

Sponsored by:

# RIVERCOURT RESIDENCES

## MEMORY CAFÉ



A memory café is held in a safe and comfortable space where caregivers and their loved ones can socialize and enjoy activities together.

They allow those living with any form of dementia or cognitive decline an opportunity to enjoy the company of other.

Memory Cafes' provide mutual support, exchange of information and a place for caregivers to enjoys activities with their loved one as a break from the normal routine.

Enjoy connections made through music, dancing, crafts, guided reminiscing, painting, excersize...you name it!

Each memory cafe' is different but they all offer a variety of engaging activities for particapants

Refreshments will be enjoyed from 10:30-11:00  
and then the activity will be from 11-12.

Meets the Third Tuesday of Every Month  
10:30am-12:00pm

Groton Center • 163 West Main Street • Groton, Massachusetts 01450

To register, or for questions contact: Ashley Shaheen at The Groton Center  
978-448-1170 • Email: [Ashaheen@grotonma.gov](mailto:Ashaheen@grotonma.gov)