



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 and socially active which research shows is protective of brain health. Guest speakers are occasionally scheduled and community resource information is available.

WHERE ARE THEY?

WHERE	WHEN
CARMEL VALLEY GRACE POINT CHURCH 13340 Hayford Way San Diego, CA 92130	Every 2nd and 4th Friday from 10:00 a.m. - 11:30 a.m.
CHULA VISTA SILVERCREST RESIDENCES 636 Third Avenue Chula Vista, CA 91910	Every 1st and 3rd Thursday (Spanish) from 11:00 a.m. - 12:30 p.m. Every 2nd and 4th Thursday (English) from 10:00 a.m. - 11:30 a.m.
EL CAJON LIBRARY 201 E. Douglas El Cajon, CA 92020	Every 1st and 3rd Friday from 11:00 a.m. - 12:30 p.m.
FIRST UNITARIAN CHURCH 299 West Arbor Drive San Diego, CA 92103	Every 2nd and 4th Friday from 10:00 a.m. - 11:30 a.m.
LA JOLLA COMMUNITY CENTER 6811 La Jolla Blvd La Jolla, CA 92037	Every 1st and 3rd Wednesday from 11:00 a.m. - 12:30 p.m.
POWAY SENIOR CENTER 13094 Civic Center Drive Poway, CA 92064	Every 2nd and 4th Wednesday from 10:00 a.m. - 11:30 a.m.

WHO DO I CONTACT WITH QUESTIONS?

**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**

*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 and/or supervision is required. If assistance and/or supervision is required, The Glenner Centers also run a separate adult day care program at alternate locations.