



## Coffee Klatch Support Group

This Support Group is for families and friends who have a loved one with Memory Loss. We will help provide care giving strategies, education, resource information, and a shoulder to lean on!

**Every Wednesday at 10am.**  
**Please join us on Wednesday, February 14<sup>th</sup>**  
**With special guest speaker**  
**Tiffany Paige w/Sage Eldercare Solutions**  
**Speaking on-“Joyful Moments”**

Introducing Joyful Moments, unique activity cards that give family members and care providers the tools to re-engage older adults in life—and turn every visit from mundane to memory making.

The quality of life activities in Joyful Moments help reconnect older adults to what brings them purpose, joy, and meaning in life. These fun and easy activities were created by our eldercare and therapeutic activity experts to promote quality of life in older adults, no matter their physical or cognitive limitations.

You'll find step-by-step instructions and suggested adaptations for activities that cover all seven domains of quality of life: Physical, Spiritual, Intellectual, Creative, Vocational, Emotional and Environmental.

With these activity cards, we hope you'll try new things, rediscover old interests, and create many joyful moments together.

Coffee & goodies will be provided

**REVERE COURT**

MEMORY CARE

7707 Rush River Drive, Sacramento

\*Bring your loved one for Free Day Club during the morning Support Group!\*

\*With approved Paperwork\*

Please RSVP for respite

Call for more details: 392-3510