



## *FOX VALLEY MEMORY CAFÉS*

*May, 2017*



Memory Cafés welcome those experiencing early stage dementia, mild memory loss or cognitive impairment as well as family and friends of those affected. It's a great opportunity for lively discussions, information gathering, refreshments, camaraderie and lots of creative fun! We have a gerontology professional on hand to answer questions and an enormous wealth of experience among participants to be shared. Call Lynn Ann at (920) 225-1711 for more information. You can also check us out at [www.foxvalleymemoryproject.org](http://www.foxvalleymemoryproject.org).

### APPLETON:

Appleton Public Library, 225 N Oneida St, **Tuesday, May 2, 10:00 - 11:30 a.m.** Come journey with nature photographer Dr. Bruce Danz. Dr. Danz will share his experiences with nature photography, from the landscape photography of his early youth and more recently of bird photography. We hope to see you there! Park in the metered library lot. Watch for the room assignment at the bottom of the stairs in the lower level. The elevator down will take you right there!

Atlas Waterfront Café, 425 W Water St, (Paper Discovery Center building) **Thursday, May 4 & 18, 2:00 - 4:00 p.m.**

**May 4** Come fly away with us at Atlas Café as we ponder the enjoyment of birdwatching. We'll have a local birder on hand to help us expand our birdwatching horizons. We'll also take a look at some bird art and perhaps create our own. Please bring photos of any birds that you've caught on camera to share with the group.

**May 18** Join us for a special presentation by Dan Powers from the Appleton Post Crescent for a special photo-series presentation. Dan specializes in sports photography. Bring your memories of a sporting events (as a spectator or a participant) that hold meaning for you to share with the group.

### KAUKAUNA:

Kaukauna Public Library, 207 Thilmany Rd, Suite 200, **Monday, May 8, 2:00 - 3:30 p.m.** Join us for an old-time sing-along with musician Tom Schneider and his concertina for a special Mother's Day celebration. Do you have a special memory of a Mother's day gift you made or received? Bring your memories to share with the group.

Hoffman Memory Care Resource Center, 316 E. 14th St, (adjacent to St. Paul Elder Services - use 13th St Entrance) **Monday, May 22, 10:30 a.m. - 12 p.m.** It is National Mediterranean Diet month! The Mediterranean diet has long been recommended for those living with memory loss as part of a "brain healthy" diet. Hear from our dietician at St. Paul Elder Services, taste a few goodies, and learn how you can easily incorporate some healthy items in your own meals.

MENASHA: Menasha Senior Center, 116 Main St, **Friday, May 19, 2:00 - 3:30 p.m.** Please note the time and date change! Come join us as we share memories of flowers and gardening. We will test out our green thumbs and do a gardening project that you can take home and watch grow.

NEENAH: Neenah Public Library, 240 E Wisconsin Ave, **Monday, May 15, 1:30 - 3:30 p.m.** Tales & Travels: Cuba Pat & Gerry Rickman are back to share their adventures. This time they will transport us to the colorful streets of Cuba. We hope you will join us on this spectacular adventure.

NEW LONDON: Mosquito Hill Nature Center, N3880 Rogers Rd, **Wednesday, May 10, 1:30 - 3:00 p.m.** The birds are singing and so are we! Enjoy some of our local musicians as we listen and participate. Let's make some great music together! We know the prairie and trees will be showing some color, so it's worth the drive to see the beauty of our nature center.

SEYMOUR: Good Shepherd Community Center, 607 E Bronson Rd, **Thursday, May 11, 2:00 - 3:30 p.m.** Put a little "SPRING" in your step and enjoy polka music by Norm Powers.