

Want To Register?

Email Danna at:

spanishcoordinator@southgranvilleseniors.ca

**Email Danna your questions,
feedback and suggestions!**

Check out our socials:

Website:

southgranvilleseniorscentre.ca



@SouthGranvilleSeniorsCentre



@sgseniors



@southgranvilleseniors

HAPPY MEMORIES CAFE

Hosted by the South
Granville Seniors
Centre

What is Dementia?

According to the Alzheimers Society of Canada, "dementia is an overall term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, problem-solving or language."

Why Attend a Memory Cafe?

Doing creative activities and engaging in social interaction can lower stress, improve memory and slow the symptoms of dementia. So why not learn some new things chat, and meet new people!

All are Welcome

LEARN MORE ABOUT
DEMENTIA, CHAT AND
MAKE NEW FRIENDS

The Cafe

What is a Memory Cafe?

A Memory cafe is a safe place to ask questions and share your experiences. We will do brain stimulating activities, listen to speakers, have discussions and build lasting friendships.

Who is Invited?

- People living with dementia
- Family members and friends of loved ones with dementia
- Anybody else who is wants to know more and be a part of the program

Details of the Program

It would be held once a month over Zoom. Those who are on the email list would be sent the Zoom link one day before we meet and will receive updates about the sessions.