



LIVE WELL
SAN DIEGO

July 2026 Activities Calendar

The Dementia & Brain Health Team has created a monthly calendar to catalog 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. Visit LiveWellSD.org/Dementia for the online version of the calendar.

COMMUNITY MEETINGS

Date & Time	Activity & Link to Information	Organizer	Location & Address
July 1 12-1pm	San Diego County Coalition for Improving Palliative & End-of-Life Care Meeting	San Diego County Coalition for Improving Palliative & End-of-Life Care	Online
July 15 8:30-10am	San Diego Dementia Consortium General Meeting	San Diego Dementia Consortium	Banc of California & Online 900 Canterbury Pl, Ste 300, Escondido, CA 92025
July 28 10:30am-12pm	Dementia & Brain Health Team Meeting	Aging & Independence Services	County Operations Center 5560 Overland Ave, Rm 171, San Diego, CA 92123
July 30 11am-12:30pm	Caregiver Coalition General Meeting	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
July 1 10-11:30am	Safety at Home	Alzheimer's San Diego	Valencia Park/Malcolm X Branch Library 5148 Market St, San Diego, CA 92114
July 6 1-2:30pm	Communication Skills	Alzheimer's San Diego	Online
July 7 10-11:30am	Dementia & Supplements: Risks and Benefits	Alzheimer's San Diego	Online

EDUCATIONAL PROGRAMS – ENGLISH (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
July 7 1-2pm	Dementia Friends Information Session	Aging & Independence Services	Online
July 9 10-11am	Statins and Dementia: Friend, Foe, or Neutral	Alzheimer's Foundation of America	Online
July 9 1-2:30pm	Dementia Directives & Advance Care Planning	Compassion & Choices	San Diego Public Library – Pacific Highlands Ranch 12911 Pacific Pl, San Diego, CA 92130
July 9 3-4pm	Dementia Friends Information Session	Aging & Independence Services	San Diego County Library – Del Mar Branch 1309 Camino Del Mar, Del Mar, CA 92014
July 10 10-11:30am	Coping with Personality & Behavior Changes	Alzheimer's San Diego	SRCA Community Center 11885 Cypress Canyon Rd, San Diego, CA 92131
July 14 1-2:30pm	How to Talk about Memory Loss	Alzheimer's San Diego	San Diego Oasis at La Mesa 5500 Grossmont Center Dr, La Mesa, CA 91942
July 15 10-11:30am	Driving and Memory Loss	Alzheimer's San Diego	Rancho Peñasquitos Library 13330 Salmon River Rd, San Diego, CA 92129
July 15 12-12:30pm	Innovations in Coordination of Care: Enhancing Quality of Life Across the Continuum	San Diego County Coalition for Improving Palliative & End-of-Life Care	Online
July 16 6:30am	Launch of WHO's Guidelines for Risk Reduction of Cognitive Decline and Dementia, Second Edition	World Health Organization	Online
July 21 10-11am	Exploring Care and Support Services	Alzheimer's Association San Diego/ Imperial Chapter	Online
July 21 10:30-11:30am	Empowered Caregiver: Communicating Effectively	Alzheimer's Association San Diego/ Imperial Chapter	Sungarden Terrace Retirement Community 2045 Skyline Dr, Lemon Grove, CA 91945
July 22 10-11:15am	Living Meaningfully with Dementia: Creativity & Connection Through the Arts	Lewy Body Dementia Association	Online

EDUCATIONAL PROGRAMS – ENGLISH (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
July 23 11am-12:15pm	Communication Skills	Alzheimer's San Diego/ElderHelp	Online
July 27 1-2:30pm	Care Options: Living at Home	Alzheimer's San Diego	San Diego Oasis at Rancho Bernardo 17170 Bernardo Center Dr, San Diego, CA 92128
July 28 10:30am-12pm	Empowered Caregiver: Understanding Dementia Behaviors & Long-Term Care Planning	Alzheimer's Association San Diego/ Imperial Chapter	Herrick Community Healthcare Library 9001 Wakarusa St, La Mesa, CA 91942
July 28 2-3:30pm	Dementia 101	Alzheimer's San Diego	Alzheimer's San Diego 3635 Ruffin Rd Ste 300, San Diego, CA 92123
July 30 2-3pm	Communicating Effectively	Alzheimer's Association San Diego/ Imperial Chapter	Online

EDUCATIONAL PROGRAMS – SPANISH

Fecha y hora	Actividad y sitio web con información	Organizador	Ubicación y dirección
2 de julio 10-11:30am	Opciones de cuidado: Viviendo en casa con demencia	Alzheimer's San Diego	One Safe Place South 401 Mile of Cars Wy, Ste 100B, National City, CA 91950
7 de julio 11:30am-1pm	Consejos sencillos para la seguridad en el hogar	Alzheimer's San Diego	San Diego Public Library - San Ysidro 4235 Beyer Blvd, San Diego, CA 92173
8 de julio 1-2:30pm	Manejando cambios en la comunicación y el comportamiento	Alzheimer's San Diego	John Landes Community Center Library 2855 Cedar Rd, Oceanside, CA 92056
13 de julio 10-11:30am	Reconociendo la pérdida de memoria	Alzheimer's San Diego	El Cajon Branch Library 201 E Douglas Ave, El Cajon, CA 92020
15 de julio 1-2pm	Cuidando en familia: Organizando una junta familiar	Southern Caregiver Resource Center	En línea
16 de julio 10-11:30am	Manteniendo saludable su cerebro	Alzheimer's San Diego	Otay Mesa-Nestor Library 3003 Coronado Ave, San Diego, CA 92154

EDUCATIONAL PROGRAMS – SPANISH (continued)

Fecha y hora	Actividad y sitio web con información	Organizador	Ubicación y dirección
20 de julio 1-2:30pm	La planificación y los cuidados para el final de la demencia	Alzheimer's San Diego	Bonita-Sunnyside Library 4375 Bonita Rd, Bonita, CA 91902
29 de julio 10-11:30am	Conversando sobre la pérdida de memoria	Alzheimer's San Diego	Molina Healthcare El Cajon One Stop Health Center 576 N 2nd St, El Cajon, CA 92021
31 de julio 10-11:30am	Reconociendo la pérdida de memoria	Alzheimer's San Diego	En línea

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 \(Brain Fitness for Older Adults\)](#)