



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

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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)

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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.



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 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.

Miniature Engineering Craftsmanship Museum Tour

Jan 25 • 10 -11:30 AM

3190 Lionshead Ave, Carlsbad, CA 92010

Please join us for a self-guided tour of the Miniature Engineering Craftsmanship Museum, complete with an engine demonstration! During our tour, their master machinist will run several different types of engines, discuss their mechanics, and provide plenty of historical information.

San Diego History Center Tour

Feb 15 • 10-11:30 AM (Spanish version)

Feb 22 • 10-11:30 AM (English version)

1649 El Prado, San Diego, CA 92101

Calling all history buffs! We invite you to join us in Balboa Park for a tour of the San Diego History Center, where we will enjoy learning about the past, present, and future of San Diego through a tour of the Place of Promise gallery and artifact exploration.

Non-visual Plant Tour, Tijuana River Estuary

Mar 28 • 10-11:30 AM

301 Caspian Way, Imperial Beach, CA 91932

Join the reserve's docent (and Alzheimer's San Diego volunteer) who is blind, Ron Peterson, for his tour "Tijuana Estuary Native Plant Garden Walk: An Eye-Opening Experience Without Sight." Ron will show participants how using their senses, besides sight, will enrich their appreciation and enhance their learning of native plants.



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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