



*“Both of my parents had dementia, and because I lived this story, volunteering at Silver Club is a way for me to give back to those known and unknown who gave their time to my family as we navigated this journey.” - Cathy Strachan, volunteer pictured above gardening with former Silver Club member*

## SPONSORS

Silver Club is part of the U-M Geriatrics Center. While the University provides space, we are challenged to raise our own operating funds. Support comes from:

- Gifts, donations, memorials, and fees
- Area Agency on Aging 1-B
- Brookdale National Group Respite Program
- Friends of the U-M Hospital
- Medicaid Waiver Program
- Veterans Affairs

## GETTING INVOLVED

We welcome volunteers to assist us with onsite support, marketing, and fundraising. To learn more about volunteering or to schedule an appointment, please contact us at 734-998- 9352.



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

## Silver Club Programs

@ Turner Senior Resource Center

2401 Plymouth Road, Suite C

Ann Arbor, MI 48105

734-998-9352 phone

734-998-9340 fax

[med.umich.edu/geriatrics](http://med.umich.edu/geriatrics)

Silver Club is funded in part by the Federal Older Americans Act and the AASA through the Area Agency on Aging 1-B. Silver Club complies with the terms and regulations of Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973. Reasonable accommodation will be provided upon request.

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# Silver Club Memory Programs

*“Together, we make every moment matter.”*



*University of Michigan student volunteer and Silver Club member collaborate on an art project*



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## OUR PROMISE

Silver Club promises a safe, stimulating environment for older adults with memory loss to participate in activities, share stories, and have fun. The Silver Club's unique approach offers caregivers the opportunity to recharge while their relative enjoys participating in music programs, creating art and socializing with friends. Our innovative programming is tailored to each person's needs and interests. Silver Club staff strive to provide a positive experience for members and their families. We live by our motto- "Together, we make every moment matter."



*Silver Club member enjoys the companionship of therapy dog visitor*

Learn more about Silver Club Memory Programs by visiting us at [www.med.umich.edu/geriatrics](http://www.med.umich.edu/geriatrics), or [www.facebook.com/SilverClubMemory](https://www.facebook.com/SilverClubMemory).

## PROGRAMS

Silver Club Programs are part of the University of Michigan Geriatrics Center. Prescreening is required for prospective members. **All programs are held at Turner Senior Resource Center (TSRC) and cost is based on ability to pay.**

**Mild Memory Loss:** We have several programs designed for people with mild memory loss, mild cognitive impairment, or early stage Alzheimer's disease. Each of these programs offers members an opportunity to keep their minds active by talking and learning with peers, playing engaging brain games, enjoying cultural outings, and learning about memory loss and coping strategies.

Days/Hours: **Varies based on program**

**Moderate Memory Loss:** Silver Club Day Enrichment Program is for older adults with moderate memory loss. Members enjoy a variety of stimulating activities to help foster friendship and socialization, including:

- Live music
- Fitness
- Art
- Gardening
- Service projects
- Brain games
- Family-style meals
- Trivia

Days/Hours: **Monday - Friday, 10am - 3pm**



*Silver Club members share a laugh*

## PROGRAM BENEFITS

- Shared meaningful experiences between Silver Club members and caring staff
- Respite and peace of mind for Silver Club families while loved ones are in a safe and nurturing environment
- Program activities with students from area universities and high schools
- Program staff with a range of backgrounds including social work and the fine arts
- Assistance connecting with community resources to support members and their families including support groups, in-home care, and more