

FEBRUARY Memory Cafe

FEBRUARY 12, 2025
1:30PM-3:00PM

What to expect

Memory Cafe is open to anyone with early memory loss and other dementia symptoms. The Memory Cafe is an opportunity to be social in an understanding stigma free setting. Socialization often decreases for people with dementia. Here you can remain connected and engaged.

This Month's Activity

We will be doing chair yoga.

What is Memory Café?

The memory café provides a fun, comfortable environment where people with memory loss can relax, engage, and enjoy company of others on the same journey. Feel free to bring a spouse, friend, family member, or significant other.



**ONEIDA COMMUNITY
HEALTH CENTER**



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