



NORTHERN ARIZONA
ALZHEIMER'S AND
DEMENTIA ALLIANCE

Presents our Memory Café

THE MAJESTIC MOUNTAIN CAFÉ

What: 🎵 🎶 Join us for the October Memory Café! 🎵 🎶 Experience a joyful and heartwarming morning at the **Majestic Mountain Memory Café** 🍂 🤝 as we welcome **Meghan Callaghan, MT-BC**, a **Board-Certified Music Therapist**, for an *interactive* music session where everyone is encouraged to sing, play, and connect through rhythm and song. 🎵 🎶 Plus, enjoy gentle moments with a **Therapy Dog** 🐾 Sofi 🐾 will be offering comfort and companionship to brighten the day. We welcome caregivers and their loved ones to share smiles, music, and meaningful moments together. We can't wait to see you there! 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, 10/21/2025

10 to 11:30 am



Where:

Highgate Senior Living
2nd Floor

1831 N. Jasper Dr.
Flagstaff, AZ 86001

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