



LIVE WELL
SAN DIEGO

October 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
October 1 8am – 2pm	Annual Brain Health Forum	San Diego Dementia Consortium	San Diego Oasis Rancho Bernardo 17170 Bernardo Center Dr, San Diego, CA 92128
October 3 8am	Walk to End Alzheimer's	Alzheimer's Association	NTC Park at Liberty Station 2581 Cushing Rd, San Diego, CA 92106
October 3 9:30am – 1:30pm	Older & Bolder Expo	Carlsbad Chamber of Commerce	Pine Avenue Community Center 3209 Harding St, Carlsbad, CA 92008
October 17 8am	Walk4ALZ	Alzheimer's San Diego	Balboa Park At corner of President's Way and Park Blvd
October 21 9:30am – 3:30pm	Active Aging Expo	Sharp Healthcare	Sharp Prebys Innovation and Education Center 8695 Spectrum Center Blvd, San Diego, CA 92123
October 27 11am – 2pm	Caregiver Resource Fair	San Diego State University	San Diego State University 6075 Aztec Circle Dr, San Diego, CA 92182

COMMUNITY MEETINGS

Date & Time	Activity & Link to Information	Organizer	Location & Address
October 21 8:30 am – 10:00am	San Diego Dementia Consortium Monthly Meeting	San Diego Dementia Consortium	Banc of California and Virtual 900 Canterbury Place, Ste 300, Escondido, CA 92025

COMMUNITY MEETINGS (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
October 22 3pm – 4:30pm	San Diego Coalition of Compassionate Care Monthly Meeting	San Diego Coalition of Compassionate Care	Banc of California and Virtual 900 Canterbury Place, Ste 300, Escondido, CA 92025
October 29 11am – 12:30pm	Caregiver Coalition of San Diego Monthly Meeting	Caregiver Coalition of San Diego	Mission Hills - Hillcrest/Knox Branch Library 215 W Washington St, San Diego, CA 92103

EDUCATIONAL PROGRAMS – ENGLISH

Date & Time	Activity & Link to Information	Organizer	Location & Address
October 1 11am	Long-Term Care Planning for Aging Parents	Caregiver Action Network	Virtual
October 2 10am – 11:30am	Care Options: Living at Home	Alzheimer's San Diego	Oceanside Public Library – Civic Center 330 N Coast Hwy, Oceanside, CA 92054
October 6 6pm – 7pm	New Advances in Alzheimer's Treatments	Alzheimer's Association	Online via Zoom
October 7 10am – 11:30am	Living With Memory Loss	Alzheimer's San Diego	Valencia Park/Malcolm X Library 5148 Market St, San Diego, CA 92114
October 7 4pm – 5pm	Learn 6 Healthy Habits That Support Brain Health	AARP	Virtual
October 9 10am – 11:30am	Skills Clinic: Medications	Alzheimer's San Diego	SRCA Community Center 11885 Cypress Canyon Rd, San Diego, CA 92131
October 13 1pm – 2:30pm	Safety at Home	Alzheimer's San Diego	San Diego Oasis at La Mesa 5500 Grossmont Center Dr, Ste 325, La Mesa, CA 91942
October 13 11am – 12pm	Cognitive Testing Dementia Risk Reduction	AARP	Virtual
October 14 10am – 11am	Memory Loss vs Dementia Know the Difference	AARP	Virtual
October 20 6pm – 7pm	Building Brain Healthy Habits	Alzheimer's Association	Virtual
October 21 4pm – 5pm	Learn 6 Healthy Habits That Support Brain Health	AARP	Virtual

