



SOCIAL ACTIVITIES



OCTOBER - DECEMBER 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

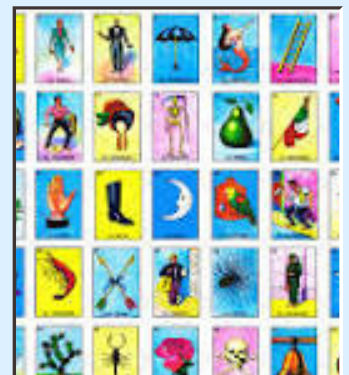
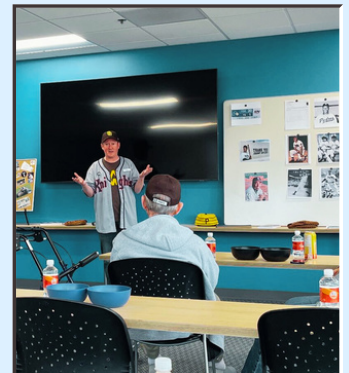
4th Wednesdays (Feb-Oct) | 10-11:30 AM

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.

LOTERIA (in English and Spanish)!

October 8th | 1-2:30 PM

A traditional game of chance, lotería—the Spanish word for lottery—is often referred to as Mexican bingo, where illustrated cards depict the Mexican aesthetic. Come join us as we play this fun game and enjoy some light snacks!



**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.



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CONNECTIONS OUTINGS



OCTOBER - DECEMBER 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.

Tour: Baron's Market - Otay Mesa

October 23rd | 10-11 AM

We will take a fun, exciting, tasty tour of Barons Market. We will get a behind-the-scenes look at what it takes to run a grocery store while enjoying some delicious snacks along the way!

Dance Therapy

November 12th | 1-2:30 PM | Infinity Dance Sport Center

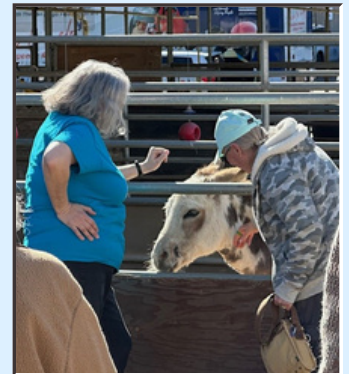
Put on your dancing shoes and let's boogie! We invite you to join us for dance therapy with experienced dance instructor, Yolanda Vargas.

Holiday Cookie Exchange

December 17th | 1-2:30 PM

Happy Holidays! Bring your cookies to share for a Holiday Cookie Exchange at the Alzheimer's San Diego office! We will enjoy exchanging holiday traditions while we delight in trying an array of cookies together. Our Cookie Exchange will be complete with cider and holiday music, so we hope you are able to join 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.

Learn more & see updates at alzsd.org/social.



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