Social Activities

Music Centered Wellness • Every 1st & 3rd Friday
10-11:30 AM & 1-2:30 PM
Alzheimer's San Diego office, 3635 Ruffin Rd #300, San Diego, CA 92123
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 & 1-2:30 PM
Alzheimer's San Diego office, 3635 Ruffin Rd #300, San Diego, CA 92123
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.

Dance Therapy • Every 2nd Wednesday • 1-2:30 PM
7243 Engineer Rd, ste. B, San Diego, CA 92111
Put on your dancing shoes and let’s boogie! Every second Wednesday of the month, we invite you to join us for dance therapy with experienced dance instructor, Yolanda Vargas, at Infinity Dance Sport Center.

BasebALZ • Every 4th Wednesday • 10-11:30 AM
(February through October)
Alzheimer's San Diego office, 3635 Ruffin Rd #300, San Diego, CA 92123
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, who believes every day is a beautiful day for a ball game.

Social activities help people living with dementia and their care partners stay active and connect with others on the same journey.
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 92067
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.

**Water Conservation Garden Tour • Jul 27th • 10-11:30 AM**
12122 Cuyamaca College Drive W, El Cajon, CA 92019
Join us for a special garden tour and labyrinth experience. The outing will start with a docent-led tour of water-saving plants and exhibits. Then we will move into the labyrinth activity, where docents will guide a conversation and lead everyone through the new Community Labyrinth exhibit. Everyone will get to participate in rock art painting, one to leave in the labyrinth and one to take home.

**California Surf Museum Tour • Aug 24th • 10-11:30 AM**
312 Pier View Way, Oceanside, CA 92054
The California Surf Museum was founded in 1986, with a permanent collection chronicling the history of surfboards and wave-riding. Join us on a docent-led tour of their current exhibits: "The Science of Surfing"; "Let’s Boogie! Tom Morey and the Evolution of the Boogie Board"; "Plastic Fantastic"; and more. Then check out the Oceanside Morning Farmers Market just up the street!

**Timken Museum of Art Tour • Sep 28th • 10:30-11:30 AM**
1500 El Prado, San Diego, CA 92101
Join us for a docent-led tour of San Diego’s Timken Museum of Art, where they celebrate the important role of art as a way of enriching lives and nurturing the creative spirit in us all. Their collection includes works of art by Rembrandt, Rubens, Eastman Johnson, and more, spanning centuries from Europe to America.

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