

The Council's Memory Cafe

A welcoming gathering where individuals living with dementia and their care partners can relax and connect together in a joyful and supportive setting.



Council's Memory Cafe
Coffee, Snacks & Activity



Moving to Music w/ Donna
Newman-Bluestein



Thursday, September
25th



10:30 AM- 12:00 PM



Community Room
Needham Public Library



RSVP BY:



1 Contacting Stephanie



781-444-2415 x 2030



sknoch@needhamcouncil.org



2 Using the QR code or
just come to the event



Moving to Music:

- Joyful movement to tunes from the 1950s to today (seated or standing, all are welcome!)
- No prior experience needed.
- Easy, energizing, and fun movement that boosts both body and brain health
- Come as you are: move, connect, feel joy & leave uplifted.



The Memory Cafe is **FREE!**

www.needhamcouncil.org/dementiacare