

# April - June 2025

All classes are FREE. Pre-registration is recommended but drop-ins are always welcome. To learn more visit [alzsd.org/classes](http://alzsd.org/classes) or call 858.492.4400 to speak to our support staff. Please check our website for updates or cancellations.

\*For questions about registration for classes at San Diego Oasis and Carlsbad Senior Center, please call Oasis at La Mesa at 619.881.6262, Oasis at Rancho Bernardo at 858.240.2880, or the Carlsbad Senior Center at 442.339.2650.



## Getting Started – Open to all attendees

### Dementia 101

An introduction to Alzheimer's disease and other dementias. Learn information about risk factors, common symptoms, and resources for help.

**Monday, April 28<sup>th</sup> 1 - 2:30 PM** ■ San Diego Oasis at Rancho Bernardo

**Friday, May 2<sup>nd</sup> 10 - 11:30 AM** ■ Oceanside Public Library

**Thursday, June 26<sup>th</sup> 1 - 2:30 PM** ■ Pacific Beach/Taylor Library

### Living with Memory Loss

Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future. For individuals living with early-stage memory loss and their care partners.

**Wednesday, April 2<sup>nd</sup> 10 - 11:30 AM** ■ Malcolm X Library

**Tuesday, June 24<sup>th</sup> 2 - 3:30 PM** ■ Alzheimer's San Diego



## Planning – Open to all attendees

### Driving and Memory Loss

Learn about physical and cognitive changes, how to evaluate driver safety, local transportation resources, and tips for having difficult conversations about driving.

**Thursday, April 10<sup>th</sup> 11 AM - 12:15 PM** ■ Online / With ElderHelp

**Monday, June 23<sup>rd</sup> 1 - 2:30 PM** ■ San Diego Oasis at Rancho Bernardo

### Care Options: Living at Home

Join us to learn about in-home care options and community-based resources such as adult day care, care management, and more.

**Monday, May 5<sup>th</sup> 2 - 3:30 PM** ■ Online

**Tuesday, June 10<sup>th</sup> 1 - 2:30 PM** ■ San Diego Oasis at La Mesa

### Safety at Home

Reduce the risk of wandering, falls, household injuries, medication errors, and more by learning important safety tips to keep people living with memory loss safe and well at home.

**Tuesday, May 27<sup>th</sup> 2 - 3:30 PM** ■ Alzheimer's San Diego

**Friday, June 6<sup>th</sup> 10 - 11:30 AM** ■ Oceanside Public Library

### How to Talk About Memory Loss

Learn how to plan for successful, lower-stress family discussions about difficult topics like changes in memory, driving, and living alone.

**Thursday, April 24<sup>th</sup> 1 - 2:30 PM** ■ One Safe Place

**Thursday, May 15<sup>th</sup> 1 - 2:30 PM** ■ Carlsbad Senior Center



### Maintaining Your Brain Health

Learn about lifestyle changes and habits that everyone can use to maintain a healthy brain.

**Wednesday, May 7<sup>th</sup> 10 - 11:30 AM** ■ Malcolm X Library

## En Español – Abierto a todos

**Todas las clases son GRATUITAS.** Se recomienda la preinscripción, pero personas sin inscripción previa son bienvenidas. Para obtener más información, visite [alzsd.org/classes](http://alzsd.org/classes) o llame al 858.492.4400 para hablar con nuestro personal de apoyo. Por favor consulte nuestro sitio web para actualizaciones o cancelaciones.

### Cafecito con Alzheimer's San Diego: La demencia y nuestras familias



Venga y hable con nosotros sobre cómo la demencia afecta a nuestros seres queridos.

**Miércoles, 9 de abril 1 - 2:30 PM** ■ John Landes Community Center Library – Oceanside

**Miércoles, 21 de mayo 9:30 - 11 AM** ■ CARE Center – National City

**Jueves, 5 de junio 10 - 11:30 AM** ■ Molina Healthcare Chula Vista Resource Center

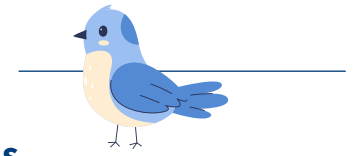
### Cafecito con Alzheimer's San Diego: Nuestro cerebro y nuestra salud

Venga y hable con nosotros sobre cómo nuestro cerebro es parte de nuestra salud.

