



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

OSHKOSH YMCA

**FREE  
PROGRAM**



**CONNECT. ENGAGE. ENJOY!**

# MEMORY CAFE

**FOR THOSE LIVING WITH ALZHEIMER'S, MCI, OR DEMENTIA**



The Oshkosh Y Memory Café provides a safe and welcoming space that allows individuals experiencing memory loss, along with their care partner, to connect, socialize, and build a support network. Cafés feature a variety of activities including music, guest speakers, crafts, and more! Travel the world with us in 2026! Each month brings a new country to discover – and a new stamp for your passport. Join the adventure! **There is no charge to participate and you do not need to be a Y member to attend.**

**PROGRAM IS HELD THE FIRST WEDNESDAY OF EACH MONTH.**

**20th Ave YMCA • 1:30 – 3:00 p.m.**

January 7 • February 4 • March 4 • April 1 • May 6 • June 3 • July 1  
• August 5 • September 2 • October 7 • November 4 • December 2

**OSHKOSH COMMUNITY YMCA** [www.oshkoshymca.org](http://www.oshkoshymca.org)  
20TH AVENUE 920-230-8439 3303 W. 20th Ave.

IN PARTNERSHIP WITH:

**alzheimer's**   
**association®**

 **FOX VALLEY  
MEMORY  
PROJECT**

**QUESTIONS?** Contact Errah Wheel at 920-236-8916 or [errahwheel@oshkoshymca.org](mailto:errahwheel@oshkoshymca.org).