



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
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 Avenue El Cajon, CA 92020	EVERY 1ST & 3RD FRIDAY from 1:00 p.m. - 2:30 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 LIBRARY 13137 Poway Road Poway, CA 92064	EVERY 2ND & 4TH WEDNESDAY from 10:00 a.m. - 11:30 a.m.

FOR MORE INFORMATION: PLEASE CONTACT MARTI WESALA, MEMORY CAFÉ COORDINATOR AT THE GEORGE G. GLENNER ALZHEIMER'S FAMILY CENTERS, INC.®
MWESALA@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.