

# Testimonials

Since attending Memory Cafe, we feel...

- supported & feel the group is like family
- connected with others dealing with the same issues

My favourite part of Memory Cafe is all the laughs, stories & singing.

I'd say it's a place of togetherness with those going through a similar path.

From this experience we've learned...

- there is a wealth of information out there and Maryanne can help
- good & very helpful advice on what is available for the journey we are on

We're very happy to have joined such a supportive group. It is beneficial for both of us.

We highly recommend this program to any with memory problems and their care partners. Maryanne and Ann gently guide us through fun activities aimed at flexing both body and mind.

**For more information  
contact the Sechelt  
Seniors Activity Centre**

 604-885-3513

 [memorycafe@myssac.com](mailto:memorycafe@myssac.com)



**Sechelt Seniors Activity Centre**

5604 Trail Avenue, Sechelt

**Tuesdays**

**10:30 - 12:30**

**\$6.00 Session**

\*New attendees must contact the facilitator prior to joining. Please leave your name with the front desk or email [memorycafe@myssac.com](mailto:memorycafe@myssac.com)



# Memory Cafe

A safe, supportive,  
social gathering  
place on the  
Sunshine Coast

Sechelt Seniors  
Activity Centre



## Purpose

The Memory Cafe is a warm inclusive space designed for individuals experiencing memory loss or living with dementia, and those who care for them. Our goal is to reduce social isolation, support mental and physical well-being and build lasting connections through purposeful and engaging activities.

We understand that health needs can change, and we are committed to connecting participants to community resources and supports when needed.

## Who can participate?

To ensure the safety and comfort of all attendees, participants must meet the following criteria:

Be living with early stage memory loss or dementia, any form.

Be accompanied by a care partner, friend, companion or volunteer.

Be a member of Sechelt Seniors Activity Centre (care partner is not required to be a member).

Be able to eat and use the washroom independently.

\*New attendees need to contact the facilitator to join. Call the Centre and someone will follow-up with you.

## What Happens at the Memory Cafe?

### 10:15–10:30 Welcome & Arrival

- Members & care partners arrive at SSAC

### 10:30–11:15 Mindful Movement Exercise

- Gentle seated & standing exercises
- Focus on brain, body & balance
- Ends with fun, active games

### 11:15–11:30 Social & Connecting

- Coffee, tea & cookies provided
- Open conversation & peer support
- Facilitator shares info on navigating the healthcare system
- Group Q&A through shared experience or facilitator guidance

### 11:30–12:30 Cognitive Games

Engaging group activities designed to stimulate the mind, encouraging members to participate independently. Includes:

- Word, Music & Memory Games
- Guest Speakers

### 12:30 End of Program

#### Live Music *(once per month)*

- Enjoy live performances or sing-alongs with special musical guests

#### Lunch with the Bunch *(once per month)*

- Plan to stay and enjoy lunch together in the Dining Room
- A relaxed, social meal with great food & conversation