**Miércoles, 16 de abril 9:30 - 11 AM** ■ CARE Center – National City

**Miércoles, 14 de mayo 1 - 2:30 PM** ■ John Landes Community Center Library – Oceanside

# Caregiving – Specifically for care partners



## Managing Resistance

Join us to explore what causes resistance in people living with dementia. Learn strategies to strengthen relationships, build trust, and preserve dignity.

**Friday, April 4<sup>th</sup> 10 - 11:30 AM** ■ *Oceanside Public Library*

**Friday, May 30<sup>th</sup> 1 - 2:30 PM** ■ *San Diego Oasis at Rancho Bernardo*

**Friday, June 20<sup>th</sup> 10 - 11:30 AM** ■ *Online*

## Coping with Personality & Behavior Changes

People with Alzheimer's disease and other dementias can experience behavior and personality changes. Learn what those changes mean and new ways to respond.

**Friday, April 18<sup>th</sup> 10 - 11:30 AM** ■ *Online*

**Monday, May 19<sup>th</sup> 1 - 2:30 PM** ■ *Bonita-Sunnyside Library*

**Friday, June 13<sup>th</sup> 10 - 11:30 AM** ■ *Scripps Miramar Ranch Library*

## Care in the Late Stage

Join us to learn what to expect in the late stage of the disease, and explore new ways to communicate and provide care as needs are changing.

**Tuesday, April 22<sup>nd</sup> 2 - 3:30 PM** ■ *Alzheimer's San Diego*

**Tuesday, May 13<sup>th</sup> 1 - 2:30 PM** ■ *San Diego Oasis at La Mesa*

**Wednesday, June 4<sup>th</sup> 10 - 11:30 AM** ■ *Malcolm X Library*



## Cafecito con Alzheimer's San Diego: Los cambios, la comunicación y la comunidad

Venga a hablar sobre cómo nos comunicamos con los nuestros sobre la demencia.

**Miércoles, 30 de abril 10 - 11:30 AM** ■ *Molina Healthcare El Cajon One Stop Health Center*

**Miércoles, 11 de junio 1 - 2:30 PM** ■ *John Landes Community Center Library - Oceanside*

**Lunes, 16 de junio 1 - 2:30 PM** ■ *Bonita-Sunnyside Library*

## Manteniendo saludable su cerebro

Aprenda sobre los cambios en el estilo de vida y las estrategias que todos pueden usar para mantener la salud de su cerebro.

**Martes, 1 de abril 11:30 AM - 1 PM** ■ *San Ysidro Library*

**Lunes, 12 de mayo 10 - 11:30 AM** ■ *El Cajon Branch Library*

## Consejos sencillos para la seguridad en el hogar

Aprenda estrategias para crear y mantener un hogar más seguro para alguien que vive con demencia.

**Lunes, 14 de abril 10 - 11:30 AM** ■ *El Cajon Branch Library*

**Martes, 6 de mayo 11:30 AM - 1 PM** ■ *San Ysidro Library*

**Miércoles, 18 de junio 10 - 11:30 AM** ■ *Otay Mesa-Nestor Library*

## Communication Skills

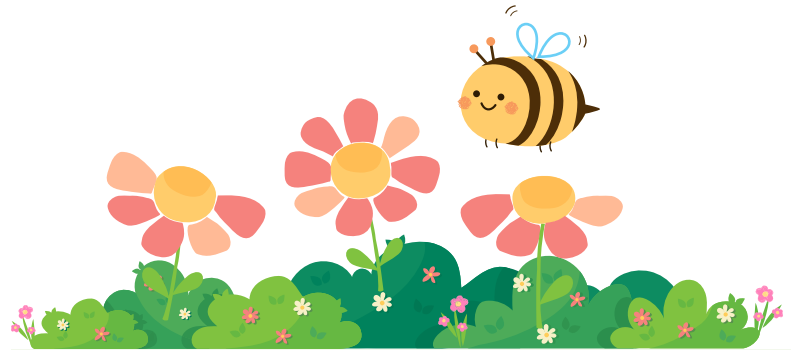
Develop new skills for connecting and communicating more effectively with a person experiencing memory loss, and strategies on how to respond when interactions are challenging.

