



## Social Activities

**Music Centered Wellness • Every 1st & 3rd Friday • 10-11:30 AM**

***Alzheimer's San Diego office, 3635 Ruffin Rd #300***

Have fun and connect with others through song and play to facilitate memory exercises, self-expression, and relaxation. It's led by an experienced music therapist and uses therapeutic techniques to improve social, emotional and physical well-being.

**Movement & Motion • Every 2nd & 4th Friday • 10-11:30 AM**

***Alzheimer's San Diego office, 3635 Ruffin Rd #300***

Physical activity provides proven benefits for people living with dementia, such as increased blood flow to the brain, slowing of physical and cognitive decline, and reducing depression. With movements and exercises led by a fitness expert, classes will focus on balance, stretching, maintaining strength and overall physical health.

**BasebALZ • Every 4th Wednesday • 10-11:30 AM**

***Hickman Field (through October)***

***5300 Hickman Field Drive, San Diego, CA***

During this reminiscence therapy activity, we'll share stories, play fun trivia games, and create friendships and connections. This program runs through September 28th (when baseball season ends) and is presented by John Williams, who believes every day is a beautiful day for a ball game. You don't need baseball knowledge to participate. But if you're a fan, you are encouraged to wear a jersey or hat representing your favorite team or have your favorite baseball souvenir handy.



Social activities help people living with dementia and their care partners stay active and connect with others on the same journey.

**TO LEARN MORE & REGISTER:**  
**ALZSD.ORG/SOCIAL | 858.492.4400**

## Connections

### Social Outings

Join us for social outings! Space is limited, and RSVPs are required.

Please call us at 858.492.4400 to register.

#### **Pet Encounter Therapy • Every 2nd Thursday • 10-11 AM**

*Helen Woodward Animal Center*

**6461 El Apajo, Rancho Santa Fe, CA**

Interact with dogs, rabbits, birds, and other adorable creatures in this outdoor activity. Studies document that holding and caressing an animal can provide relaxation, lower blood pressure, and improve long- and short-term memory.

#### **San Diego Botanic Garden • Every 3rd Wednesday • 1-2:30 PM**

**Quail Gardens Drive & Ecke Ranch Rd, Encinitas, CA**  
**(through October)**

Join us for a shuttle and partial walking tour around the beautiful botanic gardens of Encinitas where you will enjoy seasonal blooms, birds and butterflies, learn about plants – and even receive a special gift to take home.

#### **Reminiscence Gardening • Oct 27th • 10-11:00 AM**

**3635 Ruffin Rd #300, San Diego, CA 92123**

This activity will simulate garden memories that boost energy levels, build confidence, and perpetuate a sense of purpose and joy.

#### **No activity due to Thanksgiving holiday • Nov 24th**

**3635 Ruffin Rd #300, San Diego, CA 92123**

Office closed Nov 24th and Nov 25th

#### **No activity due to Christmas holiday • Dec 22nd**

**3635 Ruffin Rd #300, San Diego, CA 92123**

Office closing early Dec 22nd and closed on Dec 23rd



Explore the community,  
stay active, and connect  
with others!

Connections outings are  
meant to be enjoyed by  
people living with  
dementia and their care  
partners.

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