

## EARLY STAGE PROGRAMS

If you or someone you know has been recently diagnosed with Alzheimer's disease, mild cognitive impairment (MCI), or another type of dementia and is living in the early stages, please join us for these programs specially designed to help you and your family.

All programs are FREE. Please register prior to attending. To register please visit the link provided, contact the 24/7 Helpline at 800.272.3900, or contact Alicia Aguilar at 720.699.9274 ext.9627.

### STAY CONNECTED

Virtual Memory Cafe is a fun place to socialize, relax, and engage with people experiencing memory loss and their families/caregivers. Each cafe has a focus—such as music or art—to facilitate the main goal, which is a social connection for individuals with shared experiences. At the Memory Cafe, you can just be yourself -- without worrying about remembering or forgetting.

Memory Café –Denver Public Library	Denver Art Museum	Tuesday, October 5th	1:30 — 2:30 pm	Virtual: <a href="https://denverlibrary.org/memorycafe">denverlibrary.org/memorycafe</a>
	In-Person Memory Café - Lotería Mexicana	Tuesday, October 12th	1:30 — 2:30 pm	Schlessman Family Library Branch 100 Poplar St. Denver, CO 80220
	Memory Café Walks	Tuesday, October 19th	10:00 am	Crestmoor Park with the Book Mobile 99 S Monaco Pkwy, Denver, CO 80224
Memory Café - Englewood Library	In Person Memory Cafe	Cancelled for October but will resume in November	2:00 — 3:00 pm	
SPARK! Denver Botanic Gardens	In-Person Fall Garden Tour 1007 York St., Denver CO 80206	Wednesday, October 13th	10:00— 11:30 am	Register: <a href="https://www.botanicgardens.org/our-impact/therapeutic-horticulture/spark-cultural-programming-people-memory-loss">https://www.botanicgardens.org/our-impact/therapeutic-horticulture/spark-cultural-programming-people-memory-loss</a>

## STAY INFORMED

<b>History Colorado</b>	History Colorado invites you to sign up for a FREE digital membership. Email Kelly Osthoff at ke-osthoff@alz.org for more information.	Today—June 30, 2022	At your convenience	Benefits include: <ul style="list-style-type: none"><li>• Digital subscription to The Colorado Magazine, where writers share timely perspectives to shed light on our current and ever-changing moment in history</li><li>• Access to digital events and experiences including our Borderlands of Southern Colorado Lecture Series</li><li>• Access to members-only digital content including exhibit previews and behind-the-scenes tours</li></ul>