



# **Virtual Seminars for 50+**

## **Alzheimer's Orange County Online Courses**

To view Facebook Live events, visit [www.facebook.com/ALZOC](https://www.facebook.com/ALZOC)  
To register for the latest webinars, visit  
<https://www.alzoc.org/professionals/webinars/>

4/7 – 10 am Facebook Live  
Caring Conversations:

**A New Way of Talking with our Loved Ones with Memory Loss**

4-14 – 10:30 am WEBINAR  
**Legal & Financial Considerations in Dementia Care**

4/21 – 10 am Facebook Live  
**Personality & Behavior Changes: Why and How to Respond**

4/28 – 10 am Facebook Live  
**Meaningful Activities to do at Home with your Loved Ones**

5/5 – 10 am Facebook Live  
**Caregiver Stress: Strategies to Care for Yourself while Caring for Another**

5/12 – 10 am Facebook Live  
**Caring Conversations: A New Way of Talking with our Loved ones with Memory Loss**

5/15 – 11:30 am WEBINAR  
**Strategies for Coping & Resiliency in Dementia Care**

5/19 – 10 am Facebook Live  
**Personality & Behavior Changes: Why and How to Respond**



**For more fun ideas, visit our**  
[\*\*Virtual Activity Center\*\*](#)





# Virtual Gardening for 50+

## Orange County Master Gardeners

April is the time to plant a wide range of summer vegetables. In the spirit of our changing times, O.C. Master Gardeners presenting this timely class online. You will learn everything you need to feed your family over the summer. Since attendance is limited, this class is being offered on two separate dates.

### Growing Summer Vegetables

Thursday April 9, 1 p.m. – 2:30 p.m.

Join Zoom Meeting

[https://us04web.zoom.us/j/300222054  
pwd=U1dUWVBPOkNaWjdBZnI4WGJSVDRFQT09](https://us04web.zoom.us/j/300222054?pwd=U1dUWVBPOkNaWjdBZnI4WGJSVDRFQT09)

Meeting ID: 300 222 054

Password: 459925

### Growing Summer Vegetables

Thursday April 16, 1 p.m. – 2:30 p.m.

Join Zoom Meeting

[https://us04web.zoom.us/j/631833585?  
pwd=LytsMENxYnZqT2FHaTBsckZwbIV1dz09](https://us04web.zoom.us/j/631833585?pwd=LytsMENxYnZqT2FHaTBsckZwbIV1dz09)

Meeting ID: 631 833 585

Password: 225804





# Virtual Seminars for 50+

## Senior Specialist Group

### Helping Older Adults Live Well During This Challenging Time

Health professionals will share important information to help you improve your livelihood and stay connected while social distancing, including tips to boost your immunity, control your feelings, and enhance your technical skills.

### **Join Zoom Meeting (pre-recorded)**

<https://zoom.us/j/757545505?pwd=aDlPamEzcDBJK04rdkt1RFVjaXIwZz09>

Meeting ID: 757 545 505

Password: 679626





# Virtual Programming 50+

## **Senior Fitness Info and Videos**

<https://go4life.nia.nih.gov/how-to-stay-safe-during-exercise>

Go4Life Workout Videos from National Institute on Aging

<https://www.youtube.com/go4life>

## **Music**

Guitar & Ukulele Lessons – YouTube Channel

<https://www.youtube.com/user/andycrowley/videos>

## **Games**

Sudoku

<https://krazydad.com/sudoku/>

AARP Games

<https://games.aarp.org>





# Virtual Education for 50+

## **Online Classes, Seminars and Workshops**

<https://www.ed2go.com/searchFundamentals>

## **Adult Coloring of Classic Art from Museums**

<http://library.nyam.org/colorourcollections/2020-participating-institutions/>

## **Phone Classes for Seniors**

<https://www.familyeldercare.org/programs/lifetime-connections-without-walls/>

<https://covia.org/services/well-connected/>

## **Free Online Education Classes**

<https://www.coursera.org/>

## **Free Online Dance Classes: Ballroom, Line Dancing and More**

<http://www.learntodance.com/>

## **Learn a New Language**

<https://www.duolingo.com>