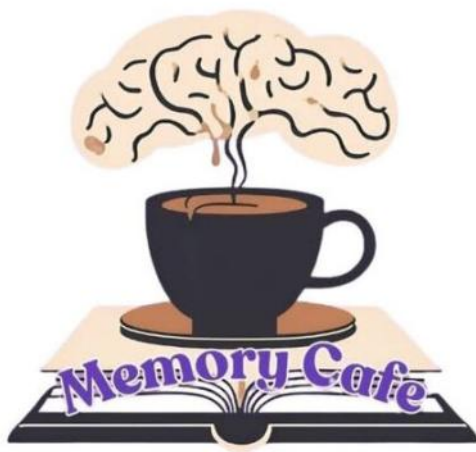




Harbour Lights CHEER Center Memory Café



Memory Café is a welcoming gathering for older adults to connect, socialize, and enjoy meaningful activities in a friendly, relaxed environment. Through conversation, music, games, crafts, and shared experiences, participants build friendships, stay socially engaged, and create lasting memories.

Memory Cafés help reduce isolation, promote emotional well-being, and foster a sense of belonging while encouraging active and healthy aging.

Every Monday at 12:15 p.m., starting August 10, 2026.

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