



## April 2026 Activities Calendar

The [Dementia & Brain Health Team](#) has created a monthly calendar to catalog local events, community meetings, and educational programs related to dementia and caregiving. All activities are FREE to attend; however, **registration may be required**. Please click on the [blue hyperlink](#) for more information prior to attending an activity.

EVENTS			
Date & Time	Activity & Link to Information	Organizer	Location & Address
April 1 3:30-6:30pm	<a href="#">Caregiver Expo</a>	George G. Glenner Alzheimer's Family Centers, Inc.	<b>Glenner Town Square</b> 2675 Main St, Ste A, Chula Vista, CA 91911
April 2 10:30-11:30am	<a href="#">Art Through the Senses</a>	Alzheimer's Association San Diego/Imperial	<b>San Diego Museum of Art</b> 1450 El Prado, San Diego, CA 92102
April 10 1-3pm	<a href="#">Health &amp; Caregiver Resource Fair</a>	Trusscare	<b>The Water Conservation Garden</b> 12122 Cuyamaca College Dr W, El Cajon, CA 92019
April 18 12-4pm	<a href="#">Del Mar Senior Fair</a>	Del Mar Community Connections	<b>Del Mar Civic Center – Upper Plaza</b> 1050 Camino Del Mar, Del Mar, CA 92014
April 23 9am-2pm	<a href="#">Spring into Healthy Living Senior Conference &amp; Resource Fair</a>	Aging & Independence Services	<b>GHD Health &amp; Wellness Library</b> 9001 Wakarusa St, La Mesa, CA, 91942

COMMUNITY MEETINGS			
Date & Time	Activity & Link to Information	Organizer	Location & Address
April 15 8:15-10am	<a href="#">San Diego Dementia Consortium General Meeting</a>	San Diego Dementia Consortium	<b>Banc of California &amp; Virtual</b> 900 Canterbury Pl, Ste 300, Escondido, CA 92025
April 30 11:30am-12:30pm	<a href="#">Caregiver Coalition General Meeting</a>	Aging & Independence Services	<b>Mission Hills-Hillcrest/Knox Library</b> 215 W Washington St, San Diego, CA 92103

<b>EDUCATIONAL PROGRAMS (ENGLISH)</b>			
<b>Date &amp; Time</b>	<b>Activity &amp; Link to Information</b>	<b>Organizer</b>	<b>Location &amp; Address</b>
April 1 10-11:30am	<a href="#"><u>Long-Distance Caregiving</u></a>	Alzheimer's San Diego	<b>Valencia Park/Malcolm X Library</b> 5148 Market St, San Diego, CA 92114
April 3 10-11:30am	<a href="#"><u>Safety at Home</u></a>	Alzheimer's San Diego	<b>Oceanside Public Library</b> 330 N Coast Hwy, Oceanside, CA 92054
April 7 1-2pm	<a href="#"><u>Dementia Friends Session</u></a>	Aging & Independence Services	<b>Virtual</b>
April 10 10-11:30am	<a href="#"><u>Care Options: Residential Placement</u></a>	Alzheimer's San Diego	<b>SRCA Community Center</b> 11885 Cypress Canyon Rd, San Diego, CA 92131
April 14 1-2:30pm	<a href="#"><u>Living with Memory Loss</u></a>	Alzheimer's San Diego	<b>San Diego Oasis La Mesa</b> 5500 Grossmont Center Dr, La Mesa, CA 91942
April 15 10-11:30am	<a href="#"><u>Communication Skills</u></a>	Alzheimer's San Diego	<b>Rancho Peñasquitos Library</b> 13330 Salmon River Rd, San Diego, CA 92129
April 16 11am-12:15pm	<a href="#"><u>Coping with Personality &amp; Behavior Changes</u></a>	Alzheimer's San Diego	<b>Virtual</b>
April 21 10:30-11:30am	<a href="#"><u>The Empowered Caregiver Part 1: Building a Foundation of Caregiving</u></a>	Alzheimer's Association San Diego/Imperial	<b>Sungarden Terrace Retirement Community</b> 2045 Skyline Dr, Lemon Grove, CA 91945
April 23 1-2:30pm	<a href="#"><u>Long-Distance Caregiving</u></a>	Alzheimer's San Diego	<b>One Safe Place North</b> 1050 Los Vallecitos Blvd, San Marcos, CA 92069
April 27 1-2:30pm	<a href="#"><u>Maintaining Your Brain Health</u></a>	Alzheimer's San Diego	<b>San Diego Oasis Rancho Bernardo</b> 17170 Bernardo Center Dr, San Diego, CA 92128
April 28 2-3:30pm	<a href="#"><u>Managing Resistance</u></a>	Alzheimer's San Diego	<b>Alzheimer's San Diego</b> 3635 Ruffin Rd, Ste 300, San Diego, CA 92123

