



## 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.



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.

#### **Carlsbad Flower Fields and Picnic**

**Apr 25 • \*12:30 PM - 2:30 PM**

**5704 Paseo Del Norte, Carlsbad, CA 92008**

Please join us for flower field and picnic fun! For approximately six to eight weeks each year, the 55-acres of Giant Tecolote Ranunculus that make up the Carlsbad Flower Fields are in bloom, so we invite you for a bring-your-own picnic lunch, followed by a self-guided tour and a tractor ride!

*(Please note, this outing will take place from 12:30 PM - 2:30 PM.)*

#### **Tour of the San Diego Air and Space Museum**

**May 23 • 10-11:30 AM**

**2001 Pan American Plaza, San Diego, CA 92101**

3, 2, 1... liftoff! We invite you to join us in Balboa Park for a docent-led tour of the San Diego Air and Space Museum, where we will enjoy learning about the past, present, and future of aerospace innovation.

#### **Tour of the Museum of Making Music**

**Jun 27 • 10-11:30 AM**

**5790 Armada Drive, Carlsbad, CA 92008**

Please join us for a tour of the Museum of Making Music! During our visit, we will walk through galleries that will take us through the evolution of jazz, folk, rock 'n roll, pop, and more! We will also enjoy some familiar tunes, while having hands-on opportunities to play a variety of instruments.



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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