



SENIOR SERVICES' MEMORY CAFÉ

JFCS Memory Café is a virtual gathering for people with memory loss and their caregivers. Café members meet twice per month for activities and conversations in a comfortable, supportive environment. Meetings take place on Zoom, so members can have fun and socialize from home.

PROGRAM STRUCTURE

- > Memory Café will meet on the 1st and 3rd Thursday of each month from 10:00 to 11:30am, beginning December 3. Those who have missed earlier sessions are still welcome to join at any time.
- > Café will meet on video conference over Zoom
- > Maximum of 10 pairs of people with memory loss and caregivers. If we receive more registrations than space available, we will place people on a waitlist.
- > The program is free to participants. They will enroll in three-month sessions.
- > Café will be facilitated by JFCS Senior Services staff and guest activity facilitators

ACTIVITIES MAY INCLUDE

- > Music classes
- > Arts programming
- > Movement & Exercise
- > Reminiscence activities
- > Virtual museum tours
- > And more!

REQUIREMENTS TO PARTICIPATE

- > Open to people with memory loss and their caregivers
- > Participants will need a device, internet connection, and ability to access Zoom. (We can provide training and support on using Zoom for those who aren't familiar.)
- > Please call **952-542-4868** or visit jfcsmpls.org if you are interested in registering. Anyone interested will be required to have a short introductory interview with Café Coordinator.

**For more information
call 952-542-4868**

OUR MISSION

Jewish Family and Children's Service of Minneapolis provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering, and offer support in times of need.

OUR VALUES

Based on the Jewish concept of *tikkun olam* (repairing the world), Jewish Family and Children's Service of Minneapolis believes everyone is entitled to equal economic, political and social rights and opportunities. As a human service organization, we value:

- > Compassion
- > Inclusion
- > Innovation
- > Integrity
- > Collaboration

www.jfcsmpls.org