



A Project of Aging Strong

Held In-Person at Several Locations in the Treasure Valley and Now On-line!

Have You Heard About Our Memory Café?

A place where family caregivers and their loved one with memory loss can get together in a safe, supportive, and engaging environment.

OFFERED AT NO COST!

The Memory Café Encourages Friendship and Acceptance!

The Memory Café is a time to enjoy activities with your loved one with memory loss and break from the normal routine. It is a time to socialize, learn from monthly topics, and build resources for changing needs.

The Café offers a time for support, shared stories, laughter, and most of all, knowing that **you are not alone!**

JANUARY 2025 EVENTS:

NEW Saint Alphonsus—1055 N Curtis Rd Boise ID Couchlin Rm (North Entrance)

- ◆ 2nd Wednesday, January 8th, 12:00-1:30

Memory Café On-Line

- ◆ 2nd Monday, January 13th, 10:30-12:00

Ada Community Library Victory Branch

- ◆ 3rd Wednesday, January 15th, 1:00-2:30

Bown Crossing Library

- ◆ 3rd Thursday, January 16th, 1:00-2:30

NEW Kuna Senior Center,

- ◆ 4th Friday, January 17th, 1:00-2:30

Orchard Park Meridian Library

- ◆ 4th Thursday, January 23rd, 1:00-2:30

Nampa Public Library

- ◆ 4th Friday, January 24th, 1:00-2:30



“Memory loss can be such an isolating condition — for both of us. Going out and just being ourselves is so welcoming.”



For information or to **RSVP**
Contact: Karen Kouba-Mclver
Email: kkouba@jannus.org
Phone: 208-947-4283
www.AgingStrong.org

In Partnership with:

