



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 | Ang lahat ng kaganapang nakalista ay bukas para sa lahat

Feb 3

Heart Healthy Cooking with Christina

[Inland CRC](#) | Wed., Feb. 3 | 10 a.m. to 11:30 a.m. | [Registration](#)

La Comunicación / Communication Strategies (Español)

[Orange CRC](#) | Mier., Feb. 3 | 10 a.m. to 11:30 a.m. | [Inscripción](#)

Feb 9

Making Valentine Cards

[Inland CRC](#) | Tues., Feb. 9 | 10 a.m. to 11:30 a.m. | [Registration](#)

What My Dogs Taught Me about Aging

[Del Oro CRC](#) | Tues., Feb. 9 | 2 p.m. to 3 p.m. | [Registration](#)

Feb 11

CBT and Caregiving

[Orange CRC](#) | Thurs., Feb. 11 | 10 a.m. to 11:30 a.m. | [Registration](#)

Medical Cannabis in Dementia Care

[Del Mar CRC](#) | Thurs., Feb. 11 | 10:30 a.m. to 12 p.m. | [Registration](#)

Heart Health

[Inland CRC](#) | Thurs., Feb. 11 | 1 p.m. to 2:30 p.m. | [Registration](#)

Feb 16

Critical Documents

[Inland CRC](#) | Tues., Feb. 16 | 6 p.m. to 7:30 p.m. | [Registration](#)

Feb 17

Lớp Học Căn Bản Cho Người Chăm Sóc / Caregiving 101 (Vietnamese)

[Orange CRC](#) | Thứ Tư, 17 Tháng 02, 2021 | 1 p.m đến 2:30 p.m |

email [Pauline Lê](#), MSW, 714-451-5120 / [Peter Nguyễn](#), MSW, 657-217-7737

COVID-19 Guidelines for Home Care — Home Instead Senior Care with Christina Bausch

[Inland CRC](#) | Wed., Feb. 17 | 3 p.m. to 4:30 p.m. | [Registration](#)

Feb 22

10 Warning Signs of Alzheimer's

[Inland CRC](#) | Mon., Feb. 22 | 10 a.m. to 11:30 a.m. | [Registration](#)

Feb 23

COVID-19 Guidelines for Assisted Living with Janet Oliver

[Inland CRC](#) | Tues., Feb. 23 | 1 p.m. to 2:30 p.m. | [Registration](#)

Feb 25

Other Options for Funding Long Term Care Costs with Lisa Rehburg

[Inland CRC](#) | Thurs., Feb. 25 | 1 p.m. to 2:30 p.m. | [Registration](#)

Options for Out of Home Care

[Del Mar CRC](#) | Thurs., Feb. 25 | 1:30 p.m. to 3 p.m. | [Registration](#)

Mabisang Komunikasyon sa Pangangalaga / Effective Care Communication (Tagalog)

[FCA CRC](#) | ika-25 ng Pebrero | 1:30 p.m. – 3 p.m. ng hapon | [Pagpaparehistro](#)