

July - September 2025



All classes are FREE. Pre-registration is recommended but drop-ins are always welcome. To learn more visit alzsd.org/classes or call 858.492.4400 to speak to our support staff. Please check our website for updates or cancellations.

*For questions about registration for classes at San Diego Oasis and Carlsbad Senior Center, please call Oasis at La Mesa at 619.881.6262, Oasis at Rancho Bernardo at 858.240.2880, or the Carlsbad Senior Center at 442.339.2650.



Getting Started – Open to all attendees

Dementia 101

An introduction to Alzheimer's disease and other dementias. Learn information about risk factors, common symptoms, and resources for help.

Tuesday, August 26th 2 - 3:30 PM ■ Alzheimer's San Diego



Living with Memory Loss

Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future. For individuals living with early-stage memory loss and their care partners.

Thursday, July 24th 1 - 2:30 PM ■ One Safe Place

Monday, August 25th 1 - 2:30 PM ■ San Diego Oasis at Rancho Bernardo

How to Talk About Memory Loss

Learn how to plan for successful, lower-stress family discussions about difficult topics like changes in memory, driving, and living alone.

Friday, September 5th 10 - 11:30 AM ■ Oceanside Public Library

Maintaining Your Brain Health

Learn about lifestyle changes and habits that everyone can use to maintain a healthy brain.

Tuesday, September 23rd 2 - 3:30 PM ■ Alzheimer's San Diego

Don't be shy. Our Dementia Care Coaches are here to help – in person, online and over the phone. Stop by our office or give us a call: 858.492.4400.

Caregiving – Specifically for care partners

Long-Distance Caregiving

Caring for someone living with dementia from afar presents its own unique challenges. Learn ways to stay in touch, stay informed, and be a helpful partner and support.

Tuesday, July 8th 1 - 2:30 PM ■ San Diego Oasis at La Mesa

Friday, August 1st 10 - 11:30 AM ■ Oceanside Public Library

Thursday, August 28th 1 - 2:30 PM ■ Online



Managing Resistance

Join us to explore what causes resistance in people living with dementia. Learn strategies to strengthen relationships, build trust, and preserve dignity.

Wednesday, July 2nd 10 - 11:30 AM ■ Malcolm X Library

Thursday, August 21st 1 - 2:30 PM ■ Carlsbad Senior Center

Thursday, September 25th 1 - 2:30 PM ■ Pacific Beach/Taylor Library

Communication Skills

Develop new skills for connecting and communicating more effectively with a person experiencing memory loss, and strategies on how to respond when interactions are challenging.

Friday, August 8th 10 - 11:30 AM ■ Rancho Peñasquitos Library

Skill Clinic: Medications

Learn strategies for helping a person with dementia manage daily medications safely.

Tuesday, July 22nd 2 - 3:30 PM ■ Alzheimer's San Diego

Skill Clinic: Bathing and Grooming

Having challenges helping someone with their hygiene? This workshop gives caregivers hands-on training on how to assist someone living with dementia to bathe, brush teeth, or other needs.

Friday, August 15th 10 - 11:30 AM ■ Online

Coping with Personality & Behavior Changes

People with Alzheimer's disease and other dementias can experience behavior and personality changes. Learn what those changes mean and new ways to respond.

Tuesday, August 12th 1 - 2:30 PM ■ San Diego Oasis at La Mesa

Monday, September 22nd 1 - 2:30 PM ■ San Diego Oasis at Rancho Bernardo

All online classes and programs are FREE, thanks to our generous sponsors: A.M. Ortega, Cordoba Corporation, ICON Utility Services, Jingoli Power, Meruelo Enterprises, Patriot General, Southland Electric

Planning – Open to all attendees



Care Options: Residential Placement

Whether you're looking at placement options now or planning ahead, learn about the different types of residential settings, what they cost, and how to choose what's best for your situation.

Monday, July 28th 1 - 2:30 PM ■ *San Diego Oasis at Rancho Bernardo*

Wednesday, August 6th 10 - 11:30 AM ■ *Malcolm X Library*

Tuesday, September 9th 1 - 2:30 PM ■ *San Diego Oasis at La Mesa*

Care Options: Living at Home

Join us to learn about in-home care options and community-based resources such as adult day care, care management, and more.

Monday, August 18th 1 - 2:30 PM ■ *Bonita-Sunnyside Library*

Wednesday, September 3rd 10 - 11:30 AM ■ *Malcolm X Library*

Safety at Home

Reduce the risk of wandering, falls, household injuries, medication errors, and more by learning important safety tips to keep people living with memory loss safe and well at home.

Friday, July 11th 10 - 11:30 AM ■ *Scripps Miramar Ranch Library*

Thursday, July 17th 11 AM - 12:15 PM ■ *Online / With ElderHelp*

Legal and Financial Basics

Learn from local elder law experts about getting key legal documents in place and how to plan for the costs of future care.

Friday, September 12th 10 AM - 12 PM ■ *Rancho Peñasquitos Library*

En Español – Abierto a todos

Todas las clases son GRATUITAS Se recomienda la preinscripción, pero personas sin inscripción previa son bienvenidas. Para obtener más información, visite alzsd.org/en-espanol o llame al 858.492.4400 para hablar con nuestro personal de apoyo. Por favor consulte nuestro sitio web para actualizaciones o cancelaciones.

Cafecito con Alzheimer's San Diego: La demencia y nuestras familias



Venga y hable con nosotros sobre cómo la demencia afecta a nuestros seres queridos.

