



September 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.

EVENTS

Date & Time	Activity & Link to Information	Organizer	Location & Address
September 16 & 17 9:30am – 1:30pm	11th Annual National Alzheimer's Summit	USAgainstAlzheimer's	Virtual
September 18 9am – 12pm	San Diego County Council on Aging Resource Fair	San Diego County Council on Aging	Legacy International Center 875 Hotel Circle S, San Diego, CA 92108
September 19 7:30am	North County Walk to End Alzheimer's	Alzheimer's Association San Diego/ Imperial Chapter	Kit Carson Park 3333 Bear Valley Pkwy, Escondido, CA 92026

COMMUNITY MEETINGS

Date & Time	Activity & Link to Information	Organizer	Location & Address
September 2 12pm – 1pm	San Diego County Coalition for Improving Palliative & End-of-Life Care Meeting	San Diego County Coalition for Improving Palliative & End-of-Life Care	Virtual
September 15 10:30am – 12pm	Dementia & Brain Health Team Meeting	Aging & Independence Services	Virtual
September 16 8:30am – 10am	San Diego Dementia Consortium General Meeting	San Diego Dementia Consortium	Banc of California & Virtual 900 Canterbury Pl #300, Escondido, CA 92025
September 24 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
September 1 1pm – 2pm	Exploring Care and Support Services	Alzheimer's Association San Diego/ Imperial Chapter	Virtual
September 2 10am – 11:30am	How to Talk About Memory Loss	Alzheimer's San Diego	Valencia Park / Malcolm X Library 5148 Market St, San Diego, CA 92114
September 2 12pm – 1pm	Advancing Dementia Care: What We've Learned & What's Next	Archstone Foundation	Virtual
September 3 6pm – 7pm	New Advances in Alzheimer's Treatments	Alzheimer's Association San Diego/ Imperial Chapter	Virtual
September 4 10am – 11:30am	Dementia 101	Alzheimer's San Diego	Oceanside Public Library 330 N Coast Hwy, Oceanside, CA, 92054
September 8 1pm – 2:30pm	Communication Skills	Alzheimer's San Diego	San Diego Oasis at La Mesa 5500 Grossmont Center Dr #325, La Mesa, CA 91942
September 9 10am – 11:15am	Expert Briefing: Disease Modification & Stem Cells: Where Are We Now?	Parkinson's Foundation	Virtual
September 9 12pm – 1pm	The 10 Warning Signs of Alzheimer's	Alzheimer's Association San Diego/ Imperial Chapter	Virtual
September 9 3pm – 4pm	Advance Care Planning and Dementia Directives	Compassion & Choices	Mission Valley Library 2123 Fenton Pkwy, San Diego, CA 92108
September 10 10 am – 11am	Responding to Dementia-Related Behaviors	Alzheimer's Association San Diego/ Imperial Chapter	Virtual
September 10 1pm – 3pm	Legal and Financial Basics	Alzheimer's San Diego	One Safe Place North 1050 Los Vallecitos Blvd, San Marcos, CA 92069
September 10 6pm – 7pm	The Empowered Caregiver: Communicating Effectively	Alzheimer's Association San Diego/ Imperial Chapter	Virtual
September 11 10am – 11:30am	Skills Clinic: Balance & Fall Prevention	Alzheimer's San Diego	SRCA Community Center 11885 Cypress Canyon Rd, San Diego, CA 92131
September 16-17 9am – 1pm	Virtual Parkinson's Conference: Educate, Empower, Engage!	American Parkinson's Disease Association	Virtual

