

April - June 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.

Community Education classes are **meant for caregivers** supporting those living with dementia to expand their knowledge and skills. People living with dementia are welcome to attend, but should be aware that these classes include direct conversations about symptoms, behavioral challenges, and long-term impacts of the disease that may be difficult or upsetting to hear.

*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

Living with Memory Loss

Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future.

Tuesday, April 14th 1 - 2:30 PM ■ San Diego Oasis at La Mesa

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

Wednesday, June 17th 10 - 11:30 AM ■ Rancho Peñasquitos Library

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

Maintaining Your Brain Health

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

Monday, April 27th 1 - 2:30 PM ■ San Diego Oasis at Rancho Bernardo

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

All 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

Planning

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, April 3rd 10 - 11:30 AM ■ Oceanside Public Library

Friday, May 8th 10 - 11:30 AM ■ SRCA Community Center / With SRCA 50 Plus

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

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.

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

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, May 18th 1 - 2:30 PM ■ Bonita-Sunnyside Library

Dementia 101

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

Friday, May 22nd 1 - 2:30 PM ■ Mission Hills - Hillcrest/Knox Library

Caregiving

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.

Wednesday, April 1st 10 - 11:30 AM ■ Malcolm X Library

Thursday, April 23rd 1 - 2:30 PM ■ One Safe Place North

Friday, May 29th 1 - 2:30 PM ■ San Diego Oasis at Rancho Bernardo

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.

Friday, April 10th 10 - 11:30 AM ■ SRCA Community Center / With SRCA 50 Plus

Wednesday, May 20th 10 - 11:30 AM ■ Rancho Peñasquitos Library

Friday, June 5th 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.

Wednesday, April 15th 10 - 11:30 AM ■ Rancho Peñasquitos Library

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

Caregiving – Continued

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.

Thursday, April 16th 11 AM - 12:15 PM ■ Online / With ElderHelp

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

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

Managing Resistance

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

Tuesday, April 28th 2 - 3:30 PM ■ Alzheimer's San Diego

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

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

Skills Clinic: Bathing & 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, June 12th 10 - 11:30 AM ■ SRCA Community Center / With SRCA 50 Plus

En Español

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.

Lunes, 13 de abril 10 - 11:30 AM ■ El Cajon Branch Library

Viernes, 26 de junio 10 - 11:30 AM ■ Molina Healthcare El Cajon One Stop Health 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.

Viernes, 17 de abril 10 - 11:30 AM ■ Molina Healthcare Chula Vista Resource Center

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, 8 de junio 10 - 11:30 AM ■ El Cajon Branch Library

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.

Estrategias para la planificación para la alimentación

Aprenderá estrategias para asistir durante la alimentación.

Martes, 7 de abril 11:30 AM - 1 PM ■ San Ysidro Library

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, 8 de abril 1 - 2:30 PM ■ John Landes Community Center Library

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

Jueves, 4 de junio 10 - 11:30 AM ■ One Safe Place South

Estrategias para mejorar el equilibrio y prevenir caídas

Aprenda sobre cómo los cambios debidos a la demencia afectan sus movimientos y cómo fortalecerse.

Lunes, 20 de abril 1 - 2:30 PM ■ Bonita-Sunnyside Library

Miércoles, 10 de junio 1 - 2:30 PM ■ John Landes Community Center Library

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, 22 de abril 10 - 11:30 AM ■ Otay Mesa-Nestor Library

Miércoles, 13 de mayo 1 - 2:30 PM ■ John Landes Community Center 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.

Jueves, 7 de mayo 10 - 11:30 AM ■ One Safe Place South

Miércoles, 24 de junio 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.

Jueves, 21 de mayo 10 - 11:30 AM ■ Otay Mesa-Nestor 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.

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

Reconociendo la pérdida de memoria

Reconoce los síntomas de la demencia y cuándo pedir ayuda.

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

Rides4ALZ

Saturday, June 27th | 8:30 AM

Support San Diegans impacted by dementia and join the charity motorcycle ride around San Diego County!

In honor of Alzheimer's San Diego's 10th anniversary, we're shaking up the event this year. This time around, we'll be kicking off from Escondido! More details about the start/end locations and the after party will be announced on the Rides4ALZ website.

With your help, we hope to make a greater impact than ever before in 2026. For those who don't ride, you are encouraged to join us at the Rides4ALZ after party and support the community.

Learn more:
alzsd.org/rides



BasebALZ: Reminiscence Therapy



4th Wednesday of every month | 10-11:30 AM

A new season of baseball has arrived, so join us for BasebALZ! During this reminiscence therapy activity, we share stories, play fun trivia games, and create friendships and connections. The program is held on the 4th Wednesday of every month through October at our office in Kearny Mesa, and is presented by John Williams. People living with memory loss and their companions are welcome to bring any memorabilia. Baseball knowledge is not required to participate.



For details and to learn about more social activities and outings, call us at **858.492.4400** or visit alzsd.org/services/social-activities.

Clinical Trials



You can help find a cure for Alzheimer's. Groundbreaking clinical trials are abundant in San Diego County. 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    