# **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 brain changes 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?

April 24, 2024 from 11:30 am-1:30 pm Avon Council on Aging, 65 East Main Street, Avon, MA

Come on get happy with music from Pam and Paula! Enjoy a light lunch followed by songs performed by wonderful local musicians.

RSVPs are appreciated, but not required. There is no cost to attend. Rides are available for Avon residents. Please contact Louise Hardiman at <u>Ihardiman@avon-ma.gov</u> or 774-480-5352 for more information or to RSVP.

#### Future Memory Café dates:

May 29 – Stress Relief w/Aromatherapy June 26 – Chair Hip Hop July 31 - TBD

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

This program is funded with a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs.