# GLENNER MEMORY CAFÉ SCHEDULE

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.

## SOLANA BEACH

Solana Beach Presbyterian Church
120 Stevens Avenue
Solana Beach, CA 92075

Every 1st & 3rd Friday
10:00 a.m. - 11:30 a.m.

**TO REGISTER:**
cindy@solanapres.org or
elizabeth@solanapres.org
858-509-2587

## LA MESA

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. &
1 p.m. - 2:30 p.m.

**TO REGISTER:**
library@grossmonthhealthcare.org
619-825-5010

## SAN DIEGO

Westmont of Carmel Valley
5720 Old Carmel Valley Road
San Diego, CA 92130

Every 3rd Friday
10:00 a.m. - 11:30 a.m.

**TO REGISTER:**
mcccarmelvalley@westmontliving.com
858-947-0460

**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.**

**To learn how to bring a Glenner Certified Memory Café to your place of business, visit www.glenner.org/services/memory-cafes/ for more information.**