



# SOCIAL ACTIVITIES



## JULY - SEPTEMBER 2026

### 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

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

During this 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.

### Summertime Bingo

**Jul 8th | 1-2:30 PM**

Are you ready for some BINGO? Here's your chance! We invite you to join us at our Alzheimer's San Diego office for a delightful round of bingo, while enjoying some light summer snacks.

*For months with a 5<sup>th</sup> Friday, view our website for scheduled activities.*

**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](https://alzsd.org/social).



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# CONNECTIONS OUTINGS



## JULY - SEPTEMBER 2026

### 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.

### Dance Therapy

**Aug 12th & Sep 9th | 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.

### Tour: Museum of Making Music

**Jul 23rd | 10-11 AM | 5790 Armada Dr, Carlsbad, CA 92008**

Please join us for a tour of the Museum of Making Music! During our visit, we will walk through galleries that will take us through the evolution of jazz, folk, rock 'n roll, pop, and more! We will also enjoy some familiar tunes, while having hands-on opportunities to play a variety of instruments.

### Tour: La Jolla Historical Society

**Aug 27th | 10-11 AM | 780 Prospect St, La Jolla, CA 92037**

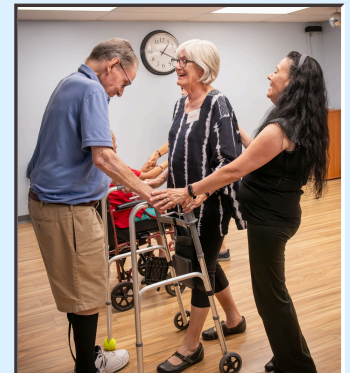
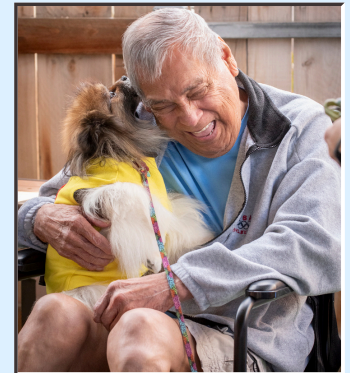
Come join us as we get a delightful docent-led tour of the current exhibition and learn about the fascinating history of La Jolla.

### Tour: City Farmers Nursery

**Sep 24th | 10-11 AM | 3110 Euclid Ave, San Diego, CA 92105**

Let us explore a little bit of country in the heart of the city! Embark on a whimsical journey exploring this charmingly rustic family- owned farm, where we will take part in a short, guided tour before exploring on our own.

***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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