

## october 2013

### Alzheimer's & Dementia:

#### The Basics

Tues. Oct. 1 - 1:30pm-2:30pm  
Tierrasanta Village  
5275 Rimpark Lane  
San Diego, CA 92124

#### Living a Brain Healthy Lifestyle

Tues. Oct. 8 - 6:30pm-7:30pm  
San Diego Public Library, Lakeside  
9839 Vine Street  
Lakeside, CA 92040

#### Driving & Dementia

Thurs. Oct. 10 - 10:00am-11:00am  
La Mesa Community Services Building  
4975 Memorial Drive  
La Mesa, CA 91942

**\*\*For class descriptions, please visit [www.alz.org/sandiego](http://www.alz.org/sandiego) or call 800.272.3900**

## classes are offered FREE of charge

### Family Orientation

Thurs. Oct. 10 - 2:00pm-4:00pm  
Alzheimer's Association  
6632 Convoy Court  
San Diego, CA 92111

### Addressing Behavior Through Compassionate Communication

Tues. Oct. 15 - 1:00pm-3:00pm  
Alzheimer's Association  
6632 Convoy Court  
San Diego, CA 92111

### Managing Holiday Stress

Wed. Oct. 16 - 10:00am-11:30am  
Joslyn Senior Center  
210 Park Avenue  
Escondido, CA 92025

### Alzheimer's & Dementia:

#### The Basics

Tues. Oct. 22 - 10:00am-12:00pm  
The Remington Club  
Continuing Education Center  
16925 Hierba Drive  
San Diego, CA 92128

*\*Pre-registration required - \$7 fee*

#### Know the 10 Signs:

##### Early Detection Matters

Sun. Oct. 27 - 11:00am-12:30pm  
St. Bartholomew's Episcopal Church  
Parish Hall  
16275 Pomerado Road  
Poway, CA 92064

#### Legal & Financial Planning for Alzheimer's Dementia

Wed. Oct. 30 - 2:30pm-4:30pm  
The Glenner Center - Chula Vista  
280 Saylor Drive  
Chula Vista, CA 91910

## november 2013

### Alzheimer's & Dementia:

#### The Basics

Sat. Nov. 2 - 11:00am-1:00pm  
Church of Christ  
567 South 38th Street  
San Diego, CA 92113

#### Know the 10 Signs:

##### Early Detection Matters

Tues. Nov. 5 - 2:00pm-4:00pm  
Dove Library - Carlsbad  
1775 Dove Lane  
Carlsbad, CA 92011

#### Living with Alzheimer's

##### Middle Stage - 2 part series

Wed. Nov 6 - 3:30pm-5:30pm  
Wed. Nov 13 - 3:30pm-5:30pm  
Grossmont Healthcare District  
Conference Board Room  
9001 Wakarusa Street  
La Mesa, CA 91942

### Addressing Behavior Through Compassionate Communication

Tues. Nov. 12 - 1:00pm-2:00pm  
Peninsula Family YMCA  
4390 Valeta Street  
San Diego, CA 92107

### Alzheimer's & Dementia: The Basics

Tues. Nov. 12 - 6:00pm-7:30pm  
Lincoln Acres Branch  
San Diego Public Library  
2725 Granger Avenue  
National City, CA 91950

### Family Orientation

Thurs. Nov. 14 - 2:00pm-4:00pm  
Alzheimer's Association  
6632 Convoy Court  
San Diego, CA 92111

### Managing Holiday Stress

Tues. Dec. 10 - 10:00am-11:15am  
Glenner Center - Hillcrest  
3702 Fourth Avenue  
San Diego, CA 92103

### Family Orientation

Thurs. Dec. 12 - 2:00pm-4:00pm  
Alzheimer's Association  
6632 Convoy Court  
San Diego, CA 92111

### Addressing Behavior Through Compassionate Communication

Thurs. Dec. 12 - 5:30pm-7:30pm  
Sungarden Terrace  
2045 Skyline Drive  
Lemon Grove, CA 91945

### FREE Half-Day Caregiver Conference

#### *Hope for the future, Help for today*

Sat. Nov. 16 - 8:30am-1:00pm  
Encinitas Community & Senior Center  
1140 Oakcrest Park Drive  
Encinitas, CA 92024

### Driving & Dementia

Tues. Nov. 19 - 10:30am-12:00pm  
Alzheimer's Association  
6632 Convoy Court  
San Diego, CA 92111

### Living a Brain Healthy Lifestyle

Thurs. Nov. 21 - 11:30am-12:30pm  
Otay Mesa-Nestor Library, SDPL  
3003 Coronado Avenue  
San Diego, CA 92154

## Register Today!

Visit [alz.org/sandiego](http://alz.org/sandiego) or  
Call 800.272.3900

## december 2013

### Driving & Dementia

Mon. Dec. 2 - 2:00pm-4:00pm  
Scripps Hospital Encinitas  
Conference Center  
354 Santa Fe Drive  
Encinitas, CA 92024

### Conversations About Dementia

Fri. Dec. 6 - 12:00pm-1:00pm  
Alzheimer's Association  
6632 Convoy Court  
San Diego, CA 92111

*\*Lunch provided*

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### Living a Brain Healthy Lifestyle

Tues. Dec. 17 - 10:30am-11:30am  
Fallbrook Community Center  
Eucalyptus Room  
341 Heald Lane  
Fallbrook, CA 92028

### Legal Planning for Alzheimer's Dementia

Thurs. Dec. 19 - 10:00am-11:00am  
Poway Senior Center  
13094 Civic Center Drive  
Poway, CA 92064

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