



# SOCIAL ACTIVITIES



## JULY - SEPTEMBER 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.

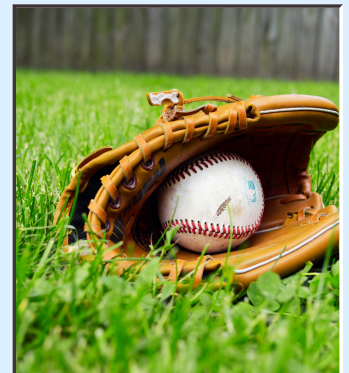
### BINGO!

**July 9th | 1-2:30 PM**

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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# CONNECTIONS 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

**2nd Wednesdays (except July) | 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.

### Tour: Surf Museum

**July 24th | 10-11 AM**

Surf's up!! Come join us for a docent led tour of the Surf Museum in Oceanside! We will learn about the history of surfing and how it has evolved since its inception.

### Tour: Pacific Southwest Railway Museum La Mesa

**August 28th | 10-11 AM**

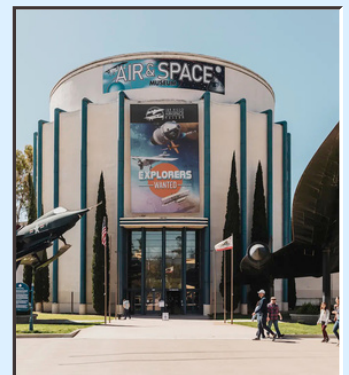
We will get a guided tour of this museum. This building and its past are a fascinating look at a bit of small-town railroading from yesteryear and its importance to the community it served!

### Tour: San Diego Air & Space Museum - Spanish and English tours

**September 25th | 10-11 AM**

Come examine the intersection of science, space, and aviation history on this docent led tour. We are offering tours in both English and Spanish!

*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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