

Quality of Life Programs

For People with Alzheimer's or
a Related Disorder



Join us as we go...

Out & About

*An Outings Program for People
with Alzheimer's*



Out & About is an eight-week series of socially and culturally enriching outings for people with Alzheimer's or a related disorder that aims to stimulate mental, social, and physical abilities. The group offers enjoyable ways for people with memory loss to get "out and about" and maintain independence.

Out and About is a program of the UCSD Shiley-Marcos Alzheimer's Disease Research Center in partnership with the Alzheimer's Association, Elder Care Guides, and Senior Life Assistance. Out and About meets on Tuesdays from 11:00 am to 3:00 pm and includes lunch.



Numerous destinations have been explored including harbor cruises on San Diego Bay, visits to nature preserves, aquariums, and our area's many arts and historical museums. All outings incorporate docent-led tours at each destination. Transportation is provided in staff vehicles.

Participants must be able to walk short distances, eat in a restaurant and use a restroom independently, hear adequately and maintain attention, and be willing and interested in participating. Out & About is a not-for-profit program sustained by a requested donation from participants to cover program expenses.

Come Join Us!

For More Information

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