



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

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

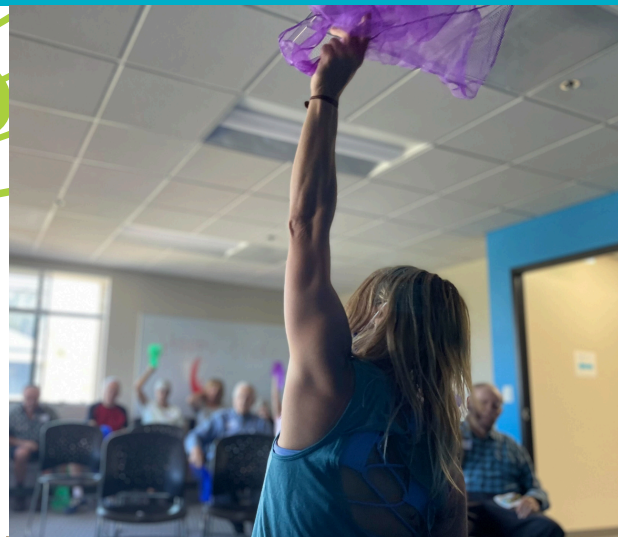
Physical activity provides proven benefits for people living with dementia, such as increased blood flow to the brain, slowing of physical and cognitive decline, and reducing depression. With movements and exercises led by a fitness expert, classes will focus on balance, stretching, maintaining strength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

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

(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.

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.

Holiday Cookie Exchange

December 27 • 10-11:30 AM

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

Happy Holidays! Bring your cookies to share for a Holiday Cookie Exchange at the Alzheimer's San Diego office before we ring in the new year! We will enjoy exchanging holiday traditions while we delight in trying an array of cookies together. Our Cookie Exchange will be complete with warm cider and holiday music, so we hope you are able to join us!



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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