holiday season? Find help, hope, and support for navigating Thanksgiving, Christmas, and the weeks between. Call (949) 757-3720 or email basilio.juachon@alzoc.org to RSVP.

### Who Am I? Preserving Identity Through the Dementia Journey (Monthly Webinar)

**NOVEMBER 10 | 11:30 AM – 12:30 PM**

**ONLINE - ZOOM**

Explore how memory works, recognize dementia warning signs, and learn care approaches across Alzheimer's disease stages while honoring the person beyond the diagnosis. 1 CE credit hour offered for RCFE, BRN, and CAMFT/BBS. Fee: $10.

### How To Have Better Conversations

**NOVEMBER 17 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Learn practical strategies to reduce frustration, improve understanding, and enjoy more meaningful conversations with someone living with dementia.

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

### Lunch N' Learn: Caring for You, Too: Healthy Living for Care Partners

**NOVEMBER 18 | 11:00 AM – 1:00 PM**

**IN-PERSON** WALNUT VILLAGE RETIREMENT COMMUNITY | 891 S. WALNUT ST. ANAHEIM CA 92802

Discover realistic habits for movement, nutrition, sleep, stress, and connection that support your health without adding pressure. Includes a complimentary lunch.

### Memories in the Making Refresh Training

**NOVEMBER 19 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM**

Already trained? Refresh your Memories in the Making facilitation skills for meaningful art experiences with people living with dementia.

*Community Education For All cont' on page 2.*

## COMMUNITY EDUCATION (CONTINUED)

### Advance Planning for Solo Agers

**NOVEMBER 20 | 10:00 AM – 11:00 AM**

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

Plan ahead for aging independently. Explore care wishes, legal documents, finances, housing, and support networks to age confidently.
Call (949) 724-6800 to RSVP.

### 11 Tips to Successfully Live Alone

**DECEMBER 1 | 11:00 AM – 12:00 PM**

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

Discover 11 practical tips for living alone safely and confidently, from building routines and connections to preparing for emergencies.
Call (949) 425-2500 to RSVP.

### Lunch N' Learn: Alzheimer's and Dementia: The Current Science

**DECEMBER 9 | 11:00 AM - 1:00 PM**

**IN-PERSON** WALNUT VILLAGE RETIREMENT COMMUNITY | 891 S WALNUT ST., ANAHEIM, CA, 92802

Catch up on the latest Alzheimer's and dementia research, from risk factors and biomarkers to treatment advances and prevention. CE credit available (RCFE, BRN, and CAMFT/BBS).

### Other Types of Dementia: Not Just Alzheimer's

**DECEMBER 15 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Explore Lewy body, vascular, frontotemporal, and mixed dementia, how symptoms differ, and why an accurate diagnosis shapes care.

*Sponsored by* Caring Companions At Home

### Aging and the Senses

**DECEMBER 15 | 2:00 PM – 3:00 PM**

**ONLINE - ZOOM**

Explore how aging affects vision, hearing, taste, smell, and touch, and learn practical ways to adapt and stay engaged.

*Co-hosted by* ANAHEIM PUBLIC LIBRARY

## BRAIN HEALTH

### Mind Fit: Optimize Your Brain Health

Play games, puzzles, and trivia in this lively one-hour class that supports memory, attention, and problem-solving while connecting with others.

**NOVEMBER 11 | 2:00 PM – 3:00 PM**
**DECEMBER 9 | 2:00 PM – 3:00 PM**

**IN-PERSON** SUSI Q SENIOR CENTER | 380 THIRD STREET, LAGUNA BEACH, CA 92651

Call (949) 464-6645 to RSVP.

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

Learn how to support cognitive reserve through new skills, social connection, physical activity, and mental engagement for lifelong brain health.

**NOVEMBER 3 | 11:00 AM – 12:00 PM**

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

Call (949) 425-2550 to RSVP.

**NOVEMBER 18 | 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 Role of Exercise on Cognition

**NOVEMBER 23 | 9:00 AM – 10:00 AM**

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

Movement supports brain health at any age. Learn how aerobic, strength, balance, and flexibility exercises benefit memory, mood, and sleep.
Call (949) 724-6900 to RSVP.

### The Brain Health Reset: A 4-Part Series

**DECEMBER 1, 8, 15, 22 | 1:00 PM – 1:30 PM**

**ONLINE - ZOOM**

Recharge your brain health in four fast, 30-minute sessions on sleep, stress, movement, and social and mental engagement.

Dec 1 | Reset Your Sleep

Dec 8 | Reset Your Stress

Dec 15 | Reset Your Movement

Dec 22 | Reset Your Social and Mental Engagement

## Build Your Brain's Backup System: The Power of Cognitive Reserve

**DECEMBER 10 | 1:00 PM - 2:00 PM**

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

Discover how learning, connection, movement, and hobbies help build cognitive reserve and resilience. Call (949) 425-2550 to RSVP.

## Inflammation and the Brain: What You Need to Know

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

**DECEMBER 17 | 1:00 PM - 2:00 PM**

Explore how new experiences, connection, and hobbies help your brain adapt with age. Call (949) 425-2550 to RSVP.

# CARE STRATEGIES (FOR CARE PARTNERS ONLY)

## Caregiver Foundations: A 7-Part Series

**NOVEMBER 2, 9, 16, 23, 30 & DECEMBER 7, 14 | 1:00 PM – 2:00 PM**

**ONLINE - ZOOM**

From understanding dementia to planning ahead and self-care, this seven-part series gives family care partners practical tools and confidence. Attend one session or all seven.

