



**What is a Memory Cafe?** A Memory Cafe is a dementia-friendly event (either in-person or online) where you and your loved one can enjoy an outing in a safe and comfortable environment. Memory Cafes started in Europe and have spread around the world.

**How Are Memory Cafes Valuable?** Memory Cafes allow those living with any form of dementia or cognitive decline to enjoy the company of those with things in common. No judgement. No awkward encounters.

**What are Memory Cafe Activities?** At Memory Cafes, participants benefit from a wide range of experiences. Enjoy connections made through music, dancing, crafts, guided reminiscing, painting, exercising, refreshments... you name it! Each Memory Cafe is different, but they all offer very appropriate activities for participants.

**Where Can I Find a Memory Cafe?** There are many Memory Cafes available. Some are available online and some are in-person events. There's a good chance one is right for you! Just visit:

**[www.MemoryCafeDirectory.com](http://www.MemoryCafeDirectory.com)**