

2009 National Association of Home Builders

Silver Achievement

Best New Assisted Living Facility

2009 Assisted Living Federation of America

Best of the Best

Activities Award

2008 Connecticut Assisted Living Association

Best Practices

Managed Residential Services Marketing Award & Media Award

2008 Connecticut Assisted Living Association

Best Practices

Distinguished Service Award



The Greens
AT CANNONDALE

The Area's Premier Assisted Living Community

435 Danbury Road, Wilton, CT 06897
(203) 761-1191

Visit us at: www.thegreensatcannondale.com

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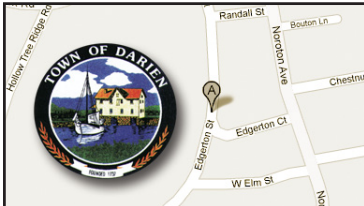
Once again presents:

"Memory Matters II"

to be held at the

Darien Senior Center

30 Edgerton Street • Darien, CT



BACK BY POPULAR DEMAND!

The Greens at Cannondale proudly presents:

"Memory Matters II"

**Four Informative Lectures on
"Exercising Your Memory"
at the Darien Senior Center**





Memory Matters II

C O M M U N I T Y S E R I E S

Refresh, Reflect, Renew Music • Art • Discussion

As the body ages, many people suffer from a progression of memory loss, beginning with the inability to remember simple tasks or names. Learn the latest research on how to preserve memory and cognitive function. Both exercise and mental stimulation are crucial in the preservation of brain function. Learn what areas of the brain are responsible for memory and how to keep it working well. Recommendations for diet, as well as current research on the most important nutrients for memory improvement and optimal brain function.

TUESDAYS THIS FALL: FEATURED SPEAKERS

- **OCTOBER 4 - *Depression in the Elderly* –**
Dr. Alan P. Siegal, a nationally recognized Alzheimer’s Disease expert and Associate Clinical Professor of Psychiatry, Yale University.
- **OCTOBER 11 - *Top 10 Herbals Products* –**
Allison Wiencek, PharmD, and Kristen Murray, PharmD, will discuss how herbals are regulated, common uses of the “top ten” on the market, and important interactions to keep in mind when deciding to use a herbal product.
- **OCTOBER 18 - *Cooking Demonstration* –**
Craig Swindell, Cook and Chef, The Greens at Cannondale
- **OCTOBER 25 - *Making Connections* –**
Lois Alcosser, Freelance Writer, will discuss how we have different friendships throughout our lives, from childhood on. We can gain many insights recalling those various friendships, and sharing them is a surprisingly beneficial way of making new connections and new friends.

Discussions • Nutrition Exercise • Memory

12:30 - 1:30 – **Featured Speakers**

1:30 - 2:00 – **The History of Music**
with Pat Spencer

Broadway, Popular & Classical Music

2:00 - 2:30 – **Reflections on Art**
with Darby Cartun

Using Art to create & stimulate discussion
& expression of personal feelings

***Join Us & Engage Your Mind
and Refresh Your Spirit!***

Location: THE DARIEN SENIOR CENTER – 30 Edgerton Street, Darien, CT 06820

RESERVATIONS REQUIRED – To make your reservation please call **Marcy Rand** at

203-656-7455 or email your reservation to **mrand@darienct.gov**. We hope to see you again!