



Memory Café

Activities and Support for Individuals with Memory Loss and Their Loved Ones.

Seniors At Home
Better Care Starts Here



Caring for a loved one with memory loss doesn't have to be a lonely job!

Join Seniors At Home's Memory Café, a weekly gathering for people experiencing mild to moderate memory loss and their caregivers (spouses, family members, or friends). Enjoy time with your loved one and meet others who are dealing with similar issues in a supportive and welcoming environment.

How Does It Work?

We meet every Thursday in different locations around the San Francisco Bay Area. The monthly cost for the Memory Café is \$20, charged whether participants attend one or more events in the month.

Activity Schedule:

- **1st Thursday:** Bocce in Marin, 1:00 pm – 3:00 pm
- **2nd Thursday:** Luncheon in San Francisco, 11:30 am – 1:00 pm
- **3rd Thursday:** Lunch in San Mateo, 11:30 am – 1:00 pm
- **4th Thursday:** Lunch and More in San Francisco, 11:00 am – 2:00 pm
- **5th Thursday:** Guided Museum Tours in San Francisco, 10:30 am – 12:00 pm

**See reverse side or visit our website for a detailed schedule:
seniorsathome.org/memory-cafe/**

For more information about Seniors At Home Memory Café or to register for the program, contact Alana Goldscheid at 415-449-3849 or AlanaG@jfcs.org.

A Division of Jewish Family and Children's Services • San Francisco • Peninsula • Marin • Sonoma County

Thank you to the many generous donors and foundations who help subsidize care for seniors in need. Donate at jfcs.org/give.

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Detailed Memory Café Schedule

First Thursday of the Month—Bocce Ball in San Rafael

When: 1:00 pm to 3:00 pm

Where: Marin Bocce Federation, 550 B-Street, San Rafael, CA 94901

We play a friendly game of bocce at the Marin Bocce Federation, located in peaceful Albert Park in San Rafael. Snacks, tea and coffee are provided by the Memory Café.

Second Thursday of the Month—Lunch in San Francisco

When: 11:30 am to 1:00 pm

Where: Crossroads Café, 699 Delancey Street, San Francisco, CA 94107

The Crossroads Café is the casual eatery of the Delancey Foundation and Restaurant in San Francisco. We enjoy the enclosed outdoor garden and gather along Italian style dinner tables for finger food, soup and salad. On rainy days we find shelter in the middle of the bookstore.

Third Thursday of the Month—Lunch in San Mateo

When: 11:30 am to 1:00 pm

Where: Saratoga Square Park, 1094 Yates Way, San Mateo, CA 94403

We will enjoy a delicious lunch in the park, followed by a fun outdoor activity. When the weather does not cooperate, our lunch will be moved inside to Village Hummus at 1001 Park Place, San Mateo.

Fourth Thursday of the Month—Lunch and More in San Francisco

When: 11:00 am to 2:00 pm

Where: Jewish Family and Children's Services, 2150 Post Street, San Francisco, CA 94115

Join us for lunch and more! Each week our activities change creating an interesting program schedule. Care partners, volunteers and staff enjoy a light lunch followed by an hour-long activity

Fifth Thursday (when it happens in a month)—SF Museum Tours

When: 10:30 am to 12:00 pm

Where: At the de Young Museum or the Legion of Honor

Once in a while, the month has a fifth Thursday! On these days, we invite you to join us for a morning of fine art in the permanent collections of the de Young Museum or the Legion of Honor in San Francisco.

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