



YOU'RE INVITED

Memory Cafe

A Social Gathering for those with Mild to Moderate
Memory Loss and their Care Partner.

Enjoy time socializing and connecting with others going
through a similar experience. And participate in an activity, if
you choose. Snacks and refreshments served.

Special Date due to Holiday

January 8	April 1
February 5	May 6
March 4	June 3

1st Wednesday of the Month, 2:00-4:00 pm

**Trousdale Wellness Center
1875 Trousdale Drive, Burlingame**

Call the Burlingame Recreation Center
for More Information or to RSVP: 650-558-7300



Commonly Asked Questions

What is a Memory Café?

A Memory Cafe is a wonderfully welcoming place for individuals with Alzheimer's or any type of the dementias. The challenges of living with memory loss can sever social connection at a time when it is needed most. Across the country, Memory Café gatherings are one way people with memory loss and their care partners are coming together to make new friendships and support one another. A Memory Café is a safe and comfortable space where care partners and their loved ones can socialize, listen to music, play games, and enjoy other appropriate activities. You can simply enjoy the company of those with similar things in common.

Who should attend a Memory Café?

Memory Cafes are intended for those with mild to moderate Alzheimer's, Dementia, or other memory loss, along with their care partner. While a Memory Café is beneficial to those afflicted, it is also beneficial for their care partners as well. It is not a place to "drop off" your loved one for a while, but a way to enjoy activities with them as a break from the normal routine in safe and comfortable environment.

Is this a support group?

In short, no this is not a support group. Support groups are typically solely for caregivers and focus on sharing experiences and learning to cope with a challenge they are facing. While it is very likely that the Memory Café will become a supportive community, that is not the main purpose of the program.

What will a typical Memory Café be like?

The Memory Café will be a warm, welcoming environment. There will be ample time for meeting others and getting to know one another. Light refreshments and snacks will be provided. There will also be an activity appropriate for the attendees, which will be optional. Professionals from Catholic Charities Aging Support Services will facilitate each café gathering and be able to provide resources.

What kind of activities are planned?

Activities will be varied and could include art, music, photo sharing, movement/exercise, holiday celebrations, or games. We encourage you to come even if the activity may not be of interest—the activity is just one portion of the afternoon, and you might be pleasantly surprised if you do choose to give it a try. As the group develops, we will ask you which types of activities you prefer and we will plan accordingly.

Do I need to sign up? How much does it cost?

We ask that you RSVP, but it is not required to attend. The program is free thanks to the support of the Peninsula Health Care District, with assistance from the partner organizations Burlingame Parks and Recreation and Catholic Charities.

RSVPs can be made by calling the Burlingame Recreation Center at 650-558-7300.