



More free classes and other programs are being added all the time!
Check out alz.org/CACentralCoast for the latest info

or by calling **800.272.3900**

Register at **bit.ly/ALZeducation**



Register at **alz.org/crf** or
by calling **800.272.3900**

has dementia, how to
make plans for your
future, and more.

Our free support
groups offer a
safe, confidential
environment where
family caregivers and
people living with
dementia can share
their experiences to
learn from each
other.

We offer free classes
that address a wide
range of questions,
including basics about
the disease, how to
talk to a person who

Find our monthly calendar
at alz.org/CACentral

Find our monthly Support
Group calendar at
alz.org/CACentral



SEPTEMBER 23 | WEST VENTURA
at the Collection in Oxnard
2023 CENTRAL COAST WALKS
SEPTEMBER 30 | SANTA MARIA
at Waller Park

OCTOBER 14 | SANTA BARBARA
at Chase Palm Park

OCTOBER 21 | EAST VENTURA
at the Promenade in Westlake

NOVEMBER 4 | SAN LUIS OBISPO
at Mission Plaza

Start or join a Walk
team

and participate in the
world's largest event to
raise awareness and
funds

for Alzheimer's care,
support and research.

Help fight the darkness of
Alzheimer's and dementia
by participating in
The Longest Day®!

**FUN
DO GOOD**

**PICK YOUR ACTIVITY &
FUNDRAISE FOR A GOOD CAUSE!**

alz.org/tld,

**Questions about
fundraising? Contact Karen
Ortiz,**



HAVE

g

kdortiz@alz.or

MARCH 1ST | 2PM - 4PM Dementia Friendly One-Stop Resource Fair

No registration required

*Register at
bit.ly/CCCSocialClub*

MARCH 2ND, 9TH, 16TH, 23RD & 30TH | 3PM - 5PM Add your name to the waitlist at bit.ly/CCCSavvy

Ventura County Area Agency on Aging
646 County Square Drive, Suite 100 | Ventura, CA
93003

**MARCH 15TH | 5:30PM - 7PM Advancing
the Science:
Healthy Aging Club** St. Stephen's
Episcopal Church 660 Pismo Street | San Luis
Obispo, CA 93401

The Savvy Caregiver

ALZHEIMER'S ASSOCIATION
CALIFORNIA CENTRAL COAST CHAPTER



Healthy Aging Club 2nd & 4th Thursdays
10 - 11:30am

A Social Club
for those living
with dementia
and their care
partners

St. Stephen's Episcopal Church
660 Pismo Street San Luis Obispo, CA

RSVP at bit.ly/CCCSocialClub
or call 805.342.0956

Register at bit.ly/crrsbnorth
**The Latest in Alzheimer's &
Dementia Research** Wisdom Center of
Santa Maria
2255 S. Depot Street | Santa Maria, CA
93455

MARCH 9TH 10 - 11:30AM



6PM - 10PM

Email
kdortiz@alz.org

Alzheimer's Kickoff Party Courthouse Tavern
129 E. Anapamu Street |
Santa Barbara, CA 93101

MARCH 19TH 12PM - 2PM *Register at*
bit.ly/CCCpurplesunday

Purple Sunday Bethel
African Methodist Episcopal
Church
855 South F Street |
Oxnard, CA 93030



MARCH 17TH **SB Walk to End**
MARCH 23RD | 10 - 11:30AM Healthy Aging Club
Register at Church 660 Pismo Street
bit.ly/CCCSocialClub San Luis Obispo, CA 93401
St. Stephen's Epis



- 8PM *Email*
kdortiz@alz.org
SLO Walk to End Alzheimer's Kickoff Party Antigua Brewing Company 1009 Monterey Street | San Luis Obispo, CA 93401

MARCH 28TH 5:30PM

APRIL 1ST | 9AM - 3PM **Parkinson's Annual Symposium**
Register at ***mypasb.org***
Elks Lodge 150 N. Kellogg Ave | Santa Barbara, CA 93101

APRIL 5TH | 9AM - 4PM Virtual Caregiver Conference

Register at bit.ly/alz2023

Register today for login information!

