



## 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. Social distancing and masks are encouraged.

**Music Centered Wellness • Every 1st & 3rd Friday • 10-11:30 AM**

***Alzheimer's San Diego office, 6632 Convoy Ct. (near our front door)***

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**

***Alzheimer's San Diego office, 6632 Convoy Ct. (near our front door)***

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 • Every 4th Wednesday • Begins March 23rd • 10-11:30 AM**

***Hickman Field (behind Alzheimer's SD office)***

***5300 Hickman Field Drive, San Diego, CA***

During this reminiscence therapy activity, we'll share stories, play fun trivia games, and create friendships and connections. This program runs through September 28th (when baseball season ends) and is presented by John Williams, who believes every day is a beautiful day for a ball game. You don't need baseball knowledge to participate. But if you're a fan, you are encouraged to wear a jersey or hat representing your favorite team or have your favorite baseball souvenir handy.



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.

#### **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.

#### **SD Botanic Garden • Every 3rd Wednesday (Feb-Oct) • 1-2:30 PM**

*Quail Gardens Drive & Ecke Ranch Rd, Encinitas, CA*

Join us for a shuttle and partial walking tour around the beautiful botanic gardens of Encinitas where you will enjoy seasonal blooms, birds and butterflies, learn about plants – and even receive a special gift to take home.

#### **Water Conservation Garden: Art of Nature • March 24th • 10-11 AM**

**12122 Cuyamaca College Dr W, El Cajon, CA 92019**

Join us for "Art of Nature - Sketching in the Garden." You do not have to be an artist to enjoy this time of observation and sketching. Resident Art Instructor, Marjorie Pezzoli, guides you to find expression and depth in sketching. Notice the structure of trees, leaves, and even clouds floating by.

Let the garden be your muse.

#### **Memories in the Making: Painting • March 25th • 10-11:30 AM**

**Alzheimer's San Diego office, 6632 Convoy Ct. (near our front door)**

Memories in the Making is a unique program that encourages people living with Alzheimer's disease or another dementia to express themselves through art. Art is a medium of communication that allows for self-expression, storytelling, social interaction, and fun!



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.

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