



June 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
June 3 10am-3pm	Monthly Community Health & Resource Fair	Jackie Robinson Family YMCA	Jackie Robinson Family YMCA 151 YMCA Wy, San Diego, CA 92102
June 3 1-3pm	Older Adult Resource Fair	District 4 Monica Montgomery Steppe's Office	Taiwanese American Community Center 7338 Wilkerson Ct, San Diego, CA 92111
June 4 10am-1pm	Community Health Clinic & Resource Fair	Grossmont Healthcare District	Grossmont Healthcare District's Health & Wellness Library 9001 Wakarusa St, La Mesa, CA 91942
June 25 9am-1pm	Memory Screening Event	Sharp Neurocognitive Research Center	Mission Valley YMCA 5505 Friars Rd, San Diego, CA 92110
June 27 8:30am	Rides4ALZ	Alzheimer's San Diego	Start Location: Woodward Ave, Northwest Corner of Escondido California Center for the Arts 340 N Escondido Blvd, Escondido, CA 92025 End Location: Kit Carson Park 3333 Bear Valley Pkwy, Escondido, CA 92025
June 27 9am-12pm	Caregiver Symposium	Alzheimer's Association San Diego/Imperial Chapter	Center for Creative Leadership 3377 N Torrey Pines Ct, La Jolla, CA 92037

EVENTS (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
June 30 11am-2pm	<u><i>Protecting Older Adults from Abuse, Scams, and Fraud: Resource Fair and Caregiver Coalition Conference</i></u>	The San Diego LGBT Community Center/Caregiver Coalition of San Diego	The San Diego LGBT Community Center 3903 Centre St, San Diego, CA 92103

COMMUNITY MEETINGS

Date & Time	Activity & Link to Information	Organizer	Location & Address
June 17 8:30-10am	<u><i>San Diego Dementia Consortium General Meeting</i></u>	San Diego Dementia Consortium	Banc of California & Virtual 900 Canterbury Pl, Ste 300, Escondido, CA 92025
June 25 11am-12:30pm	<u><i>Caregiver Coalition General Meeting</i></u>	Aging & Independence Services	Mission Hills-Hillcrest/Knox Library 215 W Washington St, San Diego, CA 92103

EDUCATIONAL PROGRAMS – ENGLISH

Date & Time	Activity & Link to Information	Organizer	Location & Address
June 2 10-11am	<u><i>Building Brain-Healthy Habits</i></u>	Alzheimer's Association San Diego/Imperial Chapter	McGrath YMCA 12006 Campo Rd, Spring Valley, CA 91978
June 2 1-2pm	<u><i>Strengthening Brain Health & Preventing Elderly Abuse</i></u>	San Diego College of Continuing Education	CE Mesa Campus, Room 118/120 & Virtual 7350 Armstrong Place, San Diego, CA 92111
June 3 10-11:30am	<u><i>Maintaining Your Brain Health</i></u>	Alzheimer's San Diego	Valencia Park/Malcolm X Branch Library 5148 Market St, San Diego, CA 92114
June 3 12-1pm	<u><i>About the GUIDE Program</i></u>	San Diego County Coalition for Improving Palliative & End-of-Life Care	Virtual
June 5 10-11:30am	<u><i>Care Options: Residential Placement</i></u>	Alzheimer's San Diego	Oceanside Public Library 330 N Coast Hwy, Oceanside, CA 92054