Hosted online via Zoom.



**ALZHEIMER'S ASSOCIATION
CALIFORNIA CENTRAL COAST
CAREGIVER CONFERENCE**

FOR THE DEMENTIA CAREGIVERS OF TODAY & TOMORROW
WEDNESDAY APRIL 5, 2023
9:00AM-4:00PM
HOSTED VIA ZOOM

Registration Required for Live or Pre-Recorded Viewing:
bit.ly/alz2023 or Scan QR Code

*"There are only four kinds of people in this world:
those who have been a caregiver,
those who are currently caregivers,
those who will be caregivers,
and those who will need a caregiver."*
Rosalynn Carter



APRIL 13TH | 10 - 11:30AM Healthy Aging Club

Register at bit.ly/CCCSocialClub

93401

St. Stephen's Episcopal Church

660 Pismo Street | San Luis Obispo, CA



MEMORY CAFE
AT MISS DAISY'S

A social gathering for people experiencing mild to moderate memory changes and their loved ones to connect, engage and have fun!

Join us for our first gathering
Friday, April 14

- Free to attend
- Light breakfast
- Unique setting
- Brain fitness
- Music & More!

ALZHEIMER'S ASSOCIATION

14TH
9 - 11AM

Email
cccprograms@alz.org
or call
805.617.0249 to register
Memory Cafe at
Miss Daisy's

Miss Daisy's
Consignment &
Auction House
3845 State Street |
Santa Barbara, CA
93105

APRIL 26TH | 11AM - 1:30PM Your Brain Matters Luncheon

Visit alz.org/cacentralcoast to purchase
tickets

633 East Cabrillo Blvd. | Santa Barbara,
CA 93101

Hilton Santa Barbara Beachfront Resort



APRIL 27TH | 10 - 11:30AM Healthy Aging Club

Register at bit.ly/CCCSocialClub

St. Stephen's Episcopal Church

660 Pismo Street | San Luis Obispo, CA 93401

12PM-1PM

No registration required

APRIL 28TH

93460



APRIL 29TH

11AM - 1PM

Alzheimer's & Dementia 101

Chumash Tribal Hall

100 Via Juana Road | Santa Ynez, CA

Register at bit.ly/CCCabuelos

**Afternoon with the
Abuelos**

Carpinteria Children's

Project Auditorium

5201 8th Street | Carpinteria, CA



93013

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Accessing Us Online Please ‘follow’
or ‘like’ us on your social media platforms to
help promote awareness and stay in the loop!



Facebook:

to Dementia-Related Behaviors

Alzheimer’s and other dementias can cause people to act in different and unpredictable ways. Some individuals become anxious or aggressive. Others repeat certain questions or gestures. Many misinterpret what they hear. These types of reactions can lead to misunderstanding, frustration, and tension, particularly between the person living with dementia and his or her caregiver. It’s important to understand that the person is not trying to be difficult and the behavior can be a form of communication.

These four steps can help you understand and respond to these behaviors in a constructive way that maintains the person's dignity. You can apply these steps to any situation.

soothing activity

Step 1: Detect and Connect

Join the person's reality and see the world through their eyes

Understand the person's reality in context before intervening: Who? What? Where? How?

Approach the person calmly and respectfully

Be kind and helpful in your tone and words

Step 2: Address Physical Needs

Look at medical issues first, starting with pain and medication issues

Address physical needs such as hunger, thirst, or needing to use the restroom

Address environmental triggers for discomfort, such as restrictive clothing, room temperature, lighting, glare, or noise

Step 3: Address Emotional Needs

Think about how the situation feels to the person

Focus on the feelings, not the facts

Reinforce that you are there to help them through this

Use your knowledge of the person's preferences

Redirect the energy into a more

Step 4: Reassess and Make a Plan

Go back to detecting and connecting
What went well and what didn't? How can you make adjustments?

