



QUALITY OF LIFE PROGRAMS

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

REMINISCENCE GARDENING™

FALL SESSION: November 14, 2024 (10am - 12pm)

The Water Conservation Garden

12122 Cuyamaca College Drive W El Cajon CA 92019



The Reminiscence Gardening Program is a signature public outreach program for individuals dealing 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 to the residents of California.

- SMADRC trained facilitators
- No obligation to participate in research