EDUCATIONAL PROGRAMS – ENGLISH (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
October 22 11am – 12:30pm	<u>Managing Resistance</u>	Alzheimer's San Diego	Virtual
October 15 1pm – 2:15pm	<u>Diagnosing Dementia Beyond Alzheimer's: Biomarkers, Clinical Insight, and Lived Experience</u>	Lewy Body Dementia Association	Virtual
October 20 11am – 12pm	<u>How the FTD Disorders Registry Benefits Participants</u>	The Association for Frontotemporal Degeneration	Virtual
October 22 10am	<u>ALZ Talks: How to Make Lasting Changes that Support Your Brain Health</u>	Alzheimer's Association	Virtual
October 22 12pm – 1pm	<u>Two Perspectives, One Diagnosis: Facing Lewy Body Dementia Together</u>	Lewy Body Dementia Association	Virtual
October 23 11:30am – 1:30pm	<u>Smart Aging: What You Need to Know Now</u>	Southern Caregiver Resource Center	John D. Spreckels Theater 1019th Seventh St, Coronado, CA 92118
October 26 1pm – 2:30pm	<u>Communication Skills</u>	Alzheimer's San Diego	San Diego Oasis at Rancho Bernardo 17170 Bernardo Center Dr, San Diego, CA 92128
October 27 6pm – 7pm	<u>New Advances in Alzheimer's Treatments</u>	Alzheimer's Association	Online via Zoom
October 28 10am – 11am	<u>Building Brain Healthy Habits</u>	Alzheimer's Association	Grossmont Healthcare District's Health and Wellness Library 9001 Wakarusa St, La Mesa, CA 91942

EDUCATIONAL PROGRAMS – SPANISH

Fecha y hora	Actividad y sitio web con información	Organizador	Ubicación y dirección
October 1 10am – 11:30am	<u>Consejos sencillos para la seguridad en el hogar</u>	Alzheimer's San Diego	One Safe Place South 401 Mile of Cars Way, Ste 100B, National City, CA 91950

EDUCATIONAL PROGRAMS – SPANISH

Fecha y hora	Actividad y sitio web con información	Organizador	Ubicación y dirección
October 6 11:30am – 1pm	Estrategias para la planificación para la alimentación	Alzheimer's San Diego	San Ysidro Library 4235 Beyer Blvd, San Diego, CA 92173
October 12 10am – 11:30am	Conversando sobre la pérdida de memoria	Alzheimer's San Diego	El Cajon Branch Library 201 E Douglas Ave, El Cajon, CA 92020
October 14 1pm – 2:30pm	La planificación y los cuidados para el final de la demencia	Alzheimer's San Diego	John Landes Community Center Library 2855 Cedar Rd, Oceanside, CA 92056
October 15 9am – 12pm	Preparando el camino conversaciones de fin de vida	Southern Caregiver Resource Center	Community Congregational Church of Chula Vista UCC 276 F St, Chula Vista, CA 91910
October 21 1pm – 2pm	Preparando el camino: Conversaciones de fin de vida	Southern Caregiver Resource Center	Virtual
October 22 1pm – 2:30pm	Manteniendo saludable su cerebro	Alzheimer's San Diego	Molina Healthcare Resource Center 689 Palomar St, Chula Vista, CA 91911
October 23 10am – 11:30am	Manteniendo saludable su cerebro	Alzheimer's San Diego	Escondido Public Library 239 S Kalmia St, Escondido, CA 92025
October 28 10am – 11:30am	Opciones de cuidado: Viviendo en casa con demencia	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](#)
- [Fallbrook Regional Health District](#)
- [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 \(Brain Fitness for Older Adults\)](#)

Memory Screenings evaluate your cognitive function. They can provide information about changes in memory and serve as a preliminary step in assessing brain health. While they cannot make diagnoses, screenings can indicate whether further testing is needed and help guide discussions with health care providers. There are several local organizations that provide free memory screenings across San Diego County.

- [Alzheimer's San Diego](#)
- [Glenner Town Square](#)
- [Pacific Research Network](#)
- [Sharp Neurocognitive Research Center](#)
- [South Bay Latino Research Center](#)
- [UC San Diego Shiley-Marcos Alzheimer's Disease Center](#)