SAlzheimer's | SAN DIEGO



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SOCIAL ACTIVITIES



JANUARY - MARCH 2025

Music Centered Wellness

1st & 3rd Fridays | 10-11:30 AM & 1-2:30 PM

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

2nd & 4th Fridays | 10-11:30 AM & 1-2:30 PM

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: Reminiscence Therapy

4th Wednesdays (Feb-Oct) | 10-11:30 AM

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.

Lotería: Mexican Bingo

Jan 8th | 10-11:30 AM | English & Spanish

A traditional game of chance, lotería—the Spanish word for lottery—is often referred to as Mexican bingo, where illustrated cards depict the Mexican aesthetic. Come join us as we play this fun game and discuss it's cultural background.

Social activities are held at the Alzheimer's San Diego office: 3635 Ruffin Rd, Suite 300, San Diego, CA 92123











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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 a 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.









