

FREE EDUCATION CLASSES

alzheimer's  association®

Visit
alz.org/crf
or call
800.272.3900
to register

Due to COVID-19, all classes are being offered virtually via online webinar and conference call.

November 2020

Understanding Alzheimer's & Dementia

Wed. November 4, 5:30-6:30 pm | [REGISTER](#)

Thurs. November 5, 10-11:30 am | [REGISTER](#)

Tues. November 10, 11-12 noon | [REGISTER](#)

10 Warning Signs of Alzheimer's

Tues. November 10, 3-4:30 pm | [REGISTER](#)

10 Warning Signs of Alzheimer's and How to find Dementia Trained Home Care

Wed. November 18, 1-2:30 pm | [REGISTER](#)

Effective Communication Strategies

Thurs. November 12, 3-4 pm | [REGISTER](#)

Tues. November 17, 10:30-12 noon | [REGISTER](#)

Understanding & Responding to Dementia-Related Behaviors

Mon. November 9, 10-11:30 am | [REGISTER](#)

Wed. November 18, 5:30-6:30 pm | [REGISTER](#)

Living with Alzheimer's: For Care Partners – Early Stage (3 part series)

Part 1: Thurs. Nov. 5, 10-12 noon | [REGISTER](#)

Part 2: Thurs. Nov. 12, 10-12 noon | [REGISTER](#)

Part 3: Thurs. Nov. 19, 10-12 noon | [REGISTER](#)

Legal & Financial Planning

Mon. November 16, 12:30-3 pm | [REGISTER](#)

Healthy Living for Your Brain & Body

Tues. November 10, 11am-12:30 pm | [REGISTER](#)

Wed. November 11, 10-11:30 am | [REGISTER](#)

Clases en Español

Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer

Miercoles, 11 de noviembre, 1-2 pm |

[REGÍSTRESE](#)

Estilo de Vida Saludable- Para el Cuidador y Su Ser Querido:

Jueves, 12 de noviembre, 12-1:30 pm |

[REGÍSTRESE](#)

Conozca las 10 Señales de Advertencia:

Jueves, 12 de noviembre, 4-7 pm |

[REGÍSTRESE](#)

Jueves, 19 de noviembre, 5:30-6:30 pm |

[REGÍSTRESE](#)

Viviendo con Alzheimer - Para Cuidadores de Personas en la Etapa Temprana:

Lunes, 2 de noviembre, 4-6 pm | [REGÍSTRESE](#)

Lunes, 9 de noviembre, 4-6 pm | [REGÍSTRESE](#)

Lunes, 16 de noviembre, 4-6 pm | [REGÍSTRESE](#)

中文 (Mandarin)

Effective Communication Strategies

Sat. November 21, 10-11 am | [REGISTER](#)

REGISTER BY VISITING ALZ.ORG/CRF OR CALLING 800.272.3900

To visit your local chapter, go to alz.org/socal

or follow us    @socALZ  @socalzofficial

SUPPORT GROUPS

alzheimer's  association®

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November 2020

Support Groups For Caregivers

Last Monday of the month, 7-9 pm
Second Tuesday of the month, 7-9 pm
Second Wednesday of the month, 5-6 pm
Third Wednesday of the month, 6:30-8 pm
Second Thursday of the month, 2:30-4 pm
Second Friday of the month, 9-10:30 am
Third Saturday 10-11:30 am

To join a support group, please call
800.272.3900

Early Stage of Memory Loss Support Group

Register with **Michelle Quiroga-Diaz** at
818.446.1687 or mquirogadiaz@alz.org

GRUPOS DE APOYO EN ESPAÑOL

Martes, 10 y 24 de noviembre, 1-2:30 pm

Para registrarse para el Grupo de Apoyo
Telefónico, comuníquese con **Linda Loera** al
213.220.0713 o lloera@alz.org.

EARLY STAGE SOCIAL ENGAGEMENT

• **Alz Explorer**

Wednesday, November 4, 11, 18, 25 at 3-4 pm

Join "Alz Explorer" for a different virtual activity such as master gardening, magic, cooking, road trips and much more.

To RSVP call **(760) 996-0006** or email **Jennifer Zuckerman** at jlzuckerman@alz.org

• **Hammer Virtual Tour**

Friday, November 6 & 20, at 11-12 noon

Join Hammer Museum Student Educators for a virtual conversation about historic and contemporary works of art.

RSVP with **Yael Wyte** at ywyte@alz.org

• **Armchair Travel** - The Hummingbird Project

Thursday November 12, at 2-3 pm

Join The Hummingbird Project for an interactive virtual travel experience to Catalonia, Spain, with Victoria and special musical guest, Katrina! Explored through fun facts, live music, and great conversation! To RSVP, contact **Sivana Lavine** at **(818) 446-1573** or sclavine@alz.org.

Facebook Live

Tune in to Facebook.com/socalz for the live sessions below

Caregiver Stress Release
Thursday, November 5, 1 pm

Decision Fatigue
Thursday, November 12, 1 pm

Consejos de Cuidador a Cuidador
Martes, 17 de noviembre, 1 pm

Caregiver to caregiver tips
Thursday, November 19, 1 pm

English

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