



Social Activities

We are excited to resume in-person activities for people living with dementia and their care partners! All events will be held outdoors at the Alzheimer's San Diego office (near our front door). The address is: **6632 Convoy Court, San Diego, CA 92111**
Social distancing and masks are encouraged.

Music Centered Wellness

Every 1st & 3rd Friday @ 10-11:30 AM

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

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.



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.

Helen Woodward Pet Encounter Therapy

Every 2nd Thursday @ 10-11 AM

Helen Woodward Animal Center:

6461 El Apajo Rancho Santa Fe, CA

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.



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.

**TO LEARN MORE & REGISTER:
ALZSD.ORG/SOCIAL | 858.492.4400**