



WHAT IS A MEMORY CAFÉ?

A Memory Café is a safe, supportive environment, often described as a “meet up”, designed to engage attendees in cognitive activities to perk up memory. The goal of the Glenner Centers’ Memory Cafés is to keep attendees mentally & socially active which research shows is protective of brain health. Guest speakers are occasionally scheduled & community resource information is available.

WHERE ARE THEY?

WHERE	WHEN
CARMEL VALLEY GRACE POINT CHURCH 13340 Hayford Way San Diego, CA 92130	EVERY 2ND & 4TH FRIDAY from 10:00 a.m. - 11:30 a.m.
CHULA VISTA SILVERCREST RESIDENCES 636 Third Avenue Chula Vista, CA 91910	EVERY 1ST & 3RD THURSDAY (SPANISH) from 11:00 a.m. - 12:30 p.m. EVERY 2ND & 4TH THURSDAY (ENGLISH) from 10:00 a.m. - 11:30 a.m.
EL CAJON LIBRARY 201 E. Douglas Street El Cajon, CA 92020	EVERY 1ST & 3RD FRIDAY from 11:00 a.m. - 12:30 p.m.
MISSION HILLS-HILLCREST/KNOX LIBRARY COMMUNITY ROOM 215 W. Washington Street, San Diego, CA 92103 *Free underground parking lot with elevator available	EVERY 4TH TUESDAY from 1:00 p.m. - 2:30 p.m.
LA JOLLA COMMUNITY CENTER 6811 La Jolla Boulevard La Jolla, CA 92037	EVERY 1ST & 3RD WEDNESDAY from 11:00 a.m. - 12:30 p.m.
POWAY SENIOR CENTER 13094 Civic Center Drive Poway, CA 92064	EVERY 2ND & 4TH WEDNESDAY from 10:00 a.m. - 11:30 a.m.

FOR MORE INFORMATION: PLEASE CONTACT SHANNON PATEL, MEMORY CAFÉ COORDINATOR AT THE GEORGE G. GLENNER ALZHEIMER'S FAMILY CENTERS, INC.®
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GEORGE G. GLENNER ALZHEIMER'S FAMILY CENTERS, INC.® IS A 501(C)(3) NON-PROFIT ORGANIZATION.

*The George G. Glenner Alzheimer's Family Centers, Inc.® is not responsible for Memory Café attendees. Attendees must be accompanied by a caregiver or loved one for the duration of the Memory Café if assistance or supervision is required.

The Glenner Centers also run separate adult day care programs at alternate locations.