



# MEMORY CAFÉ

## *Espresso Yourself!*

A Memory Café is a setting for persons with memory challenges to engage in fun, enriching activities with their care partners in a nurturing and accepting environment.



## Start off the New Year at our January Memory Café!

Featuring Michelle Dionisio, who will lead us in several kinds of dances: line, folk and Israeli. You're also welcome to come if you just want to tap your foot!!

Michelle is a movement teaching artist who has worked with seniors for over 30 years. She's returning to the JFCS Memory Café by popular demand!

Each Memory Café includes refreshments, socialization, and a stimulating, interactive program. Geared to those who have memory loss and their care partners.

No Charge. Open to the community.

**Thursday, January 3, 2019**

**10:00am-11:30am**



BETH EL CONGREGATION

1118 W. Glendale Ave.

Phoenix, AZ 85021

RSVP to Kathy Rood at **602-452-4627**  
or **kathy.rood@jfcsaz.org**.

