

# WELCOMING YOU TO THE -MEMORY CAFÉS-

## Have you heard of our local Memory Cafés?

A Memory Café is a gathering where people can join together to share thoughts and experiences. Memory cafés are attended by persons who are concerned about memory loss, those who are interested in life-long learning, and those who simply enjoy engaging in brain-healthy activities.

Each month, the Aging and Disability Resource Center of Buffalo and Pepin Counties hosts Memory Cafés throughout the counties. Each café is unique and offers a program or activity that is stimulating and fun. Join us for guest speakers with programs on a variety of topics including health and wellness, current events, local history, and much more!

Cafés are great places to engage with others in a warm and welcoming environment. All events are free and hosted in locations which are easily accessible. Coffee and refreshments are served. (No sign-up necessary. Just drop in!)

For additional information, please contact Katrina at 715-279-7870.



### Alma Gathering Café

Third Monday of each odd\*\*  
month,

2:30-4:00pm

At Alma Library, 312 N Main  
St., Alma

### Morning Crew Café

Third Tuesday of each odd\*\*  
month,

10:00-11:30am

At Central Lutheran Church,  
221 W Main St. Mondovi

### Coffee & Conversation Café

Second Tuesday of each  
even\* month

10:00-11:30am

At Hurlburt's Haven,  
1227 E Prospect St. Durand

### Food for Thought Café

Second Tuesday of each  
odd\*\* month,

2:30-4:00pm

At Durand Community  
Library, 604 7<sup>th</sup> Ave E  
Durand

### Pepin Exchange Café

Third Wednesday of every  
even\* month

10:30am-12:00pm

Pepin Public Library  
510 2<sup>nd</sup> St Pepin