



*Join us for a community-wide*  
***Memory Café - Presenting***

***A Therapeutic Drumming Circle***  
*With Monique Morimoto, MS, CPCC*

***Come find your rhythm! Come find your beat!***

***Thursday, March 10, 1 - 3 PM***

***The Center at Punchard***

***30 Whittier Ct Andover Ma (1<sup>st</sup> floor School Administration building)***

***Free - and refreshments provided!***

***What's more enjoyable than having a cup of coffees and sweets and enjoying some art with a friend? It may seem like one of life's simple pleasures, but for people living with memory loss, it can be a rare one. Now there's a new way for people from the Greater Merrimack Valley living with memory changes, their partners and friends to come together at the Memory Café at Andover's, The Center at Punchard.***

***Held on the second Thursday of each month 1:00 to 3:00 p.m. at The Center at Punchard, the Memory Café offers a welcoming place for people living with memory changes due to Alzheimer's, vascular disease, Parkinson's, dementia, or any other related conditions. Memory Cafés reduce isolation, unite people facing similar challenges, creating an opportunity to give and receive support. Memory Cafés can provide a much-needed break from normal routines and a source of ideas, information and connection to other community support mechanisms.***

***For more information and to RSVP, contact Emily Kearns: 978-623-8321. This mini-grant project is funded through the Massachusetts Respite Coalition and the Administration on Community Living.***