

JULY 2026

IN-PERSON EDUCATION PROGRAMS

These classes are hosted throughout SLO, Santa Barbara, Ventura & Kern counties.

Pre-registration is encouraged - Call 24/7 to our Helpline: 1.800.272.3900.

Building Brain Healthy Habits

- **Tues., July 7 | 1:00-2:30pm**
Nipomo Area Senior Center
200 E. Dana St.
Nipomo, CA 93444

Understanding Alzheimer's & Dementia

- **Tue., July 7 | 4:30-5:30pm**
Lemonwood Retirement Community
850 Johnson Dr.
Ventura, CA 93003
- **Monday, July 20 | 11:00am-12:00pm**
Prados Senior Center
2101 Ridge Rd.
Bakersfield, CA 93305

10 Warning Signs of Dementia

- **Thur., July 9 | 11:15am-12:30pm**
Oakmont of Simi Valley
3110 Royal Ave.
Simi Valley, CA 93065
- **Thur., July 9 | 10:00-11:00am**
Veterans Hall
414 4th Ave.
Arvin, CA 93203

Empowered Caregiver: Understanding & Responding to Dementia-Related Behaviors

- **Friday, July 24 | 10:00-11:00am**
Ventura Avenue Adult Center
550 N. Cypress Point Lane
Ventura, CA 93001

Caregiver Support Groups:

www.alz.org/cacentralcoast/support

Empowered Caregiver: Effective Communication Strategies in Dementia

- **Monday, July 27 | 3:30-5:00pm**
Cambria Connection
1069 Main St., Unit B
Cambria, CA



Turn something YOU love into a fundraiser to end Alzheimer's & all other dementia.

**Contact: Ali Shiry: amshiry@alz.org
alz.org/DoWhatYouLove**

Community Events: July 2025:

Santa Maria Valley Senior Expo

- **Fri., July 20 | 9:00am-12:00pm**
Allan Hancock College
Joe White Memorial Gymnasium
800 S. College Drive
Santa Maria, CA 93401

Senior Expo - Ventura

- **Wed., July 15 | 10:00am-1:00pm**
Cypress Place
1220 Cypress Point Lane
Ventura, CA 93003

Seeking Volunteers!

Interested in becoming a Community Educator, Support Group Facilitator or Community Rep?
Go to: <https://volunteer.alz.org>



**Call our 24/7 Helpline:
800.272.3900**

