



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

- May 3**
Conozca las 10 Señales de Advertencia del Alzheimer / 10 Signs of Alzheimer's (Spanish Only)
Del Mar | Mar., May. 3 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 1-800-624-8304
Let's Get Away, Together! – Let's Explore our Strange and Beloved Pollinators
FCA CRC | Tue., May. 3 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- May 4**
10 Signs of Alzheimer's
Del Mar | Wed., May. 4 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-624-8304
Veteran's Aid & Attendance Benefits
Inland CRC | Wed., May. 4 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
Obtener la Atención que Desea Cuando la Necesita / Getting the Care You Want When You Need it Most (Spanish Only)
Inland CRC | Mié., May. 4 | 3:30 p.m. a 5 p.m. | Número de Junta: 864 8355 9120
 Contraseña: 238801 o Llamar 909-835-6807
- May 5**
How Diabetes Affects Your Body
Inland CRC | Thu., May. 5 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- May 6**
Mindfulness-Based Dementia Care SERIES
Del Oro CRC | Fri., May. 6, 13, 20 & 27 | 10 a.m. to 12 p.m. | [Registration](#) or Call 916-728-9333
Manejo del Estrés / Stress Management (Spanish Only)
Inland CRC | Vie., May. 6 | 10 a.m. a 11:30 a.m. | Número de Junta: 841 9481 5774
 Contraseña: 956487 o Llamar 909-835-6807
- May 9**
Long Term Care Options
Orange CRC | Mon., May. 9 | 10 a.m. to 11:30 a.m. | [Registration](#) or call 714-446-5030 or 1-800-543-8312
- May 10**
Let's Get Away, Together! – A Tribute to Mothers: The Many Shapes They Come In
FCA CRC | Tue., May. 10 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
Ask The Elder Law Attorney
Inland CRC | Tue., May. 10 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
- May 11**
Planificación para el futuro, 1-5 deseos / Planning For the Future, 1-5 Wishes (Spanish Only)
Inland CRC | Mié., May. 11 | 3:30 p.m. a 5 p.m. | Número de Junta: 821 9314 7108
 Contraseña: 175890 o Llamar 909-835-6807
- May 12**
Ask The Financial Planner
Inland CRC | Thu., May. 12 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
Tìm hiểu và cách ứng phó những hành vi khi chăm sóc người bệnh trí nhớ suy giảm / Understanding and Responding to Dementia-Related Behavior (Vietnamese Only)
Orange CRC | Thu., May. 12 | 10:30 a.m. to 11:30 a.m. | [Registration](#) or call 714-446-5030
- May 13**
Conozca las 10 Señales / Know the 10 Signs (Spanish Only)
Inland CRC | Vie., May. 13 | 10 a.m. a 11:30 a.m. | Número de Junta: 813 7761 4366
 Contraseña: 162613 o Llamar 909-835-6807

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

- May 13** **Bathing Without a Battle and Mouth Care Without a Battle**
Redwood CRC | Fri., May. 13 | 12:30 p.m. to 2:30 p.m. | Email rcrc@redwoodcrc.org or Call 707-542-0282 x107
- May 16** **Nutrition & Caregiving**
Inland CRC | Mon., May. 16 | 2:30 p.m. to 4 p.m. | [Registration](#) or Call 1-800-675-6694
- May 17** **Let's Get Away, Together! – Special 10th Series Encore; Best of National Parks!**
FCA CRC | Tue., May. 17 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- May 19** **Caregiver Wellbeing**
Del Mar | Thu., May. 19 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-624-8304
- Bienestar del Cuidador / Caregiver Wellness (Spanish Only)**
Del Mar | Jue., May. 19 | 3 p.m. a 4:30 p.m. | [Inscripción](#) o Llamar 1-800-624-8304
- May 20** **Diabetes / Diabetes (Spanish Only)**
Inland CRC | Vie., May. 20 | 10 a.m. a 11:30 a.m. | Número de Junta: 899 2553 7386
Contraseña: 491710 o Llamar 909-835-6807
- May 21** **Caregiver 101**
Redwood CRC | Sat., May. 21 | 12:30 p.m. to 2 p.m. | Email rcrc@redwoodcrc.org or Call 707-542-0282 x107
- May 24** **The Myths of Hospice**
Inland CRC | Tue., May. 24 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- FCA Presents: A Conversation With 2021 Innovations in Alzheimer's Caregiving Award Winners**
FCA CRC | Tue., May. 24 | 11 a.m. to 12 p.m. | [Registration](#) or Call 415-434-3388
- Let's Get Away, Together! – Let's go to the British Virgin Islands (Caribbean) with Alicia!**
FCA CRC | Tue., May. 24 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- May 25** **Los Cuidadores También Son Personas / Caregivers Are People Too (Spanish Only)**
Inland CRC | Mié., May. 25 | 11 a.m. a 12:30 p.m. | Número de Junta: 821 2536 2279
Contraseña: 530520 o Llamar 909-835-6807
- Meditation & Yoga**
Inland CRC | Wed., May. 25 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
- More Than a Caregiver: Being Resilient**
Passage CRC | Wed., May. 25 | 2 p.m. to 3 p.m. | [Registration](#) or Call 530-898-5925
- May 26** **Dementia Care Challenges: Anxiety, Agitation & Anger**
Del Mar | Thu., May. 26 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-624-8304
- May 27** **Demencia / Dementia (Spanish Only)**
Inland CRC | Vie., May. 27 | 10 a.m. a 11:30 a.m. | Número de Junta: 835 3778 4621
Contraseña: 790263 o Llamar 909-835-6807
- May 31** **Let's Get Away, Together! – Encore of Music Around the World**
FCA CRC | Tue., May. 31 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Envejecimiento y Pérdida de la Visión / Aging and Vision Lost (Spanish Only)**
Inland CRC | Mar., May. 31 | 2 p.m. a 3:30 p.m. | Número de Junta: 839 1886 1683
Contraseña: 999274 o Llamar 909-835-6807
- Time Management**
Inland CRC | Tue., May. 31 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 1-800-675-6694

This is a collaborative effort of the California Caregiver Resource Centers to ensure high-quality education for California family caregivers. Visit www.caregivercalifornia.org.