



ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos
Tất cả các sự kiện dành cho tất cả mọi người

- Jan. 5** **Nutrición En Los Adultos/ Nutrition In Adults (Español)**
[Inland CRC](#) | Mar., Enero 5 | 2 p.m. to 3:30 p.m. | [Inscripción](#)
- Let's Get Away, Together:
Want a Speedy Rundown of Classical Music History?**
[FCA CRC](#) | Tues., Jan. 5 | 1 p.m. to 2 p.m. | [Registration](#)
- Jan. 7** **Elder Law for Caregivers**
[Inland CRC](#) | Thurs., Jan. 7 | 10 a.m. to 11:30 a.m. | [Registration](#)
- Jan. 11** **Mindfulness-Based Dementia Care Series**
[Del Oro CRC](#) | Mon., Jan. 11 | 1 p.m. to 3 p.m. | [Registration](#)
- Jan. 12** **Pre-Planning End of Life**
[Inland CRC](#) | Tues., Jan. 12 | 10 a.m. to 11:30 a.m. | [Registration](#)
- Let's Get Away, Together:
Winter in the World of Art**
[FCA CRC](#) | Tues., Jan. 12 | 1 p.m. to 2 p.m. | [Registration](#)
- Jan. 14** **Online Holiday Series: 2021 – Here I Come!**
[Del Oro CRC](#) | Thurs., Jan. 14 | 10:30 a.m. to 12 p.m. | [Registration](#)
- Jan. 18** **Mindfulness-Based Dementia Care Series**
[Del Oro CRC](#) | Mon., Jan. 18 | 1 p.m. to 3 p.m. | [Registration](#)
- Jan. 19** **Goal Setting for the New Year**
[Inland CRC](#) | Tues., Jan. 19 | 1 p.m. to 2:30 p.m. | [Registration](#)
- Let's Get Away, Together:
Winter in Tropical Climates**
[FCA CRC](#) | Tues., Jan. 19 | 1 p.m. to 2 p.m. | [Registration](#)
- Jan. 20** **Kỹ Năng Giao Tiếp và Nói Chuyện với Người Thân / Communication Strategies (Vietnamese)**
[Orange CRC](#) | Thứ Tư, 20 Tháng 01, 2021 | 10:30 a.m đến 11:30 a.m | Email [Pauline Lê](#), MSW, 714-451-5120 / [Peter Nguyễn](#), MSW, 657-217-7737
- Jan. 22** **Heart Health**
[Inland CRC](#) | Fri., Jan. 22 | 10 a.m. to 11:30 a.m. | [Registration](#)
- Seguridad En El Hogar/ Home Safety (Español)**
[Inland CRC](#) | Mar., Enero 22 | 3 p.m. to 4:30 p.m. | [Inscripción](#)
- Jan. 25** **Mindfulness-Based Dementia Care Series**
[Del Oro CRC](#) | Mon., Jan. 25 | 1 p.m. to 3 p.m. | [Registration](#)
- Jan. 26** **Coping with Grief During the Pandemic**
[Inland CRC](#) | Tues., Jan. 26 | 1 p.m. to 2:30 p.m. | [Registration](#)
- Jan. 27** **Expect the Best:
How to Get the Most Out of Your Hospice Care**
[FCA CRC](#) | Wed., Jan. 27 | 11 a.m. to 12 p.m. | [Registration](#)
- Jan. 28** **Sundowning Syndrome**
[Inland CRC](#) | Tues., Jan. 28 | 6 p.m. to 7:30 p.m. | [Registration](#)