

Laugh, Find Support & Stay Connected



Stoughton Memory Café

Who should attend?

Memory Cafés are designed for people with memory loss, mild cognitive impairment, early Alzheimer's or other dementias. The Memory Café is open to anyone without formal referral or assessment. Those with dementia or memory issues may attend unaccompanied when appropriate, or with family, friends or care partners. This group is not suitable for people with dementia to attend alone if they have specific care needs such as problems with incontinence, mobility issues that require aid, high levels of anxiety, disorientation or history of wandering.

Do I need to pre-register?

You do not need to pre-register for the Memory Café but it would be helpful for us to have a general idea about how many attendees to expect so we can plan accordingly for refreshments. If you want to give us a heads up that you're coming, please call the Stoughton Senior Center at 608-873-8585. But, if you want to just drop in, that's fine too. We look forward to meeting you!

What is a Memory Café?

A Memory Café is a place where individuals with memory loss and their care partners can get together in a safe, supportive and engaging environment. It is a time and place where people can interact, laugh, find support, share



concerns and celebrate without feeling embarrassed and misunderstood. The Memory Café encourages friendship and acceptance. Participants share conversation in a relaxed atmosphere that can include music, art or other forms of activity.

What does it cost? There is no fee to participate.

Stoughton Memory Café

**1st Tuesday of the month 9:30-11:30 AM
Stoughton Public Library, Carnegie Room
304 S. 4th Street Stoughton, WI 53589**

Questions? For more information contact the Stoughton Area Senior Center at (608) 873-8585.

Stoughton's Memory Café is supported by the Dementia Friendly Stoughton Coalition, which consists of representatives from Stoughton Hospital, Stoughton Area Senior Center, Stoughton Chamber of Commerce, local nursing and assisted living facilities, local businesses and caring residents of the Stoughton community.