

# Saline's Monthly Memory Café Gets Things Going

May 2022

The free "Come As You Are" Memory Café is an informal social, entertainment and informational event for persons living with dementia and their care partners, family and friends.

Come and meet, relax with, and compare notes with, people of like mind, while enjoying an afternoon of fun.

Come in person if you want (its free), come virtually if you prefer (but you won't get the yummy refreshments).

Recent Cafes have featured:

- Live music by local musicians (folk, crooner classics, jazz, ragtime, Irish fiddling, country)
- Easy cooking demonstrations
- Pie tasting
- Art demonstrations
- Floral centerpiece building
- Chair yoga
- Storytelling
- Musical & Memories
- Drumming circle
- Wacky pumpkin decorating
- Chair exercise
- Treasure Hunt/Show and Tell

Friends regularly join us on Zoom from across Michigan and as far as California. With the help of a huge TV screen, four cameras, and multiple microphones, people on Zoom are thoroughly engaged and included in the proceedings.

There's always an information table laden with useful booklets and factsheets about dementia and caregiving, from reliable sources such as the Alzheimer's Association, the National Institutes of Health and others.

The Memory Café is supported by Holy Faith Church, EHM Senior Solutions, The Ann Arbor Area Community Foundation, Old National Bank, Thrivent Financial, Storypoint Senior Living, Linden Square Senior Assisted Living, and many individual donors.

See Memory Café fliers for more info.



