

October - December 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.

Wednesday, October 7th 10 - 11:30 AM ■ *Malcolm X Library*

Monday, November 16th 1 - 2:30 PM ■ *Bonita-Sunnyside Library*

Friday, December 11th 1 - 2:30 PM ■ *Online*

Maintaining Your Brain Health

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

Friday, October 16th 10 - 11:30 AM ■ *Escondido Public Library*

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

Planning

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.

Friday, October 2nd 10 - 11:30 AM ■ *Oceanside Public Library*

Thursday, December 17th 1 - 2:30 PM ■ *Pacific Beach/Taylor Library*

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, October 13th 1 - 2:30 PM ■ *San Diego Oasis at La Mesa*

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.

Friday, November 6th 10 - 11:30 AM ■ *Oceanside Public Library*

Thursday, December 10th 1 - 2:30 PM ■ *One Safe Place North*

Friday, December 18th 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.

Thursday, November 19th 1 - 2:30 PM ■ *Carlsbad Senior Center*

Dementia 101

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

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

Tuesday, December 15th 10 - 11:30 AM ■ *Online*

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.

Friday, November 20th 1 - 2:30 PM ■ *Mission Hills - Hillcrest/Knox Library*

Friday, December 4th 10 - 11:30 AM ■ *Oceanside Public 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.

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, Mission Healthcare, Partner in Aging

Caregiving

Skills Clinic: Medications

Learn strategies for helping a person with dementia manage daily medications safely.

Friday, October 9th 10 - 11:30 AM ■ *SRCA Community Center / With SRCA 50 Plus*

Wednesday, November 4th 10 - 11:30 AM ■ *Malcolm X Library*

Managing Resistance

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

Thursday, October 22nd 11 AM - 12:30 PM ■ *Online / With ElderHelp*

Caregiving – Continued

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, October 26th 1 - 2:30 PM ■ *San Diego Oasis at Rancho Bernardo*

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

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.

Friday, November 13th 10 - 11:30 AM ■ *SRCA Community Center / With SRCA 50 Plus*

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.

Monday, November 23rd 1 - 2:30 PM ■ *San Diego Oasis at Rancho Bernardo*

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.

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

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.

Consejos sencillos para la seguridad en el hogar

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

Jueves, 1 de octubre 10 - 11:30 AM ■ *One Safe Place South*

Estrategias para la planificación para la alimentación

Aprenderá estrategias para asistir durante la alimentación.

Martes, 6 de octubre 11:30 AM – 1 PM ■ *San Ysidro Library*

Lunes, 19 de octubre 1 – 2:30 PM ■ *Bonita-Sunnyside Library*

Martes, 10 de noviembre 1 – 2:30 PM ■ *John Landes Community Center Library*

Miércoles, 2 de diciembre 1 – 2:30 PM ■ *En línea*

Conversando sobre la pérdida de memoria

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

Lunes, 12 de octubre 10 – 11:30 AM ■ *El Cajon Branch Library*

Martes, 17 de noviembre 11:30 AM – 1 PM ■ *San Ysidro 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, 14 de octubre 1 – 2:30 PM ■ *John Landes Community Center Library*

Jueves, 12 de noviembre 1:30 – 3 PM ■ *Molina Healthcare El Cajon One Stop Health Center*

Lunes, 7 de diciembre 10 – 11:30 AM ■ *El Cajon Branch Library*

Miércoles, 16 de diciembre 10 – 11:30 AM ■ *Otay Mesa-Nestor 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.

Jueves, 22 de octubre 1 – 2:30 PM ■ *Molina Healthcare Chula Vista Resource Center*

Viernes, 23 de octubre 10 – 11:30 AM ■ *Escondido Public Library*

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

Opciones de cuidado: Viviendo en casa con demencia

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

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

Lunes, 9 de noviembre 10 – 11:30 AM ■ *El Cajon Branch Library*

Lunes, 14 de diciembre 1 – 2:30 PM ■ *Bonita-Sunnyside Library*

Estrategias para mejorar el equilibrio y prevenir caídas

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

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

Reconociendo la pérdida de memoria

Reconoce los síntomas de la demencia y cuándo pedir ayuda.

Miércoles, 18 de noviembre 10 – 11:30 AM ■ *Otay Mesa-Nestor Library*

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

Give 2X the Support to the Dementia Community

It's because of our generous community that Alzheimer's San Diego is able to offer all of our education, programs, and services completely free of charge. And right now, there are 3 anonymous donors who are offering a match for ALL donations up to \$30,000 until December 31!

If you're able to make a donation to help keep our programs free and available to everyone who needs them, make your gift by visiting alzsd.org/donate and it will be DOUBLED...but only until December 31.

Not able to make a gift today? Your support in sharing our programs and services with your friends and loved ones helps our programs get to those who need them most. Share alzsd.org with your community today!



Let Loose at Social Activities

Every week, we have a variety of activities that people living with memory loss and a companion can take part in, all for free!

On Fridays at our office we have Music Centered Wellness or Movement & Motion, which serve as a great time to socialize, get some light exercise, and improve overall well-being - other recurring offerings include Dance Therapy and Pet Encounter Therapy. Plus, for the holiday season we'll also have a trip to Bates Nut Farm Pumpkin Patch and a holiday cookie exchange. Stay up to date on every upcoming activity and outing through our website.

View schedule at 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.

Alzheimer's Therapeutic Research Institute (Keck School of Medicine of USC)
858.964.4644
keck.usc.edu/atri

To see more trials happening in our community, visit alzsd.org/trials.

***We can't
find a cure
without you!***

Keep in touch! @AlzheimersSD

