



NORTHERN ARIZONA
ALZHEIMER'S AND
DEMENTIA ALLIANCE

Presents our Memory Café

THE MAJESTIC MOUNTAIN CAFÉ

What: 🎉 🧘 Join us for the Memory Café! 🧘 🎉

Enjoy a joyful and heartwarming morning at the Majestic Mountain Memory Café 🏔️ 💖 filled with connection, laughter, and shared moments. We will celebrate birthdays together 🎂 and enjoy Chair Volleyball with balloons 🎈, offering gentle movement and plenty of smiles. Our group discussion will focus on intentions and resolutions, along with winter fun and snow play. ❄️ Participants are invited to bring photos to share as we reminisce and connect through stories and memories. As always, the café is a welcoming space for caregivers and those they care for to relax, engage, and enjoy time together in a supportive community. This event is for caregivers and those they care for with Alzheimer's or related dementia. Our focus is on enjoying time together, creating connections, and reducing isolation.



When:

Tuesday, Jan. 20, 2026

10 to 11:30 am



Where:

**The Peaks
Desert Sheep Dining Room**

**3150 N Winding Brook Rd
Flagstaff, AZ 86001**

Please RSVP or for more information please reach out to Karin Von Kay at (928) 607-9783 or NAZDementiafriend@outlook.com