Virtual Seminars for 50+
Alzheimer’s Orange County Online Courses

To view Facebook Live events, visit [www.facebook.com/ALZOC](http://www.facebook.com/ALZOC)
To register for the latest webinars, visit [https://www.alzoc.org/professionals/webinars/](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](#)
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=U1dUWVBpQkNaWjdBZnI4WGJSVDRFQT09

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=LytsMENxYnZqT2FHsckZwbIV1dz09

Meeting ID: 631 833 585
Password: 225804

For more fun ideas, visit our Virtual Activity Center
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=aDlPamEzcDBJK04rdkt1RFVjaXlwZz09

Meeting ID: 757 545 505
Password: 679626

For more fun ideas, visit our Virtual Activity Center
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

For more fun ideas, visit our Virtual Activity Center
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

For more fun ideas, visit our Virtual Activity Center