

January - March 2026



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.

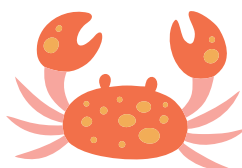
Friday, January 9th 10 – 11:30 AM ■ SRCA Community Center
Monday, February 23rd 1 – 2:30 PM ■ San Diego Oasis at Rancho Bernardo
Wednesday, March 4th 10 – 11:30 AM ■ Malcolm X Library

Maintaining Your Brain Health

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

Thursday, January 15th 11 AM – 12:15 PM ■ Online / With ElderHelp
Friday, February 6th 10 – 11:30 AM ■ Oceanside Public Library
Friday, February 27th 1 – 2:30 PM ■ Mission Hills - Hillcrest/Knox Library
Tuesday, March 10th 1 – 2:30 PM ■ San Diego Oasis at La Mesa

Planning – Open to all attendees



Driving and Memory Loss

Learn about physical and cognitive changes, how to evaluate driver safety, local transportation resources, and tips for having difficult conversations about driving.

Tuesday, January 27th 2 – 3:30 PM ■ Alzheimer's San Diego
Monday, March 23rd 1 – 2:30 PM ■ San Diego Oasis at Rancho Bernardo

Legal and Financial Basics

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

Thursday, February 12th 2 – 4 PM ■ Online

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.

Tuesday, February 24th 2 – 3:30 PM ■ Alzheimer's San Diego
Wednesday, March 18th 10 – 11:30 AM ■ Rancho Peñasquitos Library

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.

Monday, January 26th 1 – 2:30 PM ■ San Diego Oasis at Rancho Bernardo
Tuesday, March 24th 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.

Friday, February 13th 10 – 11:30 AM ■ SRCA Community Center

Caregiving – Specifically for care partners

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.

Wednesday, January 7th 10 – 11:30 AM ■ Malcolm X Library
Thursday, February 19th 1 – 2:30 PM ■ Carlsbad Senior Center
Friday, March 6th 10 – 11:30 AM ■ Oceanside Public 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.

Tuesday, January 13th 1 – 2:30 PM ■ San Diego Oasis at La Mesa
Wednesday, February 4th 10 – 11:30 AM ■ Malcolm X Library
Thursday, March 26th 1 – 2:30 PM ■ Pacific Beach/Taylor Library

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.

Wednesday, January 21st 10 – 11:30 AM ■ Rancho Peñasquitos Library
Friday, March 13th 12:15 – 1:45 PM ■ SRCA Community Center

Caregiving – Continued

Care in the Late Stage

Join us to learn what to expect in the late stage of the disease, and explore new ways to communicate and provide care as needs are changing.

Tuesday, February 10th 1 - 2:30 PM ■ *San Diego Oasis at La Mesa*

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, February 18th 10 - 11:30 AM ■ *Rancho Peñasquitos Library*

Monday, March 2nd 1 - 2:30 PM ■ *One Safe Place North*

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

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

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: Nuestro cerebro y nuestra salud

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

Lunes, 12 de enero 10 - 11:30 AM ■ *El Cajon Branch Library*



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.

Martes, 20 de enero 1 - 2:30 PM ■ *Bonita-Sunnyside Library*

Lunes, 9 de febrero 10 - 11:30 AM ■ *El Cajon Branch Library*

Martes, 17 de febrero 10 - 11:30 AM ■ *Molina Healthcare Chula Vista Resource Center*

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.

Lunes, 9 de marzo 10 - 11:30 AM ■ *El Cajon Branch Library*

Viernes, 27 de marzo 10 - 11:30 AM ■ *Molina Healthcare El Cajon One Stop Health Center*

Opciones de cuidado: Viviendo en casa con demencia

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

Martes, 6 de enero 11:30 AM - 1 PM ■ *San Ysidro Library*

Miércoles, 11 de febrero 1 - 2:30 PM ■ *John Landes Community Center Library - Oceanside*

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, 14 de enero 1 - 2:30 PM ■ *John Landes Community Center Library - Oceanside*

Martes, 3 de marzo 11:30 AM - 1 PM ■ *San Ysidro Library*



Manejando cambios en la comunicación y el comportamiento

Aprenda los síntomas más comunes que afectan el comportamiento, y la personalidad y la razón detrás de los cambios.

Miércoles, 28 de enero 10 - 11:30 AM ■ *Otay Mesa-Nestor Library*

Lunes, 16 de marzo 1 - 2:30 PM ■ *Bonita-Sunnyside Library*



Reconociendo la pérdida de memoria

Reconoce los síntomas de la demencia y cuándo pedir ayuda.

Martes, 3 de febrero 11:30 AM - 1 PM ■ *San Ysidro Library*

Jueves, 5 de marzo 10 - 11:30 AM ■ *One Safe Place South*

Conversando sobre la pérdida de memoria

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

Jueves, 5 de febrero 10 - 11:30 AM ■ *One Safe Place South*

Consejos sencillos para la seguridad en el hogar

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

Miércoles, 25 de febrero 10 - 11:30 AM ■ *Otay Mesa-Nestor Library*



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.

Miércoles, 11 de marzo 1 - 2:30 PM ■ *John Landes Community Center Library - Oceanside*

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, 25 de marzo 10 - 11:30 AM ■ *Otay Mesa-Nestor Library*

January 2026: Celebrate Support Group Awareness Month!



Every January, we shine a light on one of our most valued programs – caregiver support groups! They make an immense impact in our communities, and are offered in English, Spanish, and Korean. You may not know that:

- We offer more than 30 **FREE** support groups throughout the week, in-person, via Zoom or by phone.
- Groups are confidential, and you can attend as many different ones as you like.
- Talking with people who are going through similar experiences and who truly understand can help you feel less alone as you confront the many challenges of caregiving.

Start the new year off with support and guidance from other caregivers walking the path of caring for someone living with memory loss.

Find a group today: alzsd.org/support or call **858.492.4400**

“Joining the group has been one of the best things I’ve ever done in my caregiving journey. I hesitated to join but realized right away that I should have done it sooner.”

Become a Support Group Facilitator

Interested in becoming a group facilitator? Alzheimer’s San Diego provides training, materials and ongoing support for those interested in facilitating a support group. Contact Ellen Boucher at eboucher@alzsd.org or 858.966.3305 for more information.



What is the Take Me Home program?



The program, in partnership with the San Diego Sheriff’s Office, is designed to help at-risk San Diegans get home safely. Getting lost is scary and can be dangerous – especially for someone living with dementia, autism, or other developmental disabilities.

Ask yourself: What would my person do if they were not able to communicate their name or address if they were lost? Take Me Home is designed to be a safeguard if a person becomes disoriented or confused, and unable to identify how to get back home due to their wandering. Deputies can search based on their description and identify the person from there.

Register your loved one:

alzsd.org/take-me-home-program



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

Alzheimer’s Therapeutic Research Institute (Keck School of Medicine of USC)

858.964.4644
keck.usc.edu/atri

We can’t find a cure without you!

Keep in touch! @AlzheimersSD