EDUCATIONAL PROGRAMS – ENGLISH (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
September 16 11am – 12pm	<u>Caring with Confidence: Building Resilience for Dementia Caregivers</u>	National Alzheimer's and Dementia Resource Center	Virtual
September 17 6pm – 7pm	<u>Empowered Caregiver: Responding to Dementia Behaviors</u>	Alzheimer's Association San Diego/ Imperial Chapter	Virtual
September 18 10am – 11:30am	<u>Managing Resistance</u>	Alzheimer's San Diego	Virtual
September 22 11am – 12pm	<u>Building Brain-Healthy Habits</u>	Alzheimer's Association San Diego/ Imperial Chapter	National City Chamber of Commerce 901 National City Blvd, National City, CA 91950
September 22 2pm – 3pm	<u>Building Brain-Healthy Habits</u>	Alzheimer's Association San Diego/ Imperial Chapter	Virtual
September 22 2pm – 3:30pm	<u>Care in the Late Stage</u>	Alzheimer's San Diego	Alzheimer's San Diego 3635 Ruffin Rd #300, San Diego, CA 92123
September 23 9am – 10am	<u>Pride and Care: Navigating Dementia in the LGBTQ+ Community</u>	Fairfax Caregiver Seminar Consortium	Virtual
September 23 1pm – 2:30pm	<u>Driving and Memory Loss</u>	Alzheimer's San Diego	Pacific Beach/Taylor Library 4275 Cass St, San Diego, CA 92109
September 24 10am – 11am	<u>The Alzheimer's Connection: Co-Pathology in Lewy Body Dementia</u>	Lewy Body Dementia Association	Virtual
September 24 6pm – 7pm	<u>New Advances in Alzheimer's Treatments</u>	Alzheimer's Association San Diego/ Imperial Chapter	Virtual
September 25 10am – 11:30am	<u>Dementia, Hospice and Palliative Care: Understanding Options</u>	Alzheimer's San Diego	Virtual
September 28 10am – 11am	<u>What to Expect at Every Stage from Early Signs to Full Support for Alzheimer's and Dementia</u>	Alzheimer's Foundation of America	Virtual
September 28 1pm – 2:30pm	<u>Safety at Home</u>	Alzheimer's San Diego	San Diego Oasis at Rancho Bernardo 17170 Bernardo Center Dr, San Diego, CA 92128

EDUCATIONAL PROGRAMS – SPANISH

Fecha y hora	Actividad y sitio web con información	Organizador	Ubicación y dirección
3 de septiembre 10am – 11:30am	Manejando cambios en la comunicación y el comportamiento	Alzheimer's San Diego	One Safe Place South 401 Mile of Cars Wy #100B, National City, CA 91950
9 de septiembre 1pm – 2:30pm	Conversando sobre la pérdida de memoria	Alzheimer's San Diego	John Landes Community Center Library 2855 Cedar Rd, Oceanside, CA 92056
11 de septiembre 1pm – 2:30pm	Conversando sobre la pérdida de memoria	Alzheimer's San Diego	Vía Zoom o Teléfono
14 de septiembre 10am – 11:30am	Estrategias para la planificación para la alimentación	Alzheimer's San Diego	El Cajon Branch Library 201 E Douglas Ave, El Cajon, CA 92020
15 de septiembre 10am – 11:30am	Reconociendo la pérdida de memoria	Alzheimer's San Diego	Molina Healthcare Chula Vista Resource Center 689 Palomar St, Chula Vista, CA 91911
16 de septiembre 1pm – 2pm	¿Quién cuida al cuidador? Salud mental y prevención del suicidio	Southern Caregiver Resource Center	En Vivo - Facebook & YouTube
17 de septiembre 2pm – 3:30pm	Opciones de cuidado: Viviendo en casa con demencia	Alzheimer's San Diego	Vía Zoom o Teléfono
21 de septiembre 1pm – 2:30pm	Consejos sencillos para la seguridad en el hogar	Alzheimer's San Diego	Bonita-Sunnyside Library 4375 Bonita Rd, Bonita, CA 91902
23 de septiembre 10am – 11:30am	Conversando sobre la pérdida de memoria	Alzheimer's San Diego	Otay Mesa-Nestor Library 3003 Coronado Ave, San Diego, CA 92154

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](#)
- [Family Caregiver Alliance](#)
- [George G. Glenner Alzheimer's Family Centers, Inc.](#)
- [National Council of Dementia Minds](#)
- [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)