

Brought to you by:



In Home Care & Assistance

Boston and North



MEMORY CAFE

CONVERSATION | REFRESHMENTS | ACTIVITIES | FUN

A Memory Cafe is a welcoming and safe place for people with forgetfulness or other changes in their thinking and for their family and friends to come together. Each Memory Cafe is unique. Some cafe's invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. All cafe's share these goals: to help guests feel comfortable and know they are not alone. Cafes are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths. In addition, cafes are a place to enjoy each other's company, and to explore something new. Please note, persons who require personal assistance must be accompanied by a caregiver.

Second Tuesday of the Month

1:00 pm - 3:00 pm

St Andrew's Episcopal Church

135 Lafayette Street | Marblehead, MA

You are welcome to attend as many cafe's as you wish!

For a list of memory cafe's, please visit
www.jfcsboston.org/MemoryCafeDirectory

CONTACT INFORMATION:

To learn more about memory cafes and volunteer opportunities, contact

Victoria Guskiewicz

P: 781.568.0623

E: vguskiewicz@rightathomemass.com



Sponsorship and donations always welcome.