

# Avon Memory Café

**Support for people with memory loss and their care partners**



## What is a Memory Café?

A Memory Café is a supportive, safe place for anyone affected by dementia to socialize, enjoy each other's company and have a good time. The goal is to make every guest feel as comfortable as possible. A Memory Café is not a support group or drop-off respite option. It is a monthly gathering where people with memory loss and their care partners can enjoy time together and remain socially connected with others.

## When and Where?

March 27, 2024 from 11:30 am-1:30 pm

Avon Council on Aging, 65 East Main Street, Avon, MA

This month's Café features Dave from Therapy Gardens with a workshop on an Herb Starter Garden. Learn about the properties of popular flowers and herbs and then plant your own! Topics include growing small flowers and herbs indoors and outdoors, including different presentation ideas. Participants leave with a small seed starter kit and their choice of a variety of seeds.

This program will follow a lunch. RSVPs are appreciated, but not required. There is no cost to attend. Rides are available for Avon residents. Please contact Louise Hardiman at [lharden@avon-ma.gov](mailto:lharden@avon-ma.gov) or 774-480-5352 for more information or to RSVP.

## Future Memory Café dates:

April 24 – Music with Pam and Paula

May 29 – Stress Relief w/Aromatherapy

June 26 – Chair Hip Hop

All are welcome. Tout moun yo akeyi! Todos son bienvenidos!

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