



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

Mar 2

Is It Normal Aging or Dementia?

Inland CRC | Tue., Mar. 2 | 10 a.m. to 11:30 a.m. | [Registration](#)

¿Es Envejecimiento o es Demencia? / Is it Aging or is it Dementia (Español)

Inland CRC | Ma., Mar. 2 | 10 a.m. to 11:30 a.m. | [Inscripción](#) o llamar al (909) 835-6807

Let's Get Away, Together: Exploring the Wisdom and Wit of Dr. Seuss!

FCA CRC | Tues., Mar. 2 | 1 p.m. to 2 p.m. | [Registration](#)

Mar 9

Manejando el Estrés/ Managing Stress (Español)

Inland CRC | Ma., Mar. 9 | 10:30 a.m. to 12 p.m. | [Inscripción](#) o llamar al (909) 835-6807

Ask The Elder Law Attorney — Esther Wang, Elder & Disability Law Firm

Inland CRC | Tue., Mar. 9 | 1 p.m. to 2:30 p.m. | [Registration](#)

Let's Get Away, Together —

Flash from the Past: Iconic Toys and Other Collectibles

FCA CRC | Tues., Mar. 9 | 1 p.m. to 2 p.m. | [Registration](#)

Mar 10

Accessing Community Resources

Inland CRC | Wed., Mar. 10 | 10 a.m. to 11:30 a.m. | [Registration](#)

Những Lựa Chọn Chăm Sóc Cộng Đồng & Lập Kế Hoạch Chăm Sóc / Housing and Placement Options (Vietnamese)

Orange CRC | Thứ Tư Ngày 10 Tháng 3 năm 2021 | 10:30 a.m đến 11:30 a.m. |
email [Pauline Lê](#), MSW, (714) 451-5120 / [Peter Nguyễn](#), MSW, (657) 217-7737

Caregiving 101

FCA CRC | Wed., Mar. 10 | 2 p.m. to 3:15 p.m. | [Registration](#)

Mar 11

Coping With Emotions of Caregiving

Orange CRC | Thu., Mar. 11 | 1:30 p.m. to 3 p.m. | [Registration](#)

Mar 12

Steps for Wellness

Inland CRC | Fri., Mar. 12 | 1 p.m. to 2:30 p.m. | [Registration](#)

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Mar 16

Es Tiempo Para Mi / It's Time for Me (Español)

[Inland CRC](#) | Ma., Mar. 16 | 10 a.m. to 11:30 a.m. | [Inscripción](#) o llamar al (909) 835-6807

Let's Get Away, Together — Virtual St. Patrick's Day Party!

[FCA CRC](#) | Tues., Mar. 16 | 1 p.m. to 2 p.m. | [Registration](#)

Mar 17

Relay Services — Hard of Hearing, Deaf, Blind, or Speech Difficulties

[Inland CRC](#) | Wed., Mar. 17 | 10 a.m. to 11:30 a.m. | [Registration](#)

Immune Health for Caregivers

[Passages CRC](#) | Wed., Mar. 17 | 2:30 p.m. to 3:30 p.m. | email MCRC@csuchico.edu or call (530) 898-5925

Mar 23

Living with Arthritis

[Inland CRC](#) | Tue., Mar. 23 | 10 a.m. to 11:30 a.m. | [Registration](#)

Let's Get Away, Together —

Nature's Wonders: Exploring the Spring Equinox

[FCA CRC](#) | Tues., Mar. 23 | 1 p.m. to 2 p.m. | [Registration](#)

Mar 25

Planning for Care: Making Decisions in Advance

[Del Mar CRC](#) | Thu., Mar. 25 | 10:30 a.m. to 12 p.m. | [Registration](#)

Combatiendo la Soledad del Cuidador/ Caregiver Loneliness (Español)

[Inland CRC](#) | Ju., Mar. 25 | 1 p.m. to 2:30 p.m. | [Inscripción](#) o llamar al (909) 835-6807

Mar 26

Coping with Sundowning

[Inland CRC](#) | Fri., Mar. 26 | 6 p.m. to 7:30 p.m. | [Registration](#)

Mar 30

Let's Get Away, Together: Spring has Sprung!

[FCA CRC](#) | Tues., Mar. 30 | 1 p.m. to 2 p.m. | [Registration](#)

Mar 31

How to Best Interact with Health Care Providers

[FCA CRC](#) | Wed., Mar. 31 | 11 a.m. to 12 p.m. | [Registration](#)

Resilient Aging

[Inland CRC](#) | Wed., Mar. 31 | 2 p.m. to 3:30 p.m. | [Registration](#)