



NORTHERN ARIZONA  
ALZHEIMER'S AND  
DEMENTIA ALLIANCE

Presents our memory café:

## THE MAJESTIC MOUNTAIN CAFÉ

### What:

The event is for caregivers and those they care for with memory loss, Alzheimer's or related dementias. For May we will be building and painting bird houses. We will also be learning how to do hand massages! Our focus as always is enjoying time together, creating connection and reducing isolation.

**This is a free event.**

### Where:

The Bluffs Senior Living:  
Assisted Living  
(Beautiful) Activities Room\*

3100 E Butler Ave  
Flagstaff AZ 86004

\*Accessible by either entrance

### When:

Tuesday May 16<sup>th</sup> 2023

**10:00 – 11:30**



Please RSVP or for more information please reach out to Josie Ribelin at (928) 231-9818 or [jribelin@themaaz.com](mailto:jribelin@themaaz.com)

(Email your photos too!)

More information at [www.NAZADA.org/memory-cafe/](http://www.NAZADA.org/memory-cafe/)