



WHAT IS A MEMORY CAFE?

A gathering place for anyone worried about or experiencing memory loss, where they can relax, learn and enjoy socialization, discussion, and activities. A Memory Café is a chance to get out of the house and do something fun. A chance to engage people mentally and physically for better health. Other family members are welcome as guests, too.

WHO CAN ATTEND?

Anyone who is concerned about memory problems and is wondering what to do about it.

WHERE ARE THEY?

WHERE	WHEN
Hillcrest Unitarian Church 298 West Arbor Drive San Diego, CA 92103	Every 2nd and 4th Friday from 10:00 am-11:30 am
Carmel Valley Grace Point Church 13340 Hayford Way San Diego, CA 92130	Every 2nd and 4th Friday from 10:00 am-11:30am
Poway Senior Center 13094 Civic Center Drive Poway, CA 92064	Every 2nd and 4th Wednesday from 10:00 am-11:30 am
Chula Vista Congregational Church 276 F Street Chula Vista, CA 91910	Every 2nd and 4th Thursday from 10:00 am-11:30 am
La Jolla Community Center 6811 La Jolla Blvd La Jolla, CA 92037	Every 3rd Wednesday 11:00 am-12:30 pm <i>(Lunch is included)</i>

WHO DO I CONTACT WITH QUESTIONS?

For more information, please contact Michelle Mullen, Memory Café Coordinator,
at the George G. Glenner Alzheimer's Family Centers, Inc.®
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