



# QUALITY OF LIFE PROGRAMS

PROVIDING EMOTIONAL SUPPORT, EDUCATION, MEANINGFUL ENGAGEMENT, AND COPING STRATEGIES

## REMINISCENCE GARDENING

**2025 SESSIONS: (10am - 12pm)**  
**June 12th, July 24th, September 25th**  
**Register for location details**

The Reminiscence Gardening Program is a signature public outreach program for individuals living with Alzheimer's and other dementia-related challenges. The goal of the program is to provide an opportunity to engage in horticultural-related activities in a welcoming and safe environment.

The program is sponsored by the Master Gardener Association of San Diego County, part of the University of California Cooperative Extension. The mission of the Master Gardener Program is to extend research-based knowledge and information on home horticulture, pest management, and sustainable landscape practices.

- SMADRC Facilitators
- No obligation to participate in research
- No cost to participate; registration is required

