






Memory Café

➔ at River Road

Trinity Church, 124 River Road, Topsfield, MA

10am - 12pm • First Sat. of the Month (or 3rd Sat. if 1st Sat. is a snow event)

All are welcome. Free-of-Charge! Guests who require assistance must bring a care partner.

 <p>Nov. 3 or 11/17</p>	<p>Sharing our Roots. Bring an object from home to share about your personal heritage or culture.</p>
 <p>Dec. 15 or 12/29</p>	<p>Drum Circle. Bring a drum from home if you wish. Instruments supplied.</p>
 <p>Jan. 5 or 1/19</p>	<p>Dance Circle. Come as you are for a fun chair-dance experience. Dance props supplied.</p>
 <p>Feb. 2 or 2/16</p>	<p>Partner Yoga. Learn & experience non-verbal communication techniques. Materials supplied.</p>
 <p>Mar. 2 or 3/16</p>	<p>Make a Sun Hat for Spring. Choose a hat to decorate - and take it home. Materials supplied.</p>

A Memory Café is a friendly gathering space where individuals with memory loss & their care-partners can relax, find friends and mutual support. Join us for laughter, love, information, networking, art, music, dance and poetry.

Community members who wish to “come and see” the program are welcome.

***This program is inclusive** of people living with Memory Hiccups, Mild Cognitive Impairment, Dementia, Alzheimer’s Disease, Down Syndrome or Traumatic Brain Injury with Dementia, etc.*

***This program is supported** by Topsfield Cultural Council, Topsfield Council on Aging, Topsfield Friends of the COA, Topsfield Trinity Church, and MaryMac Missions LLC, with the MA Department of Developmental Services.*

2018

Walk-ins / Wheel-ins welcome.
RSVP Appreciated! Contact Mary
978-887-4202 or mary@marymacmissions.com

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