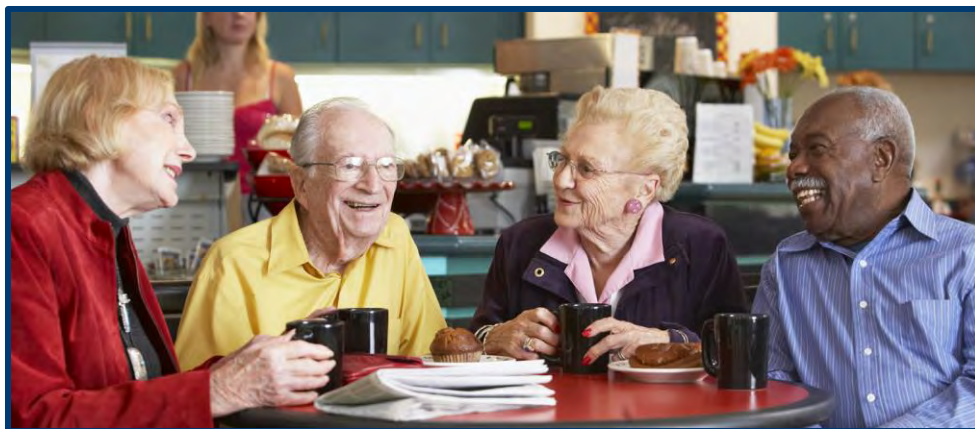




## WHAT IS A MEMORY CAFÉ?

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 & open to all older adults with or without current memory concerns.



## WHERE ARE THEY?

Before the COVID-19 pandemic, the Glenner Centers offered 6 Memory Cafés throughout San Diego County. These groups were suspended during the pandemic, but effective September 1, 2022, the following Memory Café will be open once again!

**Solana Beach Presbyterian Church**  
**120 Stevens Avenue | Solana Beach, CA 92075**  
**Every 2<sup>nd</sup> & 4<sup>th</sup> Thursday | 10:00 a.m. - 11:30 a.m.**

## WILL YOU BE HOSTING MORE CAFÉS IN THE FUTURE?

Yes! Additional Café locations will be coming in 2023!

## FOR MORE INFORMATION

Please contact Shannon Patel | [spatel@glenner.org](mailto:spatel@glenner.org) | 619-616-7988

*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.*

*NOTE: The Glenner Centers also run separate adult day care centers at alternative locations if supervision & care is needed.*

*For more information on our day centers, please visit [www.glenner.org](http://www.glenner.org)*