



May 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
May 30 10am-12pm	Learn More About Lewy Body Dementia: A Free Community Education and Support Event	Shiley-Marcos ADRC	ACTRI Auditorium & Virtual 9452 Medical Center Dr, La Jolla, CA 92037
May 30 10am-12pm	Senior and Veterans Resource & Services Fair	City of Imperial Beach	Veterans Park 1075 8th St, Imperial Beach, CA 91932

COMMUNITY MEETINGS			
Date & Time	Activity & Link to Information	Organizer	Location & Address
May 19 10:30am-12pm	Dementia & Brain Health Team	AIS	Virtual
May 20 8:15-10am	San Diego Dementia Consortium General Meeting	San Diego Dementia Consortium	Banc of California & Virtual 900 Canterbury Pl, Ste 300, Escondido, CA 92025
May 28 11:30am-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
May 1 10-11:30am	Living with Memory Loss	Alzheimer's San Diego	Oceanside Public Library 330 N Coast Hwy, Oceanside, CA 92054

May 6 10-11:30am	<u>Managing Resistance</u>	Alzheimer's San Diego	Valencia Park/Malcolm X Branch Library 5148 Market St, San Diego, CA 92114
May 8 10-11:30am	<u>Safety at Home</u>	Alzheimer's San Diego	SRCA Community Center 11885 Cypress Canyon Rd, San Diego, CA 92131
May 12 1-2:30pm	<u>Coping with Personality & Behavior Changes</u>	Alzheimer's San Diego	San Diego Oasis at La Mesa 5500 Grossmont Center Dr, La Mesa, CA 91942
May 13 9-11:30am	<u>Caring Through the Last Chapter: A Caregiver End-of-Life Workshop</u>	Shiley-Marcos ADRC/Southern Caregiver Resource Center	Good Samaritan Episcopal Church Roetter Hall 4321 Eastgate Mall, San Diego, CA 92121
May 18 1-2:30pm	<u>How to Talk About Memory Loss</u>	Alzheimer's San Diego	Bonita-Sunnyside Library 4375 Bonita Rd, Bonita, CA 91902
May 19 10:30-11:30am	<u>The Empowered Caregiver Series: Supporting Independence</u>	Alzheimer's Association San Diego/Imperial Chapter	Sungarden Terrace 2045 Skyline Dr, Lemon Grove, CA 91945
May 20 10-11:30am	<u>Care Options: Residential Placement</u>	Alzheimer's San Diego	SRCA Community Center 11885 Cypress Canyon Rd, San Diego, CA 92131
May 20 1-2pm	<u>Fraud and Scam Prevention for Family Caregivers</u>	Southern Caregiver Resource Center	Virtual
May 21 1-2:30pm	<u>Driving and Memory Loss</u>	Alzheimer's San Diego	Carlsbad Senior Center 799 Pine Ave, Carlsbad, CA 92008
May 22 1-2:30pm	<u>Dementia 101</u>	Alzheimer's San Diego	Mission Hills - Hillcrest/Knox Branch Library 215 W Washington St, San Diego, CA 92103
May 26 2-3:30pm	<u>Coping with Personality & Behavior Changes</u>	Alzheimer's San Diego	Alzheimer's San Diego 3635 Ruffin Rd, Ste 300, San Diego, CA 92123
May 29 1-2:30pm	<u>Long-Distance Caregiving</u>	Alzheimer's San Diego	San Diego Oasis at Rancho Bernardo 17170 Bernardo Center Dr, San Diego, CA 92128

EDUCATIONAL PROGRAMS (SPANISH)			
Date & Time	Activity & Link to Information	Organizer	Location & Address
5 de mayo 11:30am-1pm	<u>Manteniendo saludable su cerebro</u>	Alzheimer's San Diego	San Ysidro Library 4235 Beyer Blvd, San Diego, CA 92173
7 de mayo 10-11:30am	<u>Estrategias de comunicación</u>	Alzheimer's San Diego	One Safe Place South 401 Mile of Cars Wy, National City, CA 91950
13 de mayo 1-2:30pm	<u>Consejos sencillos para la seguridad en el hogar</u>	Alzheimer's San Diego	John Landes Community Center Library 2855 Cedar Rd, Oceanside, CA 92056
21 de mayo 10-11:30am	<u>La planificación y los cuidados para el final de la demencia</u>	Alzheimer's San Diego	Otay Mesa-Nestor Library 3003 Coronado Ave, San Diego, CA 92154

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 and Outings 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](#)