

PLEASE JOIN US

Education Classes and Social Engagement

LOS ANGELES COUNTY FEBRUARY 2025

IN PERSON ENGLISH CLASSES

All classes are Pacific Standard Time (PST)

Understanding Alzheimer's and Dementia

Monday, February 10, 11:30 a.m.-12 p.m. | [Santa Monica](#)

Healthy Living for Your Brain and Body

Wednesday, February 12, 12-1p.m. | [Sylmar](#)

Wednesday, February 12, 12:30-1:30 p.m. | [Reseda](#)

10 Warning Signs of Alzheimer's

Wednesday, February 12, 10-11 a.m. | [Burbank](#)

Wednesday, February 19, 1:30-2:30 p.m. | [Torrance](#)

VIRTUAL ENGLISH CLASSES

The Empowered Caregiver - Supporting Independence

Tuesday, February 25, 12-1 p.m. | [Register](#)

The Empowered Caregiver -Building Foundations of Caregiving

Wednesday, February 26, 10-11 a.m. | [Register](#)

Living with Alzheimer's For People with Dementia (early stage)

Mondays, February 3,10,17,24, 1-2:30 p.m. | [Register](#)

CLASES EN ESPAÑOL EN PERSONA

Todas las clases se dictan en horario estándar del Pacífico (PST)

Hábitos saludables para el cerebro y el cuerpo

Martes 4 de febrero, 9 -10 a.m. | [Pacoima](#)

Lunes 10 de febrero, 11-12 p.m. | [Sylmar](#)

Conozca las 10 Señales de Advertencia

Viernes 14 de febrero, 12:30 -1:30 p.m. | [Pacoima](#)

ON-DEMAND EDUCATION

For additional on-demand, recorded classes, please visit alz.org/education

Managing Money: A Caregiver's Guide to Finances

Learn about the costs of caregiving and the benefits of early financial and legal planning. Closed Captioning (CC) available.

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

EARLY STAGE ENGAGEMENT BRAIN GAME ACTIVITY!

When we exercise it, our brain gets stronger. To keep it strong, we need to keep challenging it regularly. Brain Exercise includes training the following skills: memory, reasoning, processing, speed, concentration, logical sequencing, language, problem-solving, and visual-spatial skills.

Special Program

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF

ALZHEIMER'S  ASSOCIATION®

Visit alz.org/CRF to explore additional education programs in your area.

PLEASE JOIN US SUPPORT GROUPS

LOS ANGELES COUNTY FEBRUARY 2025

In Person Caregiver Groups

2nd Tuesday, 7-9 p.m. (Claremont)

2nd and 4th Tuesdays, 7-8:30 p.m. (Westwood)

2nd Tuesday, 6-7:30 p.m. (Santa Clarita)

3rd Tuesday, 10-11:30 a.m. (Pasadena)

3rd Tuesday, 10 a.m.-12 p.m. (Claremont)

4th Wednesday, 9:30-11 a.m. (Lake Balboa)

Virtual Caregiver Support Groups

1st and 3rd Mondays, 5:30 -7 p.m.

1st Tuesday, 3- 4:30 p.m.

3rd Saturday, 10-11:30 a.m.

Weekly, every Thursday, 10-11:30 a.m.

Español

Grupo de Apoyo Telefónico para Cuidadores 2do y 4to martes de cada mes, 1-2:30 p.m.

Mandarin Caregiver Support Group

3rd Sunday, 6:30-8 p.m.

Young Adults 20's - 30's

1st Monday, 7:30-9 p.m.

Younger Onset

2nd Tuesday, 12-1:30 p.m.

LGBTQ+

2nd and 4th Thursdays, 12-1:30 p.m.

EARLY STAGE ENGAGEMENT- VIRTUAL

Coffee and Conversations

Tuesday, February 11 and 25, 10-11:30 a.m.

Connect with like individuals and care partners, to discuss current events and a variety of topics.

Brain Games

Thursday, February 27, 2- 3 p.m.

Brain Exercise Program is for people living in the early stage of dementia and their care partners.

SAVE THE DATE



5TH CONNECTIONAL AME CHURCH
PURPLE SUNDAY
MARCH 16, 2025
(DETAILS COMING SOON)



TO REGISTER OR LEARN MORE,
PLEASE CALL 800.272.3900
OR VISIT ONLINE AT ALZ.ORG/CRF