



Let's Get Social!

A New Activity Program for Elderly Community Members

Brought to you by the Maimonides Geriatrics Resource Program*



Connect with others and participate in activities that help geriatric patients maintain cognitive function, physical strength, and emotional balance.

- Activities take place weekly on the first four Fridays of the month.
- Participation is FREE.

LOCATION:

Maimonides Doctors Multispecialty Pavilion*
2nd Floor Conference Room
4813 Ninth Avenue | Brooklyn, NY 11220

**Free underground parking available for easy building access.*

TO REGISTER:

Contact: Jessenia Puntiel
Email: jpuntiel@maimo.org | Call: (718) 283-7089

Maimo.org/geriatrics

ACTIVITY SCHEDULE (please see back for dates):

First Friday of the Month

11:00 am: Music Appreciation
12:00 pm: Art Appreciation

2nd Friday of the Month

11:00 am: CaringKind's Cognitively Impaired Activity Group
12:00 pm: CaringKind's Caregiver Support Group

3rd Friday of the Month

11:00 am: Tai Chi Practice
12:00 pm: Canine Care - Pet Support

4th Friday of the Month

11:00 am: Sharing Narratives with Life Story Club
12:00 pm: Senior Planet's Tech Support

**The Geriatrics Resource Program is a project supported by the Division of Geriatrics at Maimonides Health.*

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Age-Friendly
Health Systems

Committed to
Care Excellence

OCTOBER 2024	11:00am – 12:00pm	12:00pm – 1:00pm
Friday 10/4	Music Appreciation	Art Appreciation
Friday 10/11	CaringKind's Cognitively Impaired Activity Group	CaringKind's Caregiver Support Group
Friday 10/18	Tai Chi Practice	Canine Care - Pet Support
Friday 10/25	Sharing Narratives with Life Story Club	Senior Planet's Tech Support
NOVEMBER 2024		
Friday 11/1	Music Appreciation	Art Appreciation
Friday 11/8	CaringKind's Cognitively Impaired Activity Group	CaringKind's Caregiver Support Group
Friday 11/15	Tai Chi Practice	Canine Care - Pet Support
Friday 11/22	Sharing Narratives with Life Story Club	Senior Planet's Tech Support
DECEMBER 2024		
Friday 12/6	Music Appreciation	Art Appreciation
Friday 12/13	CaringKind's Cognitively Impaired Activity Group	CaringKind's Caregiver Support Group
Friday 12/20	Tai Chi Practice	Canine Care - Pet Support
Friday 12/27	Sharing Narratives with Life Story Club	Senior Planet's Tech Support
JANUARY 2025		
Friday 1/3	Music Appreciation	Art Appreciation
Friday 1/10	CaringKind's Cognitively Impaired Activity Group	CaringKind's Caregiver Support Group
Friday 1/17	Tai Chi Practice	Canine Care - Pet Support
Friday 1/24	Sharing Narratives with Life Story Club	Senior Planet's Tech Support
FEBRUARY 2025		
Friday 2/7	Music Appreciation	Art Appreciation
Friday 2/14	CaringKind's Cognitively Impaired Activity Group	CaringKind's Caregiver Support Group
Friday 2/21	Tai Chi Practice	Canine Care - Pet Support
Friday 2/28	Sharing Narratives with Life Story Club	Senior Planet's Tech Support
MARCH 2025		
Friday 3/7	Music Appreciation	Art Appreciation
Friday 3/14	CaringKind's Cognitively Impaired Activity Group	CaringKind's Caregiver Support Group
Friday 3/21	Tai Chi Practice	Canine Care - Pet Support
Friday 3/28	Sharing Narratives with Life Story Club	Senior Planet's Tech Support

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