



SOCIAL ACTIVITIES



OCTOBER-DECEMBER 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.

Bingo (Halloween themed)

Oct 14th | 1-2:30 PM

Did somebody say BINGO?! This is a fan favorite! Come join us in our office for some spooky BINGO and enjoy some light Halloween inspired snacks and fun prizes.

For months with a 5th 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.



@AlzheimersSD



CONNECTIONS OUTINGS



OCTOBER-DECEMBER 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

Nov 4th | 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.

Bates Nut Farm Pumpkin Patch and Picnic

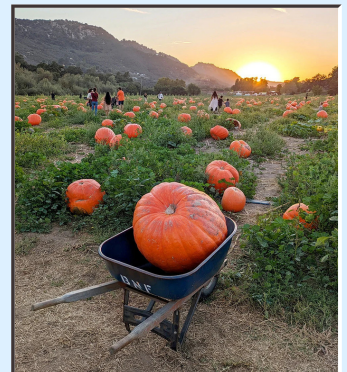
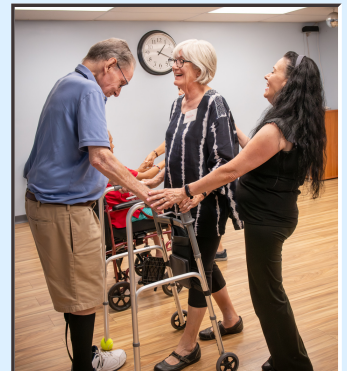
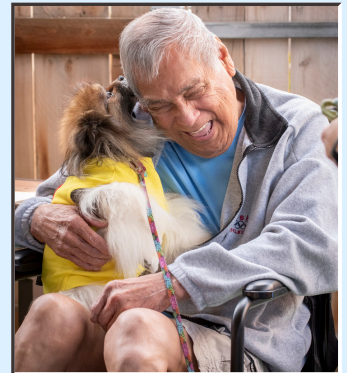
Oct 22nd | 11 AM-12:30 PM | 15954 Woods Valley Rd, Valley Center, CA 92082

During our visit, you can check out the petting corral and pick out your favorite pumpkin! You're also encouraged to bring lunch for yourself and join us for a picnic at the farm.

Holiday Cookie Exchange

Dec 9th | 1-3 PM | Alzheimer's San Diego Office

Happy Holidays! Bring your cookies to share for a Holiday Cookie Exchange at the Alzheimer's San Diego office! We will enjoy exchanging holiday traditions while we delight in trying an array of cookies together. Our Cookie Exchange will be complete with cider and holiday music, so we hope you are able to join us!



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.

Learn more & see updates at alzsd.org/social.



@AlzheimersSD