## Empowered Caregiver Workshop: Managing Challenges Caregivers Face During the Holidays

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

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

Learn practical ways to simplify celebrations, set boundaries, and create meaningful holiday moments with a loved one living with dementia. Call (949) 955-9000 or email lauren.weiss@alzoc.org to RSVP.

## A Caregiver's Journey: My 3 Lessons

**NOVEMBER 12 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Join Ben Allen for three lessons from his care partner journey, with practical insights for navigating your role confidently.

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

## How To Have a Conversation with the Doctor

**NOVEMBER 18 | 10:30 AM – 11:30 AM**

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

Feel confident talking with your doctor about Alzheimer's disease, for yourself or a loved one. Learn warning signs and questions. Call (714) 538-9633 to RSVP.

## Recognizing the Moment: When Is It Time for Memory Care?

**NOVEMBER 24 | 10:00 AM – 11:00 AM**

**ONLINE - ZOOM**

Is it time for memory care? Learn the signs, what memory care offers, and how to make a thoughtful decision.

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

## Empowered Caregiver Workshop: Managing Caregiver Stress

**DECEMBER 2 | 9:30 AM – 11:00 AM**

**IN-PERSON** MOUNT OF OLIVES CHURCH | 24772 CHRISANTA DR. BUILDING H, MISSION VIEJO, CA 92691

Recognize signs of care partner stress and learn practical strategies for coping, setting boundaries, asking for help, and self-care. Email lauren.weiss@alzoc.org or call 949-955-9000. Registration is required.




## Walk4ALZ 2027

**MARCH 27, 2027** | ANGEL STADIUM

**100% Local**

Join us for our biggest community event of the year where people of all ages will walk for the 164,000+ residents affected by some form of memory loss or dementia. Help us raise awareness, raise funds and be part of the only Alzheimer's walk where 100% of the funds stay in Orange County to support local services making a difference for thousands of families every year.

**www.alzoc.org/walk**

## EVENTOS EN ESPAÑOL

### Convivio para Compañeros

**5 DE NOVIEMBRE | 10:00 AM – 1:00 PM**

**EN PERSONA** 1086 ACACIA PKWY, GARDEN GROVE, CA 92840

Juego, convivencia, movimiento y relajación para recargar energías. ¡Disfrute unas horas dedicadas solo a usted!

### ¿Qué es la pérdida de la memoria?

**5 DE NOVIEMBRE | 4:00 PM – 6:00 PM**

**EN PERSONA** CAFECITO EN BUENA CLINTON YOUTH & FAMILY CENTER | 12661 SUNSWEPT AVE, GARDEN GROVE, CA 92843

¿Olvidar nombres o extraviar las llaves es parte del envejecimiento normal? Aprenda a distinguirlo de los primeros signos de demencia.

### Ver lo que no existe: comprendiendo la psicosis en la enfermedad de Alzheimer

Aprenda a reconocer alucinaciones, delirios y paranoia en la enfermedad de Alzheimer, por qué ocurren y cómo responder con empatía.

**9 DE NOVIEMBRE | 12:00 PM – 1:00 PM**

**EN PERSONA** PONDEROSA | 320 E ORANGEWOOD AVE, ANAHEIM, CA 92802

**16 DE NOVIEMBRE | 10:30 AM – 11:30 AM**

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

**23 DE NOVIEMBRE | 9:30 AM – 10:30 AM**

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

### Fortalezca su cerebro: actividades diarias que crean reserva cognitiva

Descubra cómo los pasatiempos, la vida social y el aprendizaje de nuevas habilidades ayudan a desarrollar la reserva cognitiva.

**12 DE NOVIEMBRE | 4:30 PM – 5:30 PM**

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

**16 DE DICIEMBRE | 10:30 AM – 12:30 PM**

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

### La nutrición cambia con la edad

**16 DE NOVIEMBRE | 10:00 AM – 11:00 AM**

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

Descubra cómo cambian sus necesidades nutricionales con la edad. ¡Pequeños cambios pueden marcar una gran diferencia!

### Amigos de la Demencia

**23 DE NOVIEMBRE | 1:00 PM – 3:00 PM**

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

Un movimiento para comprender la demencia y apoyar a quienes viven con ella en nuestra comunidad.

### Mente sana: la importancia de la salud del corazón

Lo que beneficia al corazón también beneficia al cerebro. Aprenda cómo cuidar ambos puede reducir el riesgo de demencia.

**9 DE DICIEMBRE | 1:00 PM – 3:00 PM**

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

**23 DE DICIEMBRE | 9:30 AM – 10:30 AM**

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

### Memories in the Making®

**11 DE DICIEMBRE | 10:00 AM – 11:30 AM**

**EN PERSONA** 1086 ACACIA PKWY, GARDEN GROVE, CA 92840

El programa de arte emblemático de AlzOC ofrece a las personas que viven con demencia una forma creativa de comunicarse.

### La música, el baile y el cerebro

**17 DE DICIEMBRE | 4:30 PM – 5:30 PM**

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

Explore cómo la música y el baile estimulan la memoria, reducen el estrés y mejoran el bienestar emocional.

### 6 pilares para un cerebro saludable

**21 DE DICIEMBRE | 10:00 AM – 11:00 AM**

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

Conozca los pilares fundamentales para mantener su cerebro activo y saludable, con consejos prácticos para su bienestar general.