<b>EDUCATIONAL PROGRAMS (SPANISH)</b>			
<b>Date &amp; Time</b>	<b>Activity &amp; Link to Information</b>	<b>Organizer</b>	<b>Location &amp; Address</b>
7 de abril 11:30am-1pm	<a href="#"><u>Estrategias para la planificación para la alimentación</u></a>	Alzheimer's San Diego	<b>San Ysidro Library</b> 4235 Beyer Blvd, San Diego, CA 92173

8 de abril 1-2:30pm	<a href="#"><u><i>Manteniendo saludable su cerebro</i></u></a>	Alzheimer's San Diego	<b>John Landes Community Center Library</b> 2855 Cedar Rd, Oceanside, CA 92056
12 de abril 10-11:30am	<a href="#"><u><i>Cafecito con Alzheimer's San Diego: La demencia y nuestras familias</i></u></a>	Alzheimer's San Diego	<b>El Cajon Branch Library</b> 201 E Douglas Ave, El Cajon, CA 92020
15 de abril 1-2pm	<a href="#"><u><i>Envejecimiento saludable a lo largo de la vida</i></u></a>	Southern Caregiver Resource Center	<b>En Vivo - Facebook y YouTube</b>
17 de abril 10-11:30am	<a href="#"><u><i>Cafecito con Alzheimer's San Diego: Los cambios, la comunicación y la comunidad</i></u></a>	Alzheimer's San Diego	<b>Molina Healthcare Chula Vista Resource Center</b> 689 Palomar St, Chula Vista, CA 91911
20 de abril 1-2:30pm	<a href="#"><u><i>Estrategias para mejorar el equilibrio y prevenir caídas</i></u></a>	Alzheimer's San Diego	<b>Bonita-Sunnyside Library</b> 4375 Bonita Rd, Bonita, CA 91902
22 de abril 10-11:30am	<a href="#"><u><i>Consejos sencillos para la seguridad en el hogar</i></u></a>	Alzheimer's San Diego	<b>Otay Mesa-Nestor Library</b> 3003 Coronado Ave, San Diego, CA 92154

## OTHER RECURRING ACTIVITIES

**Memory Cafés** are free, welcoming meet-ups that keep older adults mentally and socially active through engaging activities, occasional guest speakers, and community resources. All attendees, including family and caregivers, are welcome; however, no care is provided, so individuals needing assistance must bring their own caregiver.

- [\*George G. Glenner Alzheimer's Family Centers, Inc.\*](#)

**Support Groups** are free, confidential in-person or virtual gatherings led by trained facilitators that offer emotional support, practical caregiving tips, and a sense of community for caregivers, family members, and those living with dementia. These groups help reduce isolation and enhance quality of life.

- [\*Alzheimer's Association San Diego/Imperial Chapter\*](#)
- [\*Alzheimer's San Diego\*](#)
- [\*George G. Glenner Alzheimer's Family Centers, Inc.\*](#)
- [\*Parkinson's Association of San Diego County\*](#)
- [\*Southern Caregiver Resource Center\*](#)
- [\*Shiley-Marcos Alzheimer's Disease Research Center\*](#)
- [\*YMCA of San Diego County\*](#)