



“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
- Ann Arbor Area Community Foundation
- 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 on-site support, marketing, and fundraising. To learn more about volunteering or to schedule an appointment, please contact us:

- (734) 998- 9352
- germedsilverclub@umich.edu



Silver Club Memory Programs @ Turner Senior Resource Center

2401 Plymouth Road, Suite C
Ann Arbor, MI 48105

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VISIT US ONLINE

michmed.org/silver-club-memory

Silver Club is funded in part by the Federal Older Americans Act and Michigan Health Aging and Services Administration 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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University of Michigan student volunteer and Silver Club member collaborate on an art project

Silver Club Memory Programs

“Together, we make every moment matter.”

michmed.org/silver-club-memory

OUR PROMISE

Silver Club promises a safe, stimulating environment for 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."**



Learn more about Silver Club Memory Programs by visiting us at:
michmed.org/silver-club-memory

Follow us on Facebook at:
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 adults 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 and hours vary based on the program.**

Moderate Memory Loss

Silver Club Day Enrichment Program is for 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, 10:00am - 3:30pm

"From a caregiver's perspective, Silver Club offers much more than respite. The staff gave me comfort, useful information, and feedback on my husband's interactions while attending the program." - Silver Club Family Member



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