

Want to learn more
about how to
maintain and improve
your memory?

And have **fun**
while you're at it?



Enjoying
a party



Writing
memories

The mission of
Riverstone
Senior Life Services
is to provide services that
help older people remain
safely in their own homes
and community for as long
as they choose.

Riverstone
Memory Club
operates:

Tuesdays and
Thursdays

10:00 AM to
2:00PM

Monthly Fee

Please call
212-927-5600
Camen Nunez
extension 16
or
Vickiana Castañeda
extension 21

99 Fort Washington Avenue
New York, NY 10032
212-927-5600
212-927-5612 fax
www.riverstonenyc.org
info@riverstonenyc.org

Riverstone
offers four
programs:

Senior Center for
hot, nutritional
lunches and
activities

**Community
Caregiving**, a
unique memory
loss program in
two languages

Open Door for
older adults with
developmental
disabilities

**Community Case
Management** for
frail or isolated
older people

Riverstone Senior Life Services -- 25 years of caring

Riverstone Memory Club

A dynamic group for people
beginning to experience
memory loss



1985 to 2010
25 years of caring

Riverstone

Senior Life Services

Riverstone Memory Club



Reading and
Discussion

If you or someone you know

Is beginning to experience memory loss...

*Would like to spend time with a small group of peers
in an enjoyable and supportive atmosphere...*

Is functioning independently in most settings...

Is able to travel alone...

and knows that they have been diagnosed with Alzheimers or other memory loss...

Riverstone Memory Club

provides a safe, client-driven learning environment



Fun in the
park

- Stretch your mind through group discussions and workshops
 - Increase knowledge of memory loss
 - Learn memory enhancing techniques
- Enjoy group exercise programs to stay in shape
 - Socialize during lunch with peers
 - Create art and writing projects
- Find a partner for chess, checkers and other board games
 - Explore the area through trips
and so much more!

Get the information and education you need
with the diversion you want!

f u n In Riverstone Memory Club
is always a part of your day!

Questions?

We are happy to provide more information!

Please call 212-927-5600

Carmen Nuñez, extension 16

or Vickiana Castañeda, extension 21