

# MEMORY CAFÉ

*Share your stories and socialize with others who have worries about their memory.*



The **Ethos AgeWell West Roxbury Memory Café** is a friendly and relaxed monthly gathering for you and your loved one to meet with others for support, companionship and fun.

Come together in a safe, supportive environment, share conversation over a cup of coffee, or participate in fun, simple activities with your loved one and the group.

There is no cost to attend however, a care partner must accompany guests who require personal care assistance.

**For additional information, contact: Ann Glora at 617-477-6616 or [aglora@ethocare.org](mailto:aglora@ethocare.org).**

This program is made possible by a grant from the Blue Hills Bank Charitable Foundation and through in-kind support from the Boston Centers for Youth and Families.



FIRST TUESDAY OF THE MONTH  
1:00 p.m. to 3:00 p.m.

BCYF Roche Family Community  
Center  
1716 Centre Street  
West Roxbury, MA 02132

- Free monthly café
- Meet with peers facing similar challenges.
- Connect with others in a social, relaxing and supportive environment.
- Learn about resources available to help.



## Ethos / AgeWell Memory Café

# 2017 Schedule of Events

**January 3<sup>rd</sup>** – Games, Music, and Movement

**February 7<sup>th</sup>** – Massage Therapy: “The Power of Skilled Touch in Alzheimer's Care” presented by Perfectly Balanced Life

**March 7<sup>th</sup>** – Art Therapy: Watercolors with Rosemarie (Hyde Park Art Association Mobile Arts Program)

**April 4<sup>th</sup>** – Games, Music, and Movement

**May 2<sup>nd</sup>** – Art Therapy: Spring Card Making with Mary (Hyde Park Art Association Mobile Arts Program)

**June 6<sup>th</sup>** - Massage Therapy: “Body and Mind Movement Techniques” presented by Perfectly Balanced Life

**July 11<sup>th</sup>** – Patriotic / Summer Sing-A-Long

**August 1<sup>st</sup>** - Art Therapy: Watercolors with Rosemarie (Hyde Park Art Association Mobile Arts Program)

**September 5<sup>th</sup>** – Games, Music, and Movement

**October 3<sup>rd</sup>** – Art Therapy: Fall Card Making with Mary (Hyde Park Art Association Mobile Arts Program)

**November 14<sup>th</sup>** – “Healthy Breathing” presented by Perfectly Balanced Life

**December 5<sup>th</sup>** – End-of-Year Celebration

Reservations are requested, but not required.

Please contact Ann at 617-477-6616 or [aglor@ethocare.org](mailto:aglor@ethocare.org) to RSVP.