

Caregiver Support & Discussion Group Calendar 2014

Central San Diego

Location	Date/Time	Facilitator Contact
Clairemont Lutheran Church 4271 Clairemont Mesa Blvd., San Diego, 92117	1st Thursday 1:00pm - 2:30pm	Joan Elicker-Richards 858-699-9907
Alzheimer's Association San Diego Chapter 6632 Convoy Court, San Diego, 92111	2nd and 4th Thursday 10:00am - 11:30am	Ashley Lundgren 858-966-3292
Coronado Public Library Conference Room 640 Orange Ave., Coronado, 92118	1st and 3rd Wednesday 7:00pm - 8:30pm	Gerry Garmon 619-435-1468
The Glenner Memory Care Centers 3702 Fourth Ave., San Diego, 92103 Parking available in lot on Pennsylvania	2nd and 4th Tuesday 6:00pm - 7:30pm	Gloria Baker 619-543-4700 x305
UCSD/Shiley-Marcos Alzheimer's Disease Research Center 8950 Villa La Jolla Dr., Suite C129, La Jolla, 92037	2nd Wednesday 2:00pm - 3:30pm	Lisa Snyder, LCSW 858-822-4800
Sunrise La Jolla 810 Turquoise St., San Diego, 92109	3rd Wednesday 1:30pm - 3:00pm	Sandy Braff, MFT 858-792-4610
Elmcroft of Point Loma 3423 Channel Way, San Diego, 92110	2nd Saturday 10:00am - 11:00am	Phillip Roullard 619-698-9512
Gary and Mary West Senior Wellness Center 1525 Fourth Ave., San Diego, 92101 <i>Bring your brown bag lunch!</i> Metered parking available	Every Wednesday 12:00pm - 1:00pm	Laura Stevens, MSW 619-487-0739

South San Diego

Location	Date/Time	Facilitator Contact
Bay View Baptist Church (Christian) MLK Bldg. 6134 Benson Ave., San Diego, 92114	4th Friday 6:00pm - 7:30pm	Lottie Harris, RN 619-764-9444
Imperial Beach Senior Center 1075 8th St., Imperial Beach, 91932	3rd Tuesday 10:00am - 11:30am	Anne Owens Stone 858-756-4691

East County

Location	Date/Time	Facilitator Contact
Alpine Community Center 1830 Alpine Blvd., Alpine, 91901	1st and 3rd Wednesday 2:00pm - 3:30pm	Linda Cioffi 619-445-5291
Elmcroft of La Mesa 4960 Mills St., La Mesa, 91942	2nd Saturday 10:00am - 11:00am	Mona Tisdale 619-894-3565
Lantern Crest Senior Living 11010 Sunset Trail, Santee, 92071	4th Thursday 10:00am - 11:30am	Lynne Smith 760-212-1224
Ramona Senior Center 434 Aqua Lane, Ramona, 92065	3rd Wednesday 10:00am - 11:30am	Elaine Bailey 760-787-0172
San Carlos Methodist Church 6554 Cowles Mountain Blvd., San Diego, 92119	1st and 3rd Tuesday 10:00am - 12:00pm	Robert Spalding 619-298-1350

For questions or more information about a specific group, please contact the Facilitator.
Or, contact the Family Services Manager - Nicole Reich, LMFT 858-966-3293

www.alz.org/sandiego



North County Inland

Location	Date/Time	Facilitator Contact
Redwood Elderlink 1151 S. Redwood St., Escondido, 92025	1st and 3rd Thursday 10:00am - 11:30am	Sheila Argeanton, BS, CDT 760-635-1895
Belmont Village Sabre Springs 13075 Evening Creek Dr. South, San Diego, 92128	1st and 3rd Thursdays 6:30pm - 8:00pm	Kathy Gilbert, LCSW 619-894-8334
Americare Adult Day Healthcare ** 340 Rancheros Dr., Suite 196, San Marcos, 92069	2nd Tuesday 2:00pm - 4:00pm	Marisa Reese, MSW 760-682-2424 x29
Vista Gardens Memory Care 1863 Devon Place, Vista, 92081	Every Thursday 1:30pm - 3:30pm	Sandy Braff, MFT 858-792-4610
The Meridian Lake San Marcos ** 1177 San Marino Dr., San Marcos, 92078	2nd and 4th Wednesday 10:30am - 11:30am	Leslie Quintanar 760-566-7496
Silvergate Retirement Residence ** 420 Elbrook Dr., Fallbrook, 92028	3rd Wednesday 1:30pm - 3:00pm	Barbara Heric 858-966-3293

North County Coastal

Location	Date/Time	Facilitator Contact
Sunrise at La Costa ** 7020 Manzanita St., Carlsbad, 92011	3rd Thursday 5:30pm - 6:30pm	Sandy Braff, MFT 858-792-4610
ActivCare at Bressi Ranch 6255 Nygaard St., Carlsbad, 92009	2nd Tuesday 10:00am - 11:30am	Catherine Lombardi 760-415-5919
The Glenner Memory Care Centers ** 335 Saxony Rd., Encinitas, 92024	Every Wednesday 10:00am -12:00pm	Sheila Argeanton, BS, CDT 760-635-1895
San Luis Rey Valley United Methodist Church 5570 Old Ranch Rd., Oceanside, 92057	2nd and 4th Mondays 6:00pm - 7:30pm	Patricia Hodgkin 858-410-5761
Oceanside Pacific Place 3500 Lake Blvd., Oceanside, 92056	4th Tuesday 10:00am - 11:30am	Catherine Lombardi 760-415-5919

Support & Discussion Groups uniquely designed for . . .

Location	Date/Time	Facilitator Contact
Younger Onset Care Partners (diagnosis under 65) Alzheimer's Association 6632 Convoy Court, San Diego, 92111	1st Monday 6:00pm - 7:30pm	Nicole Reich 858-966-3293 <i>Pre-Registration Required</i>
Adult Children Care Partners San Marcos Senior Center 111 Richmar Ave., San Marcos, 92069	Every Tuesday 10:00am - 11:30am	Lynne Smith 760-212-1224
Lewy Body & Frontotemporal Dementia Care Partners UCSD/Shiley-Marcos Alzheimer's Disease Research Center 8950 Villa La Jolla Dr., Suite C129, La Jolla, 92037	1st Wednesday 2:00pm - 3:30pm	Lisa Snyder, LCSW 858-822-4800 <i>Pre-Registration Required</i>
Younger Care Partners (under 60) The Glenner Memory Care Center Hillcrest 3702 4th Ave., San Diego, 92103	2nd Wednesday 6:30pm - 8:00pm	Frances Martinez-Goodrich, MSW 858-822-4800 <i>Pre-Registration Required</i>
Men's Caregiver Discussion and Support Group Alzheimer's Association 6632 Convoy Court, San Diego, 92111	2nd and 4th Wednesday 10:00am - 11:30am	Tom Gillette 858-966-3293
Spanish Speaking Care Partners ** Americare Adult Day Healthcare 340 Rancheros Dr., Suite 196, San Marcos, 92069	4th Wednesday 2:00pm - 4:00pm	Vanesa Arellano, MSW 760-682-2424 x18
Spanish Speaking Care Partners Casa Familiar Recreation Center 268 W Park Ave., San Ysidro, 92173	Every Tuesday 10:00am - 11:30am	Ana Chiquete 619-428-1115

**** Free Respite Care offered. Please contact the Facilitator for more information.**