



JOIN US FOR OUR NEXT MEMORY CAFÉ!



MEMORY CAFÉ

Are you or a loved one experiencing any kind of memory impairment? Are you tired of feeling isolated? Do you want to have some fun with other seniors in your community?

Join us each month for the Memory Cafe with CRIS Healthy Aging Center! Our free Memory Café is for anyone 60+ experiencing memory impairment, and their caregivers (caregiver participation is not required). Participants will need access to internet and a computer or smartphone to join the call.

Enjoy a fun, social, and engaging atmosphere where you can relax and interact with other older adults in a safe and supportive environment, all from the comfort of your own home! This month, we will discuss gratitude in our Valentine's Day themed café this coming Wednesday! We look forward to seeing you there!

**PART OF THE CENTRAL ILLINOIS MEMORY CARE PROJECT
SPONSORED BY THE ADMINISTRATION FOR COMMUNITY LIVING**

When: February 10

Time: 10:00 AM

Where: Online

To reduce your risk of exposure to COVID-19, our Memory Café will be exclusively available online with zoom until further notice.

To register, call 217-443-2999 and ask to speak to Ty. Or email tyb@agestrong.org RVSP Required!