Miércoles, 20 de agosto 9:30 - 11 AM ■ *CARE Center – National City*

Cafecito con Alzheimer's San Diego: Nuestro cerebro y nuestra salud

Venga y hable con nosotros sobre cómo nuestro cerebro es parte de nuestra salud.

Jueves, 14 de agosto 10 - 11:30 AM ■ *Molina Healthcare El Cajon One Stop Health Center*

Miércoles, 17 de septiembre 9:30 - 11 AM ■ *CARE Center – National City*

Cafecito con Alzheimer's San Diego: Los cambios, la comunicación y la comunidad

Venga a hablar sobre cómo nos comunicamos con los nuestros sobre la demencia.

Jueves, 10 de julio 10 - 11:30 AM ■ *Molina Healthcare Chula Vista Resource Center*

Miércoles, 16 de julio 9:30 - 11 AM ■ *CARE Center – National City*

Manteniendo saludable su cerebro

Aprenda sobre los cambios en el estilo de vida y las estrategias que todos pueden usar para mantener la salud de su cerebro.

Miércoles, 9 de julio 1 - 2:30 PM ■ *John Landes Community Center Library – Oceanside*

Lunes, 8 de septiembre 10 - 11:30 AM ■ *El Cajon Branch Library*

Reconociendo la pérdida de memoria

Reconoce los síntomas de la demencia y cuándo pedir ayuda.

Lunes, 14 de julio 10 - 11:30 AM ■ *El Cajon Branch Library*

Martes, 5 de agosto 11:30 AM - 1 PM ■ *San Ysidro Library*

Miércoles, 10 de septiembre 1 - 2:30 PM ■ *John Landes Community Center Library – Oceanside*

Consejos sencillos para la seguridad en el hogar

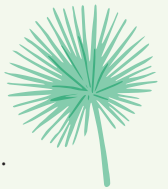
Aprenda estrategias para crear y mantener un hogar más seguro para alguien que vive con demencia.

Lunes, 21 de julio 1 - 2:30 PM ■ *Bonita-Sunnyside Library*

Estrategias para la planificación para la alimentación

Aprenderá estrategias para asistir durante la alimentación.

Miércoles, 23 de julio 10 - 11:30 AM ■ *Otay Mesa-Nestor Library*



Conversando sobre la pérdida de memoria

¿Por qué es difícil hablar de este tema? Aprende a prepararte y hacer un plan.

Lunes, 11 de agosto 10 - 11:30 AM ■ *El Cajon Branch Library*

Miércoles, 13 de agosto 1 - 2:30 PM ■ *John Landes Community Center Library – Oceanside*

La planificación y los cuidados para el final de la demencia

Aprenda más sobre la última etapa de la demencia y los cambios finales de la enfermedad, explore nuevas formas de proveer cuidado y nuevos rituales de comunicación, ante los cambios inminentes.

Martes, 2 de septiembre 11:30 AM - 1 PM ■ *San Ysidro Library*



Estrategias de comunicación

Desarrolle nuevas habilidades y estrategias para conectarse y comunicarse de manera más efectiva con una persona con pérdida de memoria y cómo responder cuando las interacciones son desafiantes.

Miércoles, 27 de agosto 10 - 11:30 AM ■ *Otay Mesa-Nestor Library*

Estrategias para manejar cambios relacionados con demencia

Aprenda formas de incorporar movimiento en la vida cotidiana.

Lunes, 15 de septiembre 1 - 2:30 PM ■ *Bonita-Sunnyside Library*

Opciones de cuidado: Viviendo en casa con demencia

Aprender sobre las opciones de cuidado en el hogar y los recursos disponibles en la comunidad.

Miércoles, 24 de septiembre 10 - 11:30 AM ■ *Otay Mesa-Nestor Library*



BALBOA PARK • WALK4ALZ

Alzheimer's | SAN DIEGO

Walk4ALZ

Saturday, October 18th |
Balboa Park | 8 AM

There are a record number of San Diegans living with Alzheimer's and related dementias. We see you. We hear you. And every October, we walk for you.

Walk4ALZ 2025 will be on Saturday, October 18th. It is completely free to register and is a family-friendly and dog-friendly event. The route is 2.75 miles around Balboa Park and is our largest fundraiser of the year! This is the only walk where every dollar stays in San Diego County to support people living with dementia, caregivers, families, and clinical trials working to find a cure.

Learn more at alzsd.org/walk



FREE Memory Screenings

Memory screenings are a great tool for anyone who is worried about memory loss or would like to establish a baseline to detect future changes. You will receive:

- Immediate results
- Information on treatable causes of memory loss and confusion
- Tips on brain health
- Guidance and support from our team
- Information about getting a diagnosis

Call 858.492.4400 to schedule a free 30-minute screening today.

Also available
in Spanish!
¡Disponible en
español!

Clinical Trials

You can help find a cure for Alzheimer's. San Diego County is home to many groundbreaking clinical trials. Please consider giving the gift of your time by signing up for this important local research.

Sharp
858.836.8350
sharp.com/clinicaltrials

**Translational Neuroscience Institute
(TNI) at UC San Diego**
858.534.0901
health.ucsd.edu/care/clinical-trials

We can't find a cure without you!

Keep in touch! @AlzheimersSD    



CALL US AT 858.492.4400

VISIT US AT [ALZSD.ORG](https://alzsd.org)