

# 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.



The Council's Memory Cafe - Coffee, Snacks & Activity



Ageless Grace with Amy Podolsky



Tuesday, March 24th



10:30 AM- 12:00 PM



Community Room  
Needham Public Library



Amy Podolsky has been an Ageless Grace® Trainer and Facilitator since 2015, and a Nia® Technique instructor since 2010. Amy is at her best when connecting and moving with people of all ages, and creating communities in which everyone is welcome and invited to come as they are. Amy's enthusiasm is contagious, and her classes have been described as "fun and uplifting!"

Contact Program Manager Stephanie Knoch for more information:



781-444-2415 x 2030



[sknoch@needhamcouncil.org](mailto:sknoch@needhamcouncil.org)



[needhamcouncil.org/dementiacare](http://needhamcouncil.org/dementiacare)

The Memory Cafe  
is **FREE!**



NEEDHAM  
FREE PUBLIC  
LIBRARY



COUNCIL  
ON AGING  
Needham