



SOCIAL OUTINGS



JANUARY - MARCH 2025

Pet Encounter Therapy

2nd Thursdays | 10-11 AM | Helen Woodward Animal Center

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

2nd Wednesdays (except Jan) | 1-2:30 PM | Infinity Dance Sport Center

Put on your dancing shoes and let's boogie! We invite you to join us for dance therapy with experienced dance instructor, Yolanda Vargas.

Tour: Timken Museum of Art

Jan 23rd | 10-11:30 AM

Join us for a docent led tour of the Timken Museum and explore the art of the Putnam Collection of European old masters, American art, and Russian icons while reveling in their beauty.

Tour: Gemological Institute of America

Feb 27th | 1-2:30 PM

We will get an extraordinary tour of the museum that introduces visitors to the vast and vibrant world of gems and jewelry. This tour has limited capacity and does require valid identification to enter the premises.

Tour: Chicano Park Museum and Cultural Center

Mar 27th | 10-11 AM

We will meet at the museum for a self-guided tour of to gain a better understanding of the history of Chicano Park and the power of art.

Social activities & outings are meant to be enjoyed by people living with memory loss and a companion. Space is limited, and RSVPs are required.



Call us at 858.492.4400 to RSVP.

Learn more & see updates at alzsd.org/social.



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