



Social Activities

Music Centered Wellness • Every 1st & 3rd Friday

10-11:30 AM & 1-2:30 PM

Alzheimer's San Diego office, 3635 Ruffin Rd #300, San Diego, CA 92123

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 & 1-2:30 PM

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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.

Dance Therapy • Every 2nd Wednesday • 1-2:30 PM

7243 Engineer Rd, ste. B, San Diego, CA 92111

Put on your dancing shoes and let's boogie! Every second Wednesday of the month, we invite you to join us for dance therapy with experienced dance instructor, Yolanda Vargas, at Infinity Dance Sport Center.

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

(February through October)

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During this reminiscence therapy activity, we'll share stories, play fun trivia games, and create friendships and connections. This program runs from February through October and is presented by John Williams.



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 92067

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.

Bingo Game and Summer Snacks

Jul 25 • 10-11:30 AM

3635 Ruffin Rd, Suite 300, San Diego, CA 92123

Are you ready for some BINGO? Here's your chance!

We invite you to join us at our Alzheimer's San Diego office for a delightful round of Bingo, while enjoying some light summer snacks.

City Farmers Nursery Visit & Tour

Aug 22 • 10-11:30 AM

3110 Euclid Ave, San Diego, CA 92105

Let us explore a little bit of country in the heart of the city!

Embark on a whimsical journey exploring this charmingly rustic family-owned farm, where we will take part in both self-guided and short guided tours while interacting with delightful farm animals along the way.

Heritage of the Americas Museum Tour

(BOTH ENGLISH AND SPANISH TOURS) Sep 26 • 10-11:30 AM

12110 Cuyamaca College Dr W, El Cajon, CA 92019

Embark on an extraordinary voyage through history! We invite you to tour this cultural and educational center showcasing the ancient art and rich heritage of the Americas, alongside captivating insights into the natural history of our planet.

**Please note, this outing includes simultaneous English and Spanish-speaking tours.*



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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