

# Zoom Memory Cafe

Take a step back in time when gas was 40 cents per gallon or a loaf of bread was a quarter. The sights! The sounds of the music, the food and the fun we all had with friends at our favorite hang outs. Come share your stories about your fond memories that take you back to the good old days!

## Join us for fun through the decades!

Email [GShaw@stjohnscc.org](mailto:GShaw@stjohnscc.org) or call (618) 298-8077 to register. There is no charge to attend.

### August 4

1:30 pm - 2:30 pm

Listening to your favorite radio shows and the news of the war. Rumble seat rides or a pair of skates would get you to the drug store for a fountain Coke.



#### What is Memory Cafe?

An hour of conversation and fun, virtually, for those experiencing memory loss and their loved ones!

### August 11

1:30 pm - 2:30 pm

You might have looked forward to spinning Elvis records or watching shows like Howdy Doody and Trigger with Roy Rodgers riding across your T.V. screen.

### August 18

1:30 pm - 2:30 pm

It was a groovy time to be alive! Watching Neil Armstrong walk on the moon while enjoying your favorite slice of pizza pie!

### August 25

1:30 pm - 2:30 pm

Do you still like to wear bell bottoms, ponchos or tie dye shirts? You might have listened to the Bee Gees and Donna Summer on 8-track tapes.

The Memory Cafe concept was created by a Norwegian psychiatrist a few years back. It came about due to the doctor noticing how isolation was having a negative impact on the lives of his dementia clients and their caregivers. He decided to create a place where the family caregiver and their loved one with memory loss could gather with others like themselves to socialize. Groups began to meet in cafes. Hence the name Memory Cafe. The concept became very popular and spread around the world. St. John's is delighted to bring it to the Metro East.