



## 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. These gatherings are free and open to all older adults with or without current memory concerns.

## WHERE ARE THEY?

WHERE	WHEN
<b>CARMEL VALLEY GRACE POINT CHURCH</b> 13340 Hayford Way San Diego, CA 92130	<b>EVERY 2<sup>ND</sup> &amp; 4<sup>TH</sup> FRIDAY</b> from 10:00 a.m. - 11:30 a.m.
<b>CHULA VISTA SILVERCREST RESIDENCES</b> 636 Third Avenue Chula Vista, CA 91910	<b>EVERY 1<sup>ST</sup> &amp; 3<sup>RD</sup> THURSDAY (SPANISH)</b> from 11:00 a.m. - 12:30 p.m. <b>EVERY 2<sup>ND</sup> &amp; 4<sup>TH</sup> THURSDAY (ENGLISH)</b> from 10:00 a.m. - 11:30 a.m.
<b>EL CAJON LIBRARY</b> 201 E. Douglas Street El Cajon, CA 92020	<b>EVERY 1<sup>ST</sup> &amp; 3<sup>RD</sup> FRIDAY</b> from 11:00 a.m. - 12:30 p.m.
<b>MISSION HILLS-HILLCREST/KNOX LIBRARY COMMUNITY ROOM</b> 215 W. Washington Street, San Diego, CA 92103 *Free underground parking lot with elevator available	<b>EVERY 4<sup>TH</sup> TUESDAY</b> from 1:00 p.m. - 2:30 p.m.
<b>LA JOLLA COMMUNITY CENTER</b> 6811 La Jolla Boulevard La Jolla, CA 92037	<b>EVERY 1<sup>ST</sup> &amp; 3<sup>RD</sup> WEDNESDAY</b> from 11:00 a.m. - 12:30 p.m.
<b>POWAY SENIOR CENTER</b> 13094 Civic Center Drive Poway, CA 92064	<b>EVERY 2<sup>ND</sup> &amp; 4<sup>TH</sup> WEDNESDAY</b> 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.®  
**SPATEL@GLENNER.ORG | 619-405-0768 | WWW.GLENNER.ORG**

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.