Create an intervention plan that includes who can help with assessment and intervention, what to try and in what order, and what to do if the situation escalates

**The Alzheimer's Association is here to help 24/7
Call our Helpline at 800.272.3900 or visit us online at [alz.org](https://www.alz.org)**



The terms "dementia" and "Alzheimer's" are often used as though they mean the same thing. They are related, but there are important differences between the two.

DEMENTIA

Dementia is not a single disease; it's an overall term - like "heart disease" - that covers a wide range of specific medical conditions, including Alzheimer's disease. Disorders grouped under the general term "dementia" are caused by abnormal brain changes. These changes trigger a decline in thinking skills (also referred to as "cognitive abilities") severe enough to impair daily life and independent function. They also affect behavior, feelings and relationships.

ALZHEIMER'S DISEASE

Alzheimer's disease is the most common cause of dementia. It makes up 60% to 80% of all dementia cases. Alzheimer's is not a normal part of aging - it's a progressive brain disease, meaning it gets worse over time. Two abnormal brain structures called plaques and tangles are the main features of Alzheimer's disease. Scientists believe they damage and kill nerve cells. Plaques are pieces of a protein fragment called beta-amyloid that build up in the spaces between nerve cells. Tangles are twisted fibers of another protein called tau that build up inside cells.

OTHER CAUSES OF DEMENTIA

Vascular Dementia

A decline in thinking skills that is caused by conditions that block or reduce blood flow to various regions of the brain, depriving them of oxygen and nutrients.

progressive nerve cell loss in the brain's frontal lobes (behind your forehead) or its temporal lobes (behind your ears)

Alzheimer's

Frontotemporal Dementia

DiseaseVascular Dementia

DEMENTIA

A group of disorders caused by

Lewy Body Dementia

Progressive dementia caused by abnormal

deposits of Lewy Bodies that damage brain cells over time.

Frontotemporal

Dementia

Lewy Body

Dementia

APRIL 2023

ONLINE EDUCATION PROGRAMS

The following classes are hosted via Zoom. Advanced registration is required to ensure that you receive login information. Register at bit.ly/ALZeducation.

SPECIAL EVENTS

Central Coast Caregiver Conference

Dementia Conversations

Tuesday, April 4th | 2 - 3pm

Effective Communication Strategies Thursday, April 6th | 10 - 11am

Healthy Living for Your Brain & Body Tuesday, April 4th | 11 - 12pm

Managing Money:

A Caregiver's Guide to Finances Thursday, April 27th | 6 - 7:15pm

Living with Alzheimer's

for Caregivers of those in Mid Stage Part 1: April 12th | 11 - 12pm

Part 2: April 19th | 11 - 12pm

Part 3: April 26th | 11 - 12pm

Ten Warning Signs of Alzheimer's Thursday, April 6th | 1 - 2:30pm

Understanding & Responding to Dementia-related Behaviors

Thursday, April 6th | 6 - 7:15pm

Understanding Alzheimer's & Dementia Thursday, April 20th | 1 - 2:30pm

Wednesday, April 5th | 9am - 4pm *An online drop-in webinar with six guest speakers touching on a range of topics important to all caregivers and anyone interested in learning more about dementia. **Learn more and register at bit.ly/alz2023***

Thrive with Pride: Becoming a Compassionate Caregiver

Wednesday, April 12th | 4 - 5pm

Registration is required. If you need assistance, please contact us at cccprograms@alz.org or call 805.892.4259

Conozca las 10 Señales De Advertencia

Miércoles, 12 de abril | 5:30 - 6:30pm

Conversaciones de demencia

Jueves, 13 de abril | 6:30 - 7:30pm

Presented online via Zoom **Register at**
tinyurl.com/alzthrivewithpride

APRIL 2023

IN-PERSON EDUCATION PROGRAMS

The following classes are hosted throughout San Luis Obispo, Santa Barbara, and Ventura counties. Registration is encouraged. Register at bit.ly/ALZeducation.

