



YOU'RE INVITED

# Memory Cafe

A Social Gathering for those with  
Memory Loss and their Caregiver

Enjoy time for socializing, refreshments,  
and an activity

**SEPTEMBER 4 - MEET & GREET**

**OCTOBER 2 - CHAIR YOGA**

**NOVEMBER 6 - MUSIC & MEMORY**

**DECEMBER 4 - PHOTO SHARING**

**WEDNESDAYS, 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

