

July - September 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

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.

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

Wednesday, September 2nd 10 - 11:30 AM ■ Malcolm X Library

Dementia 101

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

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

Wednesday, August 19th 10 - 11:30 AM ■ Rancho Peñasquitos Library

Friday, September 4th 10 - 11:30 AM ■ Oceanside Public Library

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.

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

Monday, September 28th 1 - 2:30 PM ■ San Diego Oasis at Rancho Bernardo

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.

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

Tuesday, August 11th 1 - 2:30 PM ■ San Diego Oasis at La Mesa

Thursday, September 24th 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.

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

Thursday, August 20th 1 - 2:30 PM ■ Carlsbad Senior Center

Maintaining Your Brain Health

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

Monday, August 17th 1 - 2:30 PM ■ Bonita-Sunnyside Library

Living with Memory Loss

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

Tuesday, August 25th 2 - 3:30 PM ■ Alzheimer's San Diego

Friday, August 28th 1 - 2:30 PM ■ Mission Hills - Hillcrest/Knox Library

All classes and programs are FREE, thanks to our generous sponsors: Axos Bank, Cordoba Corporation, Home Instead, ICON Utility Services, Jingoli Power, Meruelo Enterprises / Neal Electric, MG! Motorsports

Legal and Financial Basics

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

Thursday, September 10th 1 - 3:00 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.

Caregiving

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.

Monday, July 6th 1 - 2:30 PM ■ Online

Thursday, July 23rd 11 AM - 12:15 PM ■ Online / With ElderHelp

Friday, August 14th 10 - 11:30 AM ■ SRCA Community Center / With SRCA 50 Plus

Tuesday, September 8th 1 - 2:30 PM ■ San Diego Oasis at La Mesa

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.

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

Monday, August 24th 1 – 2:30 PM ■ San Diego Oasis at Rancho Bernardo

Wednesday, September 16th 10 – 11:30 AM ■ Rancho Peñasquitos Library

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.

Wednesday, August 5th 10 – 11:30 AM ■ Malcolm X Library

Tuesday, September 22nd 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.

Friday, August 7th 10 – 11:30 AM ■ Oceanside Public Library

Friday, September 18th 10 – 11:30 AM ■ Online

Skills Clinic: Balance & Fall Prevention

Dementia increases the risk of falls. This practical skills class shares strategies for helping a person maintain strength, balance, and reducing that risk.

Friday, September 11th 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.

Las clases de educación comunitaria están **diseñadas para los cuidadores** que apoyan a personas que viven con demencia, con el fin de ampliar sus conocimientos y habilidades. Las personas viviendo con demencia pueden asistir, pero deben tener en cuenta que estas clases incluyen conversaciones directas sobre los síntomas, cambios de comportamiento y las repercusiones a largo plazo de la enfermedad, que pueden ser difíciles de escuchar o pueden causar malestar.

Opciones de cuidado: Viviendo en casa con demencia

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

Jueves, 2 de julio 10 – 11:30 AM ■ One Safe Place South

Jueves, 17 de septiembre 2 – 3:30 PM ■ En línea

Consejos sencillos para la seguridad en el hogar

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

Martes, 7 de julio 11:30 AM – 1 PM ■ San Ysidro Library

Martes, 18 de agosto 10 – 11:30 AM ■ En línea

Lunes, 21 de septiembre 1 – 2:30 PM ■ Bonita-Sunnyside 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, 8 de julio 1 – 2:30 PM ■ John Landes Community Center Library

Viernes, 28 de agosto 10 – 11:30 AM ■ En línea

Jueves, 3 de septiembre 10 – 11:30 AM ■ One Safe Place South

Reconociendo la pérdida de memoria

Reconoce los síntomas de la demencia y cuándo pedir ayuda.

Lunes, 13 de julio 10 – 11:30 AM ■ El Cajon Branch Library

Viernes, 31 de julio 10 – 11:30 AM ■ En línea

Miércoles, 12 de agosto 1 – 2:30 PM ■ John Landes Community Center Library

Martes, 15 de septiembre 10 – 11:30 AM ■ Molina Healthcare Chula Vista Resource Center

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.

Jueves, 16 de julio 10 – 11:30 AM ■ Otay Mesa-Nestor Library

Lunes, 10 de agosto 10 – 11:30 AM ■ El Cajon Branch Library

Viernes, 14 de agosto 1 – 2:30 PM ■ En línea

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.

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

Jueves, 6 de agosto 10 – 11:30 AM ■ One Safe Place South

Martes, 1 de septiembre 11:30 AM – 1 PM ■ San Ysidro Library

Conversando sobre la pérdida de memoria

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

Miércoles, 29 de julio 10 – 11:30 AM ■ Molina Healthcare El Cajon One Stop Health Center

Miércoles, 9 de septiembre 1 – 2:30 PM ■ John Landes Community Center Library

Viernes, 11 de septiembre 1 – 2:30 PM ■ En línea

Miércoles, 23 de septiembre 10 – 11:30 AM ■ Otay Mesa-Nestor Library

Estrategias para mejorar el equilibrio y prevenir caídas

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

Martes, 4 de agosto 11:30 AM – 1 PM ■ San Ysidro Library

Estrategias para la planificación para la alimentación

Aprenderá estrategias para asistir durante la alimentación.

Miércoles, 26 de agosto 10 – 11:30 AM ■ Otay Mesa-Nestor Library

Lunes, 14 de septiembre 10 – 11:30 AM ■ El Cajon Branch Library

Walk4ALZ

Saturday, October 17th | Balboa Park | 8 AM

There are a record number of San Diegans living with Alzheimer's and related dementias. We see you. We hear you. And every October, we walk for you.

Walk4ALZ 2026 is completely free to register and is a family-friendly and dog-friendly event. The route is 2.75 miles around Balboa Park and is our largest fundraiser of the year! This is the only walk where every dollar stays in San Diego County to support people living with dementia, caregivers, families, and clinical trials working to find a cure.

Learn more at alzsd.org/walk



BALBOA PARK • WALK4ALZ

Alzheimer's | SAN DIEGO



Date with a Cure

**Saturday, August 1st | San Diego Oasis
at Rancho Bernardo | 10 AM**



Join us for our annual Date with a Cure event, which will be in-person this year to help us celebrate the 10th year of our organization! This is your chance to have your questions answered by some of San Diego's best and brightest dementia researchers working to find a cure for Alzheimer's disease.

Visit our website to learn more about the event, the researchers, and to reserve your spot for the event. If you can't attend in person, it will also be live-streamed through the CBS 8 app.

Learn more at alzsd.org/cure

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    