



## 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 memory concerns.

## WHERE ARE THEY?

### **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.

**TO REGISTER:** [cindy@solanapres.org](mailto:cindy@solanapres.org) or [elizabeth@solanapres.org](mailto:elizabeth@solanapres.org) | 858-509-2587

### **Grossmont Healthcare District’s Health & Wellness Library**

9001 Wakarusa Street | La Mesa, CA 91942

Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday | 10:30 a.m. - 12 p.m.

**TO REGISTER:** [library@grossmonthealthcare.org](mailto:library@grossmonthealthcare.org) | 619-825-5010

### **Westmont of Carmel Valley**

5720 Old Carmel Valley Road

San Diego, CA 92130

Every 2<sup>nd</sup> & 4<sup>th</sup> Saturday | 10:00 a.m. - 11:30 a.m.

**TO REGISTER:** [crd2carmelvalley@westmontliving.com](mailto:crd2carmelvalley@westmontliving.com) | 858-947-6460

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 care, assistance or supervision is required.

If care, assistance or supervision *is* needed, the Glenner Centers also run separate adult day care centers at alternative locations.

**Visit [www.glenner.org](http://www.glenner.org) for more information.**