



## MEMORY CAFÉ

### Join us at the Memory Café!

The Memory Café is a casual time for individuals with memory loss and their caregivers to enjoy food, socialization and activities in a supportive and fun environment.

- Date:** Second Friday of each month  
**Time:** Program: 10:00am-11:30am  
**Location:** Young At Heart Adult Day Services Center  
6504 Joliet Rd., Countryside, IL 60525
- Lunch provided 11:30am-12:30pm
  - Transportation assistance available. Call for information.

**RSVP Required.** Please contact Susan Bertuglia at 708-245-8087 or [sbertuglia@agingcareconnections.org](mailto:sbertuglia@agingcareconnections.org) to RSVP.

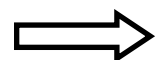
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*Aging Care Connections does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call (708) 354-1323.*

708-354-1323 • 111 W. Harris Ave, La Grange, IL 60525 • [www.agingcareconnections.org](http://www.agingcareconnections.org)

See reverse side of flyer for program activity calendar.



## Memory Café Monthly Activities

Young at Heart Adult Day Services Center

6504 Joliet Rd., Countryside, IL 60525

Friday, January 11	Exercise
Friday, February 8	Dance
THURSDAY, March 14	FIELD TRIP: Drury Lane Oakbrook Ter. Time: TBA Location: Meet the bus at Aging Care Connections 111 W. Harris Ave., LaGrange
Friday, April 12	Watercolor Painting
THURSDAY, May 9	FIELD TRIP: Morton Arboretum, Lisle Time: TBA Location: Meet the bus at Aging Care Connections, 111 W. Harris Ave., LaGrange
Friday, June 14	Acappella Fellas
THURSDAY, July 11	FIELD TRIP: Art Institute of Chicago Time: TBA Location: Meet the bus at Aging Care Connections, 111 W. Harris Ave., LaGrange
Friday, August 9	Laughter Yoga
THURSDAY, September 26	FIELD TRIP: Memory Farm, Elburn, IL Time: TBA Location: Meet the bus at Aging Care Connections, 111 W. Harris Ave., LaGrange

Activities subject to change