JF&CS Memory Café



Friday, December 4, 10 a.m. - 12 p.m.

Join dance instructor **Art Sullivan** for great music and light exercise adapted to all needs and abilities. Art has been teaching dance for over 30 years and is a JF&CS Memory Cafe favorite!



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, December 4th, 2026, 10 a.m. - 12 p.m.

Where: JF&CS, 1430 Main Street, Waltham

RSVP: Beth at bsoltzberg@jfcsboston.org or 781-693-5628

Fee: Free of charge, donations gratefully accepted.

Thanks to the Brandeis C2E Student Group & Assisting Hands Home Care. 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. Visit www.memorycafedirectory.com to learn more.

memory cafe alliance™

JF&CS Jewish Family & Children's Service

Alzheimer's/Related Disorders Family Support

jfcsboston.org | 781-647-JFCS (5327) | Stay Connected:

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