SPECIAL EVENTS Senior Resource Fair

Ten Warning Signs of Alzheimer's Thursday, April 6th | 11 - 12pm

Housing Authority Apartments
401 South C Street, Oxnard 93030

Promoting Your Brain Health Wednesday, April 26th | 10 - 11am Montecito

Library
1469 E Valley Road, Montecito 93108

Living with Alzheimer's

for Caregivers of those in Early Stage Wednesday, April 19th | 10 - 11:30am

Saint Barnabas' Episcopal Church
301 Trinity Ave, Arroyo Grande 93420

Cuerpo y Cerebro Sano es Vida Sana Viernes, 14 de abril | 10 - 11am

St George Community Center
1022 E. Mason Street, Santa Barbara 93103

Información para Entender la Enfermedad de Alzheimer

Lunes, 3 de abril | 4:30 - 5:30pm Villa La Cumbre Apartments
521 N. La Cumbre Rd, Santa Barbara 93101

Alzheimer's and Dementia 101: Understanding the Disease

Saturday, April 1st | 11 - 11:30am St William's Catholic Church
6410 Santa Lucia Road, Atascadero 93422

Monday, April 3rd | 4:30 - 5:30pm Villa La Cumbre Apartments
521 N. La Cumbre Road, Santa Barbara 93101

Saturday, April 8th | 9:30 - 10am
Veteran's Hall
1025 Guadalupe St, Guadalupe 93434

Friday, April 28th | 11 - 12pm
Help of Ojai
108 Montgomery Street, Ojai 93023

Friday, April 28th | 12 - 1pm
Chumash Tribal Hall
100 Via Juana Road, Santa Ynez 93460

Healthy Aging Club

An Active Social Club for those living in the early stages of dementia

2nd & 4th Thursdays

10 - 11:30am

St. Stephen's Episcopal Church
1344 Nipomo St, San Luis Obispo

Thursday, April 27th | 10 - 1pm
Presidio Springs
721 Laguna Street, Santa Barbara 93101

Día del Niño

Sunday, April 30th | 8 - 2pm

Domingo, 30 de abril | 8 - 2pm

Our Lady of Guadalupe Church

Iglesia de nuestra Señora de Guadalupe 427 N Oak Street, Santa Paula 93060

Tarde con los Abuelos

Afternoon with the Abuelos

Sábado, 29 de abril | 11 - 1pm

Saturday, April 29th | 11 - 1pm Carpinteria Children's Project

5201 8th St, Carpinteria 93013

MMEEMMOORRY CAFÉ

A social gathering for people experiencing mild to moderate memory changes and their loved ones to connect, engage and have fun!



Miss Daisy's Consignment
3845 State St, Santa Barbara

RSVP to cccprograms@alz.org

or call/text 805.617.0249

DISEASE EDUCATION:

Healthy Living for Your Brain and Body

This class teaches the latest research in the areas of diet & nutrition, exercise, cognitive activity and social engagement. Participants will learn to incorporate these recommendations into a plan for healthy aging.

10 Warning Signs of Alzheimer's

This one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, the benefits of early detection, the diagnostic process, and Association resources.

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Participants will learn the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available.

ESPECIALLY FOR CAREGIVERS:

Effective Communications Strategies

This class teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Caregivers will learn strategies for maintaining a meaningful connection at each stage of the disease.

Understanding and Responding to Dementia-related Behavior Learn a four-step model to address some of the most common behaviors associated with dementia. Identify common triggers, how to assess your loved one's needs, and how to intervene effectively.

Managing Money: A Caregiver's Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

Register at or call

PLANNING AHEAD:

Managing Money: A Caregivers Guide to Finances

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning

Dementia Conversations

This program provides tips for breaking the ice with loved ones so you can address some of the most common issues that are difficult to discuss: going to the doctor, deciding when to stop driving, and making legal and financial plans for future care.

EN ESPAÑOL:

Cuerpo y Cerebro Sano es Vida Sana

Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.

Conozca las 10 Señales De Advertencia

Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer. Aquí nosotros separamos los mitos de la realidad y discutimos los temores que la gente en América tiene acerca del Alzheimer. Escuche a personas que tienen la enfermedad hablar acerca de su experiencia y aprenda como reconocer las señales de advertencia en usted y otros.