**Tuesday, April 8<sup>th</sup> 1 - 2:30 PM** ■ *San Diego Oasis at La Mesa*

## Skills Clinic: Meals and Eating

This workshop focuses on tips and techniques to better support someone living with dementia during mealtime. These practical skills are based on techniques used in professional caregiving.

**Friday, May 9<sup>th</sup> 10 - 11:30 AM** ■ *Scripps Miramar Ranch Library*



## Estrategias para la planificación para la alimentación

Aprenderá estrategias para asistir durante la alimentación.

**Lunes, 21 de abril 1 - 2:30 PM** ■ *Bonita-Sunnyside Library*

## Manejando cambios en la comunicación y el comportamiento

Aprenda los síntomas más comunes que afectan el comportamiento, y la personalidad y la razón detrás de los cambios.

**Miércoles, 23 de abril 10 - 11:30 AM** ■ *Otay Mesa-Nestor Library*

## La planificación y los cuidados para el final de la demencia

Aprenda más sobre la última etapa de la demencia y los cambios finales de la enfermedad, explore nuevas formas de proveer cuidado y nuevos rituales de comunicación, ante los cambios inminentes.

**Miércoles, 28 de mayo 10 - 11:30 AM** ■ *Otay Mesa-Nestor Library*

## Estrategias de comunicación

Desarrolle nuevas habilidades y estrategias para conectarse y comunicarse de manera más efectiva con una persona con pérdida de memoria y cómo responder cuando las interacciones son desafiantes.

**Martes, 3 de junio 11:30 AM - 1 PM** ■ *San Ysidro Library*

## Opciones de cuidado: Viviendo en casa con demencia

Aprender sobre las opciones de cuidado en el hogar y los recursos disponibles en la comunidad.

**Lunes, 9 de junio 10 - 11:30 AM** ■ *El Cajon Branch Library*

# Date with a Cure

Tuesday, June 10th | 9-11 AM

Join us for our annual Date with a Cure event. This is your chance to have your questions answered by some of San Diego's best and brightest dementia researchers working to find a cure for Alzheimer's disease. Visit our website to learn more and register for the virtual event.

Learn more at [alzsd.org/cure](https://alzsd.org/cure)



## Rides4ALZ

Saturday, June 28th | 8:30 AM

Support San Diegans impacted by dementia and join the 108-mile charity motorcycle ride around San Diego County. Last year, over 300 people came together and raised over \$175,000. With your help, we hope to make an even greater impact in 2025. And if you're not a rider, you can still join us at the Rides4ALZ afterparty!

Learn more at [alzsd.org/rides](https://alzsd.org/rides)

## Living with IDD & Dementia

This class teaches families caring for people living with intellectual and developmental disabilities about how Alzheimer's and dementia may affect them in the future. Topics include the causes of dementia, adapting to changes in behavior, planning for the future, and resources available to support families in the County of San Diego.

\*This project was supported 90ADPI0066-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

Friday, April 25th 10 – 11:30 AM ■ Online  
Wednesday, June 25th 1 – 2:30 PM ■ Online

## Clinical Trials

You can help find a cure for Alzheimer's. San Diego County is home to many groundbreaking clinical trials. Please consider giving the gift of your time by signing up for this important local research.

**Translational Neuroscience Institute (TNI) at UC San Diego**  
858.534.0901  
<http://health.ucsd.edu/care/clinical-trials>

**Advanced Brain Monitoring**  
(760) 720-0099 ext. 6011  
[advancedbrainmonitoring.com](https://www.advancedbrainmonitoring.com)

***We can't find a cure without you!***

Keep in touch! @AlzheimersSD    