

OUR GOALS

Cognitive stimulation programs using evidence-based practices to improve or maintain cognitive function and overall holistic wellness.

Additional Outreach and Caregiver Resources to connect you to your community is available at RMSS.
For more information call: 604-380-0516.



CONTACT US
604-418-1476

Program Days and Locations

Thursdays
Maple Ridge Seniors Centre
12150 224th Street

Mondays
Pitt Meadows Seniors Centre
19065 119B Avenue

**ADULT
COGNITIVE
WELLNESS
PROGRAM**

About Us

A Day Program option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment.

At the same time, this program assists caregivers with respite and offers caregiver support.

This is a partnership program between the Ridge Meadows Seniors Society and Safe Care Home Support Ltd.



WHO CAN SIGN UP?

Adults 50+ with mild to moderate cognitive impairment. Our team members will make sure participants are connected with others who match their stage and abilities.

WHAT ARE THE BENEFITS?

We will help to maintain independence and reduce isolation, all while maintaining the individual's current level of cognitive and physical abilities for as long as possible, using a holistic approach.

RESEARCH

Programs like ours can help prevent or delay placement into long term care by supporting client independence, self-reliance and self-empowerment through personalized care and peer-inspired self confidence.

HOW TO SIGN UP?

To register or for questions please call 604-418-1476. Program offered at RMSS Maple Ridge Seniors Activity Centre on Thursdays and at the RMSS Pitt Meadows Seniors Activity Centre on Mondays.