

**G**rowing research indicates there are steps we can take to promote brain health and sustain cognitive abilities and to enhance well-being in persons with early memory loss.

Although there is no magic ingredient to ensure protection of the mind, a combination of physical activity and mental exercise in a social group setting is now being emphasized. These interventions can foster a pathway to active aging, improving quality of life, and helping to maintain independent living.



**We are open:**

*Tuesdays & Thursdays*

*10:00 AM-2:00 PM*

***Our Affordable Rates:***

*Daily Rate: \$20.00*

*(Includes Lunch)*

*Billed Monthly!*



Conveniently located near the Route 13 and I 295 interchange

**Weston Senior Center**  
1 Bassett Avenue  
New Castle, DE 19720  
Phone: (302) 328-6626  
Email: westonseniorcenter@aol.com



**“HOLD THAT  
THOUGHT”**

**Weston Senior  
Center**

**Early Memory Loss Program**

## *Benefits of our Program*

- ◆ Education and resources about Memory Loss.
- ◆ A sense of purpose & belonging
- ◆ Meaningful workshops that build strength and abilities
- ◆ Fun peer support and skill building.
- ◆ Mentally challenging activities
- ◆ Physical activity and education on the benefits of physical activity and nutrition
- ◆ Learn strategies to strengthen or compensate for memory loss
- ◆ Learn how to change your lifestyle to be more brain healthy



***If you or someone you love is experiencing memory loss or have been recently diagnosed stop by or call today for more information and to schedule your tour .***

***Same day tours  
are available  
(302) 328-6626***

Weston Senior Center is a 501(c)(3) non-profit organization. All proceeds are used to continue to provide exceptional services and programs to our seniors.

## *Outcomes for Participants*

- ◆ Decreased Depression and Anxiety in Social Situations
- ◆ Stabilized Cognitive Functions
- ◆ Increased Coping Skills and Increased Self-esteem