EDUCATIONAL PROGRAMS – ENGLISH (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
June 8 10-11am	<u><i>Dementia Friends Information Session</i></u>	Fallbrook Regional Health District/Aging & Independence Services	Fallbrook Regional Health District's Community Health & Wellness Center 1636 E Mission Rd, Fallbrook, CA 92028
June 9 1-2:30pm	<u><i>Managing Resistance</i></u>	Alzheimer's San Diego	San Diego Oasis at La Mesa 5500 Grossmont Center Dr, La Mesa, CA 91942
June 9 12-1pm	<u><i>Lunch & Learn Series: Drug Discovery Strategies for Alzheimer's Therapeutics</i></u>	Shiley-Marcos Alzheimer's Disease Research Center	Virtual
June 9 6-7pm	<u><i>New Advances in Alzheimer's Treatments</i></u>	Alzheimer's Association San Diego/Imperial Chapter	Virtual
June 12 10-11:30am	<u><i>Skills Clinic: Baking & Grooming</i></u>	Alzheimer's San Diego	SRCA Community Center 11885 Cypress Canyon Rd, San Diego, CA 92131
June 12 10:30am-12pm	<u><i>Building Brain-Healthy Habits</i></u>	Alzheimer's Association San Diego/Imperial Chapter	Jackie Robinson YMCA 151 YMCA Wy, San Diego, CA 92102
June 17 10-11:30am	<u><i>Living with Memory Loss</i></u>	Alzheimer's San Diego	Rancho Peñasquitos Library 13330 Salmon River Rd, San Diego, CA 92129
June 17 12-1pm	<u><i>Brain Health, Prevention & Early Detection</i></u>	Sharp Neurocognitive Research Center	The San Diego LGBT Community Center 3903 Centre St, San Diego, CA 92103
June 22 1-2:30pm	<u><i>Living with Memory Loss</i></u>	Alzheimer's San Diego	San Diego Oasis at Rancho Bernardo 17170 Bernardo Center Dr, San Diego, CA 92128
June 23 10:30-11:30am	<u><i>The Empowered Caregiver: Exploring Care and Support Services</i></u>	Alzheimer's Association San Diego/Imperial Chapter	Sungarden Terrace 2045 Skyline Dr, Lemon Grove, CA 91945
June 23 2-3:30pm	<u><i>Communication Skills</i></u>	Alzheimer's San Diego	Alzheimer's San Diego 3635 Ruffin Rd Suite 300, San Diego, CA 92123

EDUCATIONAL PROGRAMS – ENGLISH (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
June 25 1-2:30pm	<u><i>Safety at Home</i></u>	Alzheimer's San Diego	Pacific Beach/Taylor Library 4275 Cass St, San Diego, CA 92109

EDUCATIONAL PROGRAMS – SPANISH

Fecha y hora	Actividad y sitio web con información	Organizador	Ubicación y dirección
4 de junio 10-11:30am	<u><i>Manteniendo saludable su cerebro</i></u>	Alzheimer's San Diego	One Safe Place South 401 Mile of Cars Wy Ste 100B, National City, CA 91950
8 de junio 10-11:30am	<u><i>Cafecito con Alzheimer's San Diego: Nuestro cerebro y nuestra salud</i></u>	Alzheimer's San Diego	El Cajon Branch Library 201 E Douglas Ave, El Cajon, CA 92020
10 de junio	<u><i>Estrategias para mejorar el equilibrio y prevenir caídas</i></u>	Alzheimer's San Diego	John Landes Community Center Library 2855 Cedar Rd, Oceanside, CA 92056
15 de junio	<u><i>Reconociendo la pérdida de memoria</i></u>	Alzheimer's San Diego	Bonita-Sunnyside Library 4375 Bonita Rd, Bonita, CA 91902
24 de junio	<u><i>Estrategias de comunicación</i></u>	Alzheimer's San Diego	Otay Mesa-Nestor Library 3003 Coronado Ave, San Diego, CA 92154
26 de junio 10-11:30am	<u><i>Cafecito con Alzheimer's San Diego: La demencia y nuestras familias</i></u>	Alzheimer's San Diego	Molina Healthcare El Cajon One Stop Health Center 576 N 2nd St, El Cajon, CA 92021

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*](#)

Social Activities, Outings, & Quality of Life Programs for people living with dementia are designed to foster engagement, enjoyment, social connection, and overall well-being. These experiences can be tailored around themes such as music, movement, art, nature, and more to create meaningful opportunities for participation.

- [*Alzheimer's San Diego*](#)
- [*Shiley-Marcos Alzheimer's Disease Research Center*](#)
- [*San Diego College of Continuing Education Emeritus Program \(Brain Fitness for Older Adults\)*](#)