



## ONLINE LEARNING PROGRAMS

ALL EVENTS LISTED ARE OPEN TO EVERYONE | LOS EVENTOS LISTADOS ESTÁN ABIERTOS A TODOS

Sept 1

### The PACE Program

Inland CRC | Thur., Sept. 1 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694

Sept 2

### Medicare (Spanish)

Inland CRC | Vier., Sept. 2 | 2:30 p.m. to 4 p.m. | [Inscripción](#) o Llamar 800-675-6694

Sept 6

### Let's Get Away Together: Let's Explore the Season of Fall!

FCA CRC | Tues., Sept. 6 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388

### Joyful Moments

Del Oro CRC | Tues., Sept. 6 | 2 p.m. to 3 p.m. | [Registration](#) or Call 916-718-9333, Press 2

Sept 7

### Resilient Aging

Inland CRC | Wed., Sept. 7 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694

### Seguridad en el hogar y prevención de caídas y lesiones (Spanish only)

Inland CRC | Mier., Sept. 7 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807

Sept 8

### Anxiety & Depression

Inland CRC | Thur., Sept. 8 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694

Sept 9

### More than Words: A New Culture of Care and Communication with Persons Who are Living with Dementia and Other Age-Related Conditions

Redwood CRC | Fri., Sept. 9 | 12:30 p.m. to 2:30 p.m. | [Registration](#) or Call (707) 582-2329

### Su identidad como cuidador (Spanish only)

Inland CRC | Vier., Sept. 9 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar 800 675-6694

Sept 13

### Ask the Elder Law Attorney

Inland CRC | Tues., Sept. 13 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694

Sept 14

### Nutrition Bingo

Inland CRC | Wed., Sept. 14 | 11 a.m. to 12:30 p.m. | [Registration](#) or Call 800-675-6694

### Cuerpo y Cerebro Sano es Vida Sana (Spanish only)

Inland CRC | Mier., Sept. 14 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar 800 675-6694

Sept 15

### Alzheimer's & Money Management

Inland CRC | Thur., Sept. 15 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694

### Opciones de atención a largo plazo, parte 1 (Spanish only)

Orange CRC | Juev., Sept. 15 | 5 p.m. a 6:30 p.m. | [Inscripción](#) o Llamar 714-466-5030

Sept 16

### ¿Qué significa Generación Sándwich? (Spanish only)

Inland CRC | Vier., Sept. 16 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar 800 675-6694

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- Sept 17** **Caregiver 101**  
**Redwood CRC** | Sat., Sept. 17 | 12:30 p.m. to 2 p.m. | [Registration](#) or Call (707) 582-2329
- Sept 19** **Sundowning Syndrome**  
**Inland CRC** | Mon., Sept. 19 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call 800-675-6694
- Sept 20** **Checklist of What to do When Someone Dies**  
**Inland CRC** | Tues., Sept. 20 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- ¿Que es una directiva avanzada? (Spanish only)**  
**Inland CRC** | Mart., Sept. 20 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar 800 675-6694
- Sept 22** **Medicare: Facts, Myths, & Understanding Coverage / Medicare: Hechos, Mitos y Comprensión de la Cobertura (Con traducción al español)**  
**Del Mar CRC** | Thu./Juev., Sept. 22 | 1 p.m. to 2:30 p.m. | [Registration/Inscripción](#) or Call /Llamar 1-800-624-8304
- Effective Communication with Dementia Patients**  
**Valley CRC** | Thu., Sept. 22 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Opciones de atención a largo plazo, parte 2 (Spanish only)**  
**Orange CRC** | Juev., Sept. 22 | 5 p.m. a 6:30 p.m. | [Inscripción](#) o Llamar 714-466-5030
- Sept 23** **Positive Caregiving**  
**Redwood CRC** | Fri., Sept. 23 | 11 a.m. to 12:30 p.m. | [Registration](#) or Call (707) 582-2247
- Conozca las 10 Señales de Alzheimer (Spanish only)**  
**Inland CRC** | Vier., Sept. 23 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar 800 675-6694
- Sept 28** **Demencia (Spanish only)**  
**Inland CRC** | Miér., Sept. 28 | 1:30 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 800 675-6694
- Stress Management**  
**Inland CRC** | Wed., Sept. 28 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 800-675-6694
- The Immigrant Family Caregiver Experience**  
**LA CRC** | Wed., Sept. 28 | 7:30 p.m. to 8:30 p.m. | [Registration](#) or Call 800-540-4442
- Sept 29** **Asking for Help**  
**Inland CRC** | Thur., Sept. 29 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- Cuidado Propio (Spanish only)**  
**Inland CRC** | Juev., Sept. 29 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar 800 675-6694
- The Dr. is in: Different Kinds of Dementia**  
**Valley CRC** | Thu., Sept. 29 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Sept 30** **Estableciendo metas (Spanish only)**  
**Inland CRC** | Vier., Sept. 30 | 1:30 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 800 675-6694