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**
(Through December 2023; may be renewed in 2024)

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.
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.

**Bates Nut Farm Pumpkin Patch and Picnic • Oct 26th • 11-12:30 PM**
15954 Woods Valley Rd, Valley Center, CA 92082
Join us later this month for pumpkin patch and picnic fun! Established in 1921, Bates Nut Farm has a rich history of fall traditions, and we are delighted to be visiting again this year. During our trip, you can check out the petting corral and pick out your favorite pumpkin! You’re also encouraged to bring a lunch for yourself and join us for a picnic at the farm. *(Please note, this outing will take place from 11 AM - 12:30 PM.)*

**Holiday Cookie Exchange • Dec 29th • 10-11:30 AM**
Alzheimer’s San Diego office
3635 Ruffin Rd, Suite 300, San Diego, CA 92123
Happy Holidays! Bring your cookies to share for a Holiday Cookie Exchange at our Alzheimer’s San Diego office before we ring in the new year! We will enjoy exchanging holiday traditions while we delight in trying an array of cookies together. Our Cookie Exchange will be complete with warm cider and holiday music, so we hope you are able to join us!

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