



# SOCIAL ACTIVITIES



## APRIL - JUNE 2025

### Music Centered Wellness

**1st & 3rd Fridays | 10-11:30 AM & 1-2:30 PM**

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

**2nd & 4th Fridays | 10-11:30 AM & 1-2:30 PM**

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: Reminiscence Therapy

**4th Wednesdays (Feb-Oct) | 10-11:30 AM**

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.

### BINGO!

**April 9th | 10-11:30 AM**

Did somebody say BINGO!? This is a fan favorite! Come join us in our office for BINGO and enjoy some light snacks and fun prizes!

***Social activities are held at the Alzheimer's San Diego office:***

***3635 Ruffin Rd, Suite 300, San Diego, CA 92123***



**Call us at 858.492.4400 for more information.**

Learn more & see updates at [alzsd.org/social](https://alzsd.org/social).



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# SOCIAL OUTINGS



**JULY - SEPTEMBER 2025**

## **Pet Encounter Therapy**

**2nd Thursdays | 10-11 AM | Helen Woodward Animal Center**

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.

## **Dance Therapy**

**May 14th, June 18th | 1-2:30 PM | Infinity Dance Sport Center**

Put on your dancing shoes and let's boogie! We invite you to join us for dance therapy with experienced dance instructor, Yolanda Vargas.

## **Nature Tour: Tijuana Estuary Garden Walk**

**April 30th | 10-11 AM**

Join the Tijuana Estuary reserve's docent (and Alzheimer's San Diego volunteer) who is blind, Ron Peterson, for his non-visual tour where he will show participants how using other senses can enrich and enhance their learning of native plants

## **Tour: San Diego History Center**

**May 22nd | 10-11 AM**

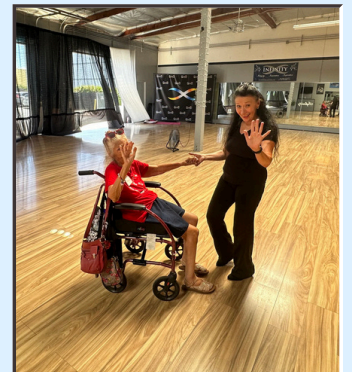
We will get a guided tour of the center where we will discover remarkable stories of our region - past, present, and future. Come discover the history of San Diego with us!

## **Spanish Speaking Tour: San Diego History Center**

**June 26th | 10-11 AM**

We will get a guided tour of the center where we will discover remarkable stories of our region - past, present, and future. Come discover the history of San Diego with us!

***Social activities & outings are meant to be enjoyed by people living with memory loss and a companion. Space is limited, and RSVPs are required.***



**Call us at 858.492.4400 to RSVP for social outings.**

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