

## MORNINGSTAR MEMORY CAFÉ

### PHILOSOPHY

Our Memory Café is committed to hospitality and inclusion that offers individuals the opportunity to be part of a community free of social stigma.

### STRUCTURE

The main focus of the bi-monthly gatherings is to provide activities for care partners and care recipients in an environment where they can socialize with others. Activities vary and include education, music, dancing and the arts. Fun and refreshments are always part of the plan.


### FACILITATION

Our Memory Café is hosted by experienced Senior Solutions professionals certified as Dementia Specialists and trained volunteers.

Our Morningstar Memory Café is a community-based program sponsored by Senior Solutions, a not-for-profit organization owned and operated by Morningstar Living.

**Please join us!**

**Call or email Senior Solutions to reserve your place at the Café!**

 **610.258.0700**

 **contact@senior-solutions.com**



**Senior**  
SOLUTIONS

**610.258.0700**

**www.senior-solutions.com**



**Bi-Monthly Gatherings**  
**2nd & 4th Thursdays**  
**10 AM – 12 NOON**

**Advent Moravian Church**  
3730 Jacksonville Road  
Bethlehem, PA

**Free Social Gatherings for**  
**Conversation & Friendship**

## WHAT IS THE MORNINGSTAR MEMORY CAFÉ?

Our Memory Café is a free, accessible and welcoming place for people with dementia and their care partners to gather for fun, activities and refreshments.



**A SOCIAL GATHERING FOR PEOPLE WITH DEMENTIA AND THEIR CARE PARTNERS.**

## WHAT IS THE PURPOSE?

Our Memory Café offers:

- hospitality
- interesting and engaging programs
- information about dementia
- coffee, tea and light snacks

**PROGRAMS REFLECT SKILLS, INTERESTS AND DESIRES OF CAFÉ GUESTS AND HOSTS.**

## WHAT IS THE DIFFERENCE BETWEEN A MEMORY CAFÉ AND A SUPPORT GROUP?

Memory Cafés are more about camaraderie and less about a disease.

Memory Cafés are less formal and more flexible in their format.

Memory Cafés provide the person with dementia a chance to interact with others and feel part of a group again.

Memory Cafés offer care partners and their loved one a judgment free space to share information and make meaningful connections.



**GATHER IN A FUN, ACCESSIBLE AND WELCOMING ENVIRONMENT.**