



**NEW YEAR  
NEW LOCATION**

## 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!**



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

### **INTRODUCING 2025 SAINT ALPHONSUS MEMORY CAFES!:**

*All Memory Café's through Saint Alphonsus are held at the Saint Alphonsus Regional Medical Center located at 1055 N Curtis Rd Boise ID 83706 in the Coughlin Room 3 (North Entrance).*

- ◆ **January 8th, Wednesday 12:00-1:30**
- ◆ **February 12th, Wednesday 12:00 - 1:30**
- ◆ **March 12th, Wednesday 12:00-1:30**

For information or to **RSVP**  
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