Información para Entender la Enfermedad de

Alzheimer y la Demencia

La enfermedad de Alzheimer no es una parte normal del envejecimiento. Si usted o alguien que usted conoce está afectado por la enfermedad de Alzheimer o la demencia, es el momento de conocer los hechos. Este programa proporciona información sobre detección, causas y factores de riesgo, las etapas de la enfermedad, el tratamiento y mucho más.

Favor de registrarse a
O

VIRTUAL SUPPORT GROUPS

Register at alz.org/CRF or call 800.272.3900

These groups meet online via Zoom or Google Meet. Register in advance to receive login information.

Days each month Time Facilitator Information Groups for Family &

Friend Caregivers

2nd Friday 2:30 - 4pm Dina O. / Oxnard 2nd & 4th Thursdays 7 - 8:30pm Joan H. /

Thousand Oaks 2nd, 3rd & 4th Friday 10 - 11:30am Elsa F. / Thousand Oaks 3rd

Wednesday 5:30 - 7pm Jenny M. / Arroyo Grande

3rd Thursday 1 - 2:30pm Renee K. / SLO *In partnership with CCRC*

4th Wednesday 1 - 2:30pm Joan H. / Thousand Oaks Every Wednesday 2:30 - 4pm

Hannah H. / Thousand Oaks **Groups for Younger Onset**

2nd Tuesday 12 - 1:30pm *Email ywyte@alz.org for info*

Not sure which group is right for you?

Visit alz.org/CACentral/helping-you and use our flowchart to find out which group will be best for you and your situation.

Days each month Time Facilitator Information **Groups for Adult Child**

Caregivers

1st & 3rd Thursdays 9:30 - 11am Hannah H. / Thousand Oaks 2nd Wednesday 5:30 -
7pm Wynette W. / SLO 3rd Wednesday 7 - 8:30pm Carrie S. / Thousand Oaks

Groups for those with Memory Loss & their Care Partners

1st, 2nd & 3rd

Thursdays¹ - 2:30pm Joan H. & Jordana L. / Oxnard **Groups for those who have**

Lost a Loved One to Dementia 2nd Tuesday 7 - 8pm Tami P. / Agoura Hills

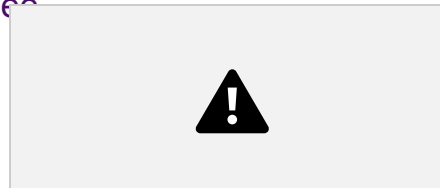
Grupo de Apoyo en Español

3er sábado 11 - 12:30pm Sergio C. / Oxnard

*"These group meetings lift my spirits
and make me feel that **I am not alone.**"*

- Testimonial from a Support Group attendee

**Follow us to stay
up-to-date with all our
programs & events**



IN-PERSON SUPPORT GROUPS

These groups meet in-person at locations throughout San Luis Obispo, Santa Barbara and Ventura counties. COVID-19 safety guidelines may be in effect. Contact the facility directly to inquire.

SAN LUIS OBISPO COUNTY

2nd Monday 3:30 - 5pm Dennis P. **Cambria Connection** 1075 Main St., Cambria 93428

Dementia & Anticipatory Grief 11 - 12pm Hospice of SLO **Hospice of SLO**

2nd Tuesday

1304 Pacific Street, San Luis Obispo 93401

Registration required through Hospice of SLO. Register at

hospiceslo.org/support-groups or call 805.544.2266 Hybrid: Also available via

Zoom1 - 2:30pm Jenny M. Grace Bible Church

2nd Wednesday

100 Rodeo Dr., Arroyo Grande 93420

Respite avail. through CAPSLO **1 - 2:30pm Elana P. American Riviera Bank**

3rd Friday

1601 Spring St., Paso Robles 93446

4th Tuesday

For Spouse Caregivers **10 - 11:30am Charlene K. Coastal Peaks Coffee Shop** 3566 S. Higuera St., Suite 100, San Luis Obispo 93401

SANTA BARBARA COUNTY

For people in the very early stages **10 - 11am Jackie M. Valle Verde Community Room**

