



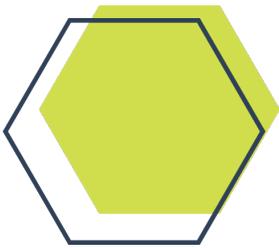
For more information and to schedule a free admissions interview, contact us today!
MemoryInfo@AGEofCentralTX.org

Please do reach out even if you don't have access to technology – we can help you get connected!



MEMORY CONNECTIONS ONLINE PROGRAM

for people experiencing changes in cognition or memory



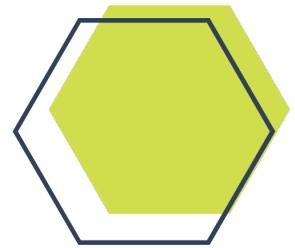
Feeling alone?

Bob knew that his thinking and memory were changing, and he didn't like it. He felt like his family and friends only noticed what he was losing, not what he could do and what he can accomplish. 'No one understands that I'm going through,' he thought, 'and there is nothing I can do to help myself.'



Try something new!

Hesitant at first, Bob found that when he met the staff he felt surprisingly comfortable. He worried about feeling tested during the activities. Deciding he had nothing to lose by trying, he attended his first small group activity over Zoom. Doing trivia, puzzles, and word games as a group was a lot of fun! When he didn't get an answer, or forgot what he wanted to say, others responded, "You're in good company! Don't worry about it." He found himself laughing more than he expected. And he didn't even notice the computer – it felt like they were all together.



You may find...

As he went to activities almost every day, Bob felt more and more connected to the group. He looked forward to the program each day and seeing his friends. He felt that his mood had improved and that his brain was getting exercise. It was his time each day to do something that made him feel good.

AGE OF CENTRAL TEXAS

Email preferred: MemoryInfo@AGEofCentralTX.org

Phone: 512-451-4611

www.AGEofCentralTX.org

Memory Connections Online Program Summary

- Engaging small group activities offered online over zoom through a monthly subscription program
- Designed for people experiencing changes in memory or cognition
- Variety of activities to promote brain health and peer social connection, including:
 - Brain boosters, such as trivia, puzzles, word games
 - Live music, music therapy or name that tune
 - Social hour or bingo
 - Peer support group
 - Opportunities to learn new things through presentations about travel or various topics
- Activities are usually offered Monday to Friday at 10:30am and 2pm
- In collaboration with you, we create a personalized schedule of activities to meet your goals, needs, and interests

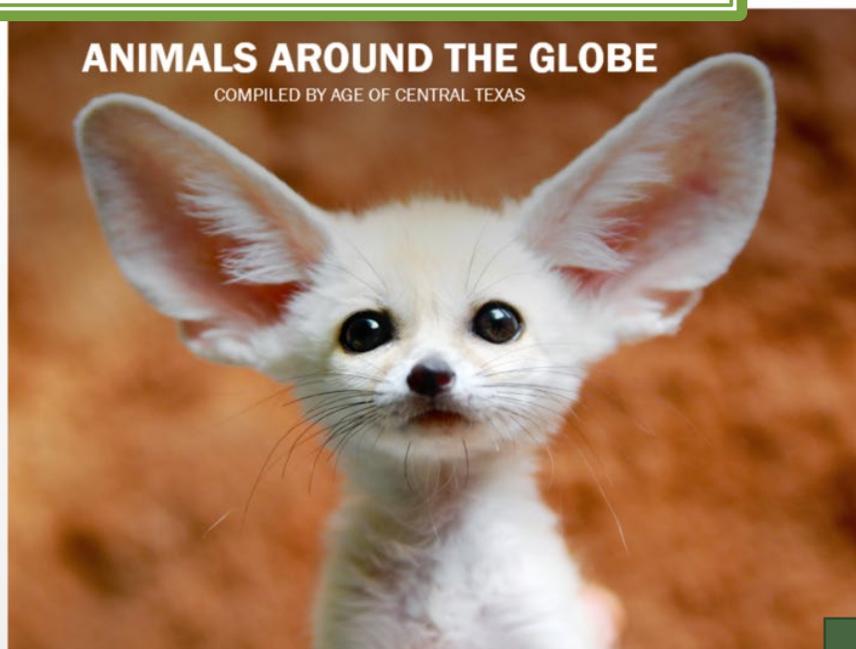
“Having a group like this is really special. I really look forward to these times together. Groups like this help me tolerate more frustrations. Thank you!”



Program Cost

\$100 per calendar month

Please contact us to discuss sliding scale fees - we don't want finances to be an obstacle to joining us.



“I always laugh when I come here, it's enjoyable and makes my day. I think of all of you as friends.”

“Zoom has opened new horizons for people like us. When we can't drive, we can still come.”