






Memory Cafés welcome those experiencing early stage Dementia, mild memory loss or cognitive impairment, and family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie, and lots of creative fun! We have a Dementia Specialist professional on hand to answer questions and an enormous wealth of experience among participants to be shared. We'd be delighted if you would join us! Call Ariel at 683-4180 for information.


Algoma Memory Cafes held from 10am – 11am at the Algoma Public Library  
Every 2<sup>nd</sup> Wednesday of the month.


## 2023 Schedule

**January 11<sup>th</sup>, 2023:** HEALTHY BRAIN AND BODY  – It's a new year with new goals! Come and learn about the MIND diet and how we can FEED our brain healthier foods!


**February 8<sup>th</sup>, 2023:** SHARE THE LOVE –  Love is in the air! This memory café will involve your very own love stories! Come and share with us any love story in your life; whether romantically with your partner, between you and your pet, a parental love for your children, or anyone else! We'll document them together and those who wish to share will get a chance to share with us as we spread the love.

**March 8<sup>th</sup>, 2023:** “SHAMROCK BINGO”  – Let's wear our lucky GREEN and celebrate St. Patrick's Day with a fun-filled game of Shamrock Bingo! Watch out for Leprechauns!


**April 12<sup>th</sup>, 2023:** SPRINGTIME SING-ALONG  – Spring has sprung! Come and join us for a sing-along as we welcome the budding springtime. We'll sing songs that will bring you happy smiles. Don't worry, we'll provide the words for you!


**May 10<sup>th</sup>, 2023:** FLOWER PLANTING  – Here come the May flowers! Ready to get planting? We'll start our own planters and see if anything grows this summer!


**June 14<sup>th</sup>, 2023:** NATIONAL DAIRY MONTH – Celebrate Dairy Month with us! What better way to celebrate than enjoy some ice cream!


**July 12<sup>th</sup>, 2023:** “WHEEL OF FORTUNE”  – America's Favorite game show makes its 2022 debut at the Algoma memory café today. Can you solve the puzzle?

**August 9<sup>th</sup>, 2023:** FAVORITE BOOK – Remember what it was like to have a book read aloud? Well, today's your day to relive that! Come and hear some of your favorite childhood books, and perhaps a few new ones read aloud.

**September 13<sup>th</sup>, 2023:** “BACK TO SCHOOL” BINGO  – Oh the joys of back-to-school days! Come and join us for a fun game of Bingo as we reminisce on our schooling days. (Prizes included!)

**October 11<sup>th</sup>, 2023:** PUMPKIN DECORATING  – It's the season of pumpkins! Put on your creative hat and see who can decorate the most festive pumpkin.

**November 8<sup>th</sup>, 2023:** “THANKSGIVING BINGO”  Happy Thanksgiving – Join us for a fun-filled time and laughter as we all take part in a unique game of Thanksgiving Bingo! What are you thankful for this year? Share with us!

**December 13<sup>th</sup>, 2023:** “CHRISTMAS BINGO”  – 'Tis the season! Come celebrate the joys of Christmas with us at the Memory Café as we play “Christmas Bingo” for some holiday prizes! What's your favorite Christmas tradition?