



MEMORY MINGLE HOUR

Early-Stage Social Engagement Program

CONNECT • SHARE • BELONG



Meets Twice a Month, Online
2nd & 4th Monday • 11am-12pm

WHO IT'S FOR

People living with mild cognitive impairment (MCI) or early-stage dementia.

WHAT IT IS

A friendly, low-pressure space focused on social connection and community building. While dementia support groups often center on problem-solving and information sharing, usually for care partners this program is designed solely for people living with dementia to form new connections and strengthen existing ones.

OUR VIBE

Relaxed, informal, and welcoming. Come as you are, this is a non-judgmental space to chat, laugh, and feel supported.

WHAT TO EXPECT

- Light conversation starters and simple, enjoyable activities.
- Opportunities to share interests, memories, and everyday wins.
- A consistent group that helps friendships grow over time.
- No lectures, no homework, just connection.

WHY JOIN?

- Make new friends and stay socially engaged.
- Boost mood and sense of belonging.
- Practice communication and keep routines meaningful.

RSVP by calling the helpline **844.HELP.ALZ** (844.435.7259).

This group is for people living with MCI or early-stage dementia. Care partners do not attend.