



SOCIAL ACTIVITIES



APRIL - JUNE 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.

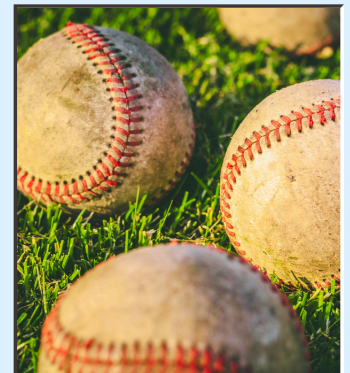
BINGO!

April 9th | 10-11:30 AM

Did somebody say BINGO!? This is a fan favorite! Come join us in our office for BINGO and enjoy some light snacks and fun prizes!

Social activities are held at the Alzheimer's San Diego office:

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



Call us at 858.492.4400 for more information.

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



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SOCIAL OUTINGS



APRIL - JUNE 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 April) | 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.

Nature Tour: Tijuana Estuary Garden Walk

April 30th | 10-11:30 AM

Join the Tijuana Estuary reserve's docent (and Alzheimer's San Diego volunteer) who is blind, Ron Peterson, for his non-visual tour where he will show participants how using other senses can enrich and enhance their learning of native plants..

Tour: San Diego History Center

May 22nd | 10-11 AM

We will get a guided tour of the center where we will discover remarkable stories of our region - past, present, and future. Come discover the history of San Diego with us!

Spanish - Speaking Tour: San Diego History Center

June 26th | 10-11 AM

We will get a guided tour in Spanish of the center where we will discover remarkable stories of our region - past, present, and future. Come discover the history of San Diego with us!

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 for social outings.

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