



SOCIAL ACTIVITIES



APRIL - JUNE 2026

Music Centered Wellness

1st & 3rd Fridays | 10-11:30 a.m. & 1-2:30 p.m.

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 a.m. & 1-2:30 p.m.

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 a.m.

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.

Lotería

April 8th | 1-2:30 p.m.

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 discuss its cultural background.



**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.



@AlzheimersSD

CONNECTIONS OUTINGS



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Pet Encounter Therapy

2nd Thursdays | 10-11 a.m. | 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

May 13th | 1-2:30 p.m. | 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: Water Conservation Garden

April 23rd | 10 - 11 a.m. | 12122 Cuyamaca College Dr W, El Cajon 92019

Come join us while we take a docent-led tour to gain an appreciation of the natural environment and to inspire conservation of water and related natural resources.

Tour: Miniature Engineering Craftsmanship Museum

May 28th | 10-11 a.m. | 3190 Lionshead Avenue, Carlsbad 92010

We will take a self-guided tour seeing the creations of accomplished craftspeople from around the world.

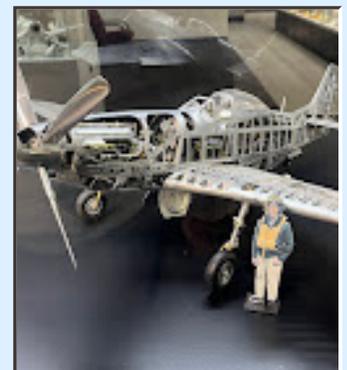
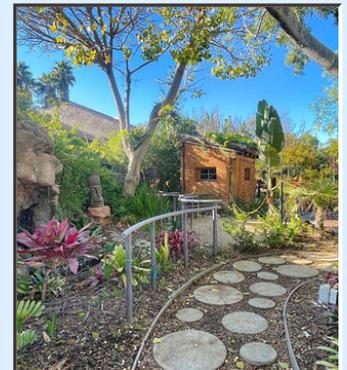
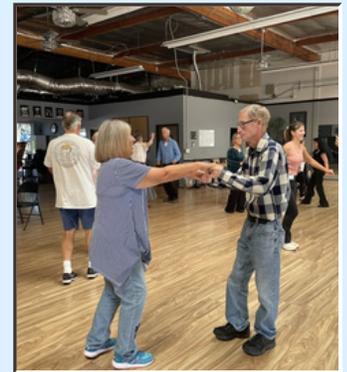
Tour: Centro Cultural de la Raza -

Spanish and English tours

June 25th | 1-2 p.m. | 2004 Park Blvd, San Diego 92101

Come explore this cultural center where the mission is to create, preserve, promote and educate about Chicano, Mexican, Indigenous, and Latinx art and culture.

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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