

# MAIN STREET MEMORY CAFÉ

**Hope** is.....the feeling you're not alone in this journey and have support from your family, friends and community  
**Hope** sounds like...the birds singing outside your window in early spring.

**Hope** smells like...that first cup of coffee brewing in the morning.

**Hope** looks like.....creating moments of joy and laughter with loved ones -friends, family, grandkids, great-grandkids. Making precious memories!

**Hope** tastes like..that first warm chocolate chip cookie coming out of the oven.  
And **hope** keeps up going that we can enjoy another day!

By, Mary Ann and Joe Sufitko



## WHAT'S HAPPENING

Looking for some ideas to keep you entertained this month?  
Check out these resources!

- Memory Cafe
  - [October Events](#)
- St. Charles Events
  - [Festivals, Live Music & Celebrations](#)
- Attend a game at Lindenwood University
  - [View schedule](#)



Are you dreaming of pumpkin lattes, caramel apples, turkey, and mashed potatoes? So are we! It's finally Autumn, a favorite season to many who enjoy the fun foods, festivities, and cooler weather. It's finally Autumn, a favorite season to many who enjoy the fun foods, celebrations, and cooler weather. Here are ten reasons why Autumn is one of the best seasons and why there's much to be happy about this time of year.

**Changing Colors.** Many people love Autumn for the changing colors of leaves.

**Pumpkin Everything.** If you love pumpkins, then you're in luck!

**Delicious Desserts.** Autumn is one of the best times of year for sweets.

**Cooler Weather.**

**Better Fashion.**

**Fire-pits.**

**Arts and Crafts.**

**Holidays.**

# SEPTEMBER RECAP



## GRANDPARENT'S DAY

Art projects can create a sense of accomplishment and purpose. They can provide the person with dementia — as well as caregivers — an opportunity for self-expression.



## **MUSIC WITH HARRY FRY!**

Music can be powerful. Studies have shown music may reduce agitation and improve behavioral issues that are common in the middle-stages of the disease. Even in the late- stages of Alzheimer's, a person may be able to tap a beat or sing lyrics to a song from childhood. Music provides a way to connect, even after verbal communication has become difficult.

## MEMORY CAFE IS HEADED FOR COLLEGE!



A class of first time college Freshman at Lindenwood University, has invited us to head to college with them! Sign up to join a Lindenwood freshman seminar class with fun fall activities! The students, led by, Professor, Annie Alameda, Physical Education have invited us for Intergenerational Connections. Participants can expect to enjoy social time with friends and students and enjoy a small activity (puzzles, games, cards, etc.)

Registration is open for 15 participants. Light snacks and water will be provided. Participants can expect to enjoy social time with friends and students and enjoy a small activity (puzzles, games, cards, etc.)

**FREE EVENT! Space is limited!**

**Thursday, October 19th 11:00am – 12:00pm**

**Thursday, November 2nd 11:00am – 12:00pm**

**Thursday, November 16th 11:00am – 12:00pm**

**Location: Hyland Arenda, VIP Room Lindenwood University**

**209 S Kingshighway, St. Charles**

# MEMORY CAFE

The Mission of Main Street Memory Cafe is to enhance the quality of life for individuals living with memory loss and their loved ones through socialization, education, the creative arts, community service and community engagement.