1st Wednesday

900 Calle de los Amigos, Santa Barbara 93105

1st Thursday 10 - 11:30am Luciana M. **Villa Alamar**

45 E Alamar Ave

1st & 3rd Wednesdays 1 - 2pm Joe W. **All Saints-by-the-Sea** 83 Eucalyptus Lane, Santa Barbara 93108

Respite care available **2 - 3pm Joe W. Friendship Center**

1st & 3rd Tuesdays

89 Eucalyptus Lane, Santa Barbara 93108

1st & 3rd Wednesdays 2 - 4pm Carlos B. **Faith Lutheran Church** 1335 Vallecito Place, Carpinteria 93013

SANTA BARBARA COUNTY, CONT.

2nd Tuesday 10:30 - 12pm Steve K. **Westmont Mariposa** 190 Via Jero Ave, Goleta 93117

For spouse Caregivers 3 - 4:30pm Karen A. **Maravilla Senior Living Library**
2nd Tuesday

5486 Calle Real, Santa Barbara 93110

2nd & 4th Mondays 3 - 4:30pm Karen A. **San Vicente Club House Library** 340 Old Mill Road, Santa Barbara 93110

2nd & 4th Thursdays 10:30 - 12pm Gina B. **Carpinteria Library** 5141 Carpinteria Ave, Carpinteria 93013

For spouse caregivers 3 - 4:30pm Karen A. **Valle Verde Community Room**

2nd & 4th Thursdays

900 Calle de los Amigos, Santa Barbara 93105

3rd Tuesday 3 - 4:30pm Deborah B. **Oak Cottage Memory Care** 1820 De La Vina Street, Santa Barbara 93101

4th Tuesday 3 - 4pm Don B. **Santa Maria Wisdom Center** 2255 S Depot Street, Santa Maria 93455

VENTURA COUNTY

1st Friday 10 - 11:30am Elsa F. **Senior Concerns** 401 Hodencamp Road, Thousand Oaks 91362

For LGBTQ+ Caregivers 1 - 2:30pm Brenda B. **Goebel Adult Center**

1st & 3rd Monday

1385 E Janss Road, Thousand Oaks 91362

1st & 3rd Tuesdays 5:30 - 7pm Nabi R. & Jodi B. **Aegis of Ventura** 4964 Telephone Road, Ventura 93003

1st & 3rd Tuesdays 2 - 3pm Maureen M. **Covenant of Grace Church** 1801 Joliet Place, Oxnard 93030

VENTURA COUNTY, CONT.

1st & 3rd Fridays 9:30 - 11am Petra O. **Goebel Adult Center** 1385 E Janss Road, Thousand Oaks 91362

1st & 3rd Thursdays 10:30 - 12pm Lisa K. **Simi Valley Senior Center** 3900 Avenida Simi, Simi Valley 93063

2nd Saturday 10 - 11:30am Mark S. **Oakmont of Moorpark** 13960 Peach Tree Hill Road, Moorpark 93021

2nd Saturday 10:30 - 12pm Petra O. **Sunrise Senior Living of Westlake** 3101 Townsgate Road, Thousand Oaks 91362

2nd & 4th Wednesdays 9:30 - 11am Jordana L. **Cypress Place** 1200 Cypress Point Lane, Ventura 93003

2nd & 4th Mondays 10 - 11:30am Deidre D. **Gables of Ojai** 701 Montgomery Street, Ojai 93023

2nd & 4th Fridays 11 - 12:30pm Janie Gruman **Oakmont of Camarillo** 305 Davenport Street, Camarillo 93012

MMEEMMOORRY CAFÉ

A social gathering for people experiencing mild to moderate memory changes and their loved ones to connect, engage and have fun!



Miss Daisy's Consignment
3845 State St, Santa Barbara

RSVP to cccprograms@alz.org
or call/text 805.617.0249

Healthy Aging Club

An Active Social Club for those living in the early stages of dementia **2nd & 4th**

Thursdays

10 - 11:30am

St. Stephen's Episcopal Church 1344 Nipomo St, San Luis Obispo