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 21 10am – 1pm	**Harvesting Health & Wellness: Fall Senior Expo**	SoCAN	**Goodwill Employment Center** 630 Front Street, San Ysidro, CA 92173
October 27 11am – 2pm	**Caregiver Resource Fair**	San Diego State University	**San Diego State University** 6075 Aztec Circle Dr, San Diego, CA 92182
October 30 10am – 12pm	**End-of-Life Conference & Resource Fair**	SanDi-ECAN, San Diego Coalition For Improving End-of-Life Care, and Sharp	**Sharp HealthCare Spectrum Auditorium** 8695 Spectrum Center Blvd, San Diego, CA 92123

COMMUNITY MEETINGS (continued)

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
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**

EDUCATIONAL PROGRAMS – ENGLISH (continued)

Date & Time	Activity & Link to Information	Organizer	Location & Address
October 21 4pm – 5pm	**Learn 6 Healthy Habits That Support Brain Health**	AARP	**Virtual**
October 22 11am – 12:30pm	**Managing Resistance**	Alzheimer's San Diego	**Virtual**
October 15 1pm – 2:15pm	**Diagnosing Dementia Beyond Alzheimer's: Biomarkers, Clinical Insight, and Lived Experience**	Lewy Body Dementia Association	**Virtual**
October 20 11am – 12pm	**How the FTD Disorders Registry Benefits Participants**	The Association for Frontotemporal Degeneration	**Virtual**
October 22 10am	**ALZ Talks: How to Make Lasting Changes that Support Your Brain Health**	Alzheimer's Association	**Virtual**
October 22 12pm – 1pm	**Two Perspectives, One Diagnosis: Facing Lewy Body Dementia Together**	Lewy Body Dementia Association	**Virtual**
October 23 11:30am – 1:30pm	**Smart Aging: What You Need to Know Now**	Southern Caregiver Resource Center	**John D. Spreckels Theater** 1019th Seventh St, Coronado, CA 92118
October 26 1pm – 2:30pm	**Communication Skills**	Alzheimer's San Diego	**San Diego Oasis at Rancho Bernardo** 17170 Bernardo Center Dr, San Diego, CA 92128
October 27 6pm – 7pm	**New Advances in Alzheimer's Treatments**	Alzheimer's Association	**Online via Zoom**
October 28 10am – 11am	**Building Brain Healthy Habits**	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	**Consejos sencillos para la seguridad en el hogar**	Alzheimer's San Diego	**One Safe Place South** 401 Mile of Cars Way, Ste 100B, National City, CA 91950
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 conversacionees 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