

JF&CS Memory Café



Friday, April 10th – second Friday in April!
10 a.m. - 12 p.m.

Join **Bill and Linda Hamaker** from Let's Laugh Today to experience the health benefits (and fun!) of **Laughter Yoga**. No experience needed - just be ready to smile!



Conversation Time

We invite you to bring a poem, quote, joke, story, artwork, or anything else that brings a smile to your face.



When: Friday, April 10th, 2026, 10am-12pm

Where: JF&CS, 1430 Main Street, Waltham

Free parking in our lot.

RSVP: Call Beth at 781-693-5628

or email bsoltzberg@jfcsboston.org

Fee: Free of charge, donations gratefully accepted.

Thanks to the Brandeis C2E Student Group & Assisting Hands Home Care.



A Memory Cafe is a welcoming place for individuals & families living with changes in their memory or thinking. A care partner must accompany participants who need help with personal care.

To learn about other Memory Cafes, visit www.memorycafedirectory.com



JF&CS
Jewish Family & Children's Service

Alzheimer's/Related Disorders Family Support

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