



Call now for more information: (925) 937-2018

Life Enrichment Programs at Eldercare Services

Activity based programs designed to promote mental stimulation and encourage socialization.

These activities are appropriate for people who are cognitively intact and are seeking socialization and brain stimulation as well as people who are cognitively impaired to varying degrees.

Classes will include hands-on activities that are meant to create opportunities for sharing and reminiscing about personal experiences. Music and movement are included when appropriate for clients who are able.

- ✓ Crafts (like hand-made bird feeders)
- ✓ Sing-alongs
- ✓ Games (name that tune, flash cards, trivia)
- ✓ Short stories and poems

Socialization is critical. Researchers have shown that social isolation can be more deadly than smoking a pack of cigarettes every day.

Eldercare Services is offering a range of classes, both at our facility and in your home, that will help your loved ones reap the many benefits of social engagement and cognitive stimulation.

Classes like "For the Love of Animals" and "Music, Music, Music" will entertain and stimulate the minds of your loved ones.

Please contact Eldercare Services at 925-937-2018 or visit EldercareAnswers.com/life-enrichment/ for more information.

Eldercare Services
1808 Tice Valley Blvd,
Walnut Creek, CA 94595



Recreational Therapy in the Home

Individualized activity programs that stimulate cognition and engagement for those who are homebound.

Our programs offer personalized activities based on the client's interests, values and needs that can immensely improve the quality of life for an older, mobility-challenged adult.

Call now to schedule your in-home therapy session with our Recreational Therapist, Brenda Dickinson and let her 20+ years of experience help you and your loved ones enjoy a higher quality of life.