



ONLINE LEARNING PROGRAMS

ALL EVENTS LISTED ARE OPEN TO EVERYONE | LOS EVENTOS LISTADOS ESTÁN ABIERTOS A TODOS | TẤT CẢ CÁC SỰ KIỆN ĐƯỢC LIỆT KÊ ĐỀU DÀNH CHO TẤT CẢ MỌI NGƯỜI | 列出的所有活動均對所有人開放

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| Feb 1 | Medicare/Medicare Fraud
Inland CRC Wed., Feb 1 10 a.m. a 11:30 a.m. Registration or Call (800) 675-6694 |
| Feb 1 | Viva Feliz
Inland CRC miér., Feb 1 10 a.m. a 11:30 a.m. Inscripción o Llamar (909) 835-6807 |
| Feb 2 | Heart Health
Inland CRC Thurs., Feb. 2 2 p.m. to 3:30 p.m. Registration or Call (800) 675-6694 |
| Feb 3 | Conduciendo y Demencia
Inland CRC vier., Feb 3 10:30 a.m. a 12 p.m. Inscripción o Llamar (909) 835-6807 |
| Feb 6 | Community Legal Aid & Medi-Cal
Orange CRC Mon., Feb. 6 10 a.m. to 11 a.m. Registration or Call (714) 446-5030 |
| Feb 6 | Living with Alzheimer's For Caregivers - Part I - Early Stage
Inland CRC Mon, Feb 6 1 p.m. to 2:30 p.m. Registration or Call (800) 675-6694 |
| Feb 6 | Limites Saludables
Inland CRC lun., Feb 6 2 p.m. a 3:30 p.m. Inscripción o Llamar (909) 835-6807 |
| Feb 7 | Combating Loneliness
Inland CRC Tues., Feb. 7 10 a.m. to 11:30 a.m. Registration or Call (800) 675-6694 |
| Feb 7 | Let's Get Away Together: The British Invasion – The Beatles Arrive in America!
FCA CRC Tues., Feb. 7 1 p.m. to 2 p.m. Registration |
| Feb 8 | Addressing Behaviors After Traumatic Brain Injury
Valley CRC Wed., Feb. 8 2 p.m. to 3:30 p.m. Registration or Call (559) 224-9154 or (800) 541-8614 |
| Feb 9 | Envejecimiento Saludable
Inland CRC juev., Feb 9 2:30 p.m. a 4 p.m. Inscripción o Llamar (909) 835-6807 |
| Feb 10 | Louie, Louie: A Portrait in Parkinson's, Early Onset Memory Loss: Conversations with Letty Tennis, and Living After Stroke: Conversations With Couples
Redwood CRC Fri., Feb. 10 12:30 p.m. to 2:30 p.m. Registration or Call (707) 582-2329 |
| Feb 10 | 與您的醫生溝通的技巧 (How to Talk to Your Doctor)
FCA CRC Fri., Feb. 10 4 p.m. to 5 p.m. Registration |
| Feb 13 | Living With Alzheimer's for Caregivers - Part II-Mid Stage
Inland CRC Mon., Feb. 13 1 p.m. to 2:30 p.m. Registration or Call (800) 675-6694 |
| Feb 14 | Hành Vi Sa Sút Trí Tuệ/Understanding & Responding to Dementia-Related Behavior
Orange CRC Tues., Feb. 14 10:30 a.m. to 12 p.m. Registration or Call (714) 446-5030 |
| Feb 14 | Ask The Elder Law Attorney
Inland CRC Tues., Feb. 14 1 p.m. to 2:30 p.m. Registration or Call (800) 675-6694 |

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- Feb 14** **Let's Get Away Together: Let's create Joyful Moments!**
FCA CRC | Tues., Feb. 14 | 1 p.m. to 2 p.m. | [Registration](#)
- Feb 14** **Difficult Conversations about Difficult Decisions**
Valley CRC | Tues., Feb. 14 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Feb 15** **Cuidado de la piel y el envejecimiento**
Inland CRC | miér., Feb 15 | 2:30 p.m. a 4 p.m. | [Inscripción](#) o Llamar (909) 835-680
- Feb 17** **Manejo del estrés**
Inland CRC | vier., Feb 17 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Feb 17** **Elder Law Seminar**
Valley CRC | Fri., Feb. 17 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Feb 18** **Caregiver 101**
Redwood CRC | Sat., Feb. 18 | 12:20 p.m. to 2 p.m. | [Registration](#) or Call (707) 582-2329
- Feb 21** **Let's Get Away Together: Let's celebrate Mardi Gras!**
FCA CRC | Tues., Feb. 21 | 1 p.m. to 2 p.m. | [Registration](#)
- Feb 21** **How To Cope When You're At The End of Your Rope**
Inland CRC | Tues., Feb. 21 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (800) 675-6694
- Feb 22** **Cuidado propio**
Inland CRC | miér., Feb 22 | 1:30 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Feb 23** **Journey of Caregiving**
Orange CRC | Thur., Feb. 23 | 10:30 a.m. to 12 p.m. | Please call to register: (714) 446-5030
- Feb 24** **Tiene Que Haber Una Mejor Manera! (There Must Be A Better Way!)**
FCA CRC | vier., Feb. 24 | 2 p.m. to 3 p.m. | [Unirse a la reunión Zoom](#) o Llamar 415-434-3388
- Feb 27** **Living With Alzheimer's for Caregivers - Part III-Late Stage**
Inland CRC | Mon., Feb. 27 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call (800) 675-6694
- Feb 28** **Let's Get Away Together: Let's go to Golden Gate Park!**
FCA CRC | Tues., Feb. 28 | 1 p.m. to 2 p.m. | [Registration](#)
- Feb 28** **Que Hacer y no hacer para lograr una dieta saludable**
Inland CRC | mart., Feb 28 | 2 p.m. a 3 p.m. | [Inscripción](#) o Llamar (909) 835-6807
- Feb 28** **Domestic Violence**
Inland CRC | Tues., Feb. 28 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call (800) 675-6694