



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 2nd & 4th Thursday | 10:00 a.m. - 11:30 a.m.

Grossmont Healthcare District’s Health & Wellness Library
9001 Wakarusa Street | La Mesa, CA 91942
Every 1st & 3rd Thursday | 10:30 a.m. - 12 p.m.

FOR MORE INFORMATION & TO REGISTER

Solana Beach Café: Shannon Patel | spatel@glenner.org | 619-616-7988
Grossmont Healthcare District Café: library@grossmonthealthcare.org | 619-825-5010

PLEASE NOTE

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.

For more information on our day centers, please visit www.glenner.org.