



Senior Access

Your Community Resource for Memory Wellness

Programs, Workshops, Classes (something for everyone)

- The Club** A social day filled with stimulating activities including art, music, brain games, exercise, dance, lunch and more! M-F, 10 am – 3 pm
- The Excursion Club** Explore destinations throughout the Bay Area! Outings include museums, concerts, sporting events, and much more; M, T, W, or F, 10 am – 3 pm
- Caregiver Support** Free support groups for family caregivers; 1st and 3rd Thursday of the month; 11 am – 12:30 pm. Care may be available for your loved one, contact Jen at 415-491-2500 x 140 or jtripathy@senioraccess.org
- Caregiver Workshops** Information, education and consultation on topics of concern to you! See our website calendar for more details.
- Brain Fitness Events** Seriously, it's all fun and games. . .brain games, that is! One-hour workshops in various locations. See our website calendar.
- Memory Screening** Concerned about your memory? Take action! Talk to a specialist. Private, confidential 45 minute assessments in various locations. See our website calendar for details.

*Senior friendly Marin. . .working together to make our county
a model of age and dementia friendliness.*

Senior Access • 70 Skyview Terrace, San Rafael, CA 94903 • 415-491-2500
www.senioraccess.org

Our agency values DIVERSITY. Whatever your ethnicity, religion, country of origin, language, abilities, sexual orientation, or gender . . . you are welcome here.

The Club at Senior Access is licensed by the State of California Department of Social Services.