**Memory Cafes in the Washington DC/Maryland/Northern Virginia area**

**Please note: it is important to call ahead as many require RSVPs**

Washington DC

**Iona Senior Services**

5th Friday from 5 – 7 pm

4125 Albemarle St.

Washington DC 20016-2105

Sharon O’Connor at soconnor@iona.org or 202-895-9469

**Club Memory** (Sibley Hospital Senior Association)

2nd and 4th Wednesday from 1:30 – 3:30 pm

Held at Metropolitan Methodist Church

3401 Nebraska Ave NW

Washington DC 20016

Sibley Senior Association 202-660-5658

or Marti Bailey or Ann Gosling at 202-364-7602

**Conversations at the Kreeger Museum**

2nd and 3rd Monday at 11 am or 2 pm

2401 Foxhall Rd NW

Washington DC 20007

202-337-3050 ext. 18 or conversations@kreegermuseum.org

Northern Virginia

**Memorycafe4u**

1st and 3rd Thursday from 2 - 4 pm

Andrew Chapel United Methodist Church

1301 Trap Rd

Vienna VA 22182

<https://memorycafe4u.wordpress.com>

Carol Blackwell at lovriver@aol.com or 571-236-6933

**Insight Memory Cafe**

1st and 3rd Wednesday from 4 – 6 pm

Linda and Lou Mazawey Education and Support Center

3955 Pender Dr., Suite 100

Fairfax VA 22030

Christi Clark at Christi.clark@insightmcc.org or 703-204-4664

**Forgetful Friends Memory Café**
3rd Saturday from 11:00 am to 2:30 pm
Saint Thomas United Methodist Church
8899 Sudley Road
Manassas VA 20110
Jane Priest at jane.priest@alz.org or 703-766-9018

**Herndon Memory Cafe**
4th Monday from 2:15 pm to 4:00 pm
Early Stage Participants
Herndon Senior Center
873 Grace Street
Herndon VA 20170
Pat Williams at 703-904-3994x103 or Herndon Senior Center at 703-464-6200

**Reston Memory Café**
3rd Tuesday from 1:00 to 3:00 pm
Reston Community Center, Hunters Woods
2310 Colts Neck Road
Reston, VA 20191
Karen Brutsche at karen.brutsche@fairfaxcounty.gov or 703-476-4500

**Sterling Area Memory Café**
2nd Saturday from 12:00 to 2:00 pm - bring your lunch!
Galilee United Methodist Church
45425 Winding Road (Youth Center)
Sterling, VA 20165
Contact Tim Frank at tim@acesemb.com or 703-298-5622

Dee Stuebing at 571-243-6199

Maryland (all)

**Frederick County Department of Aging**

3rd Friday 11:30 am – 12:30 pm

Frederick Senior Center

1440 Taney Ave.

Frederick, MD 21702

Mindy or Mary 301.600.6001

**City of Greenbelt Memory Café**

Every Wednesday 1:30 – 3:00 pm

Greenbelt Municipal Building

25 Crescent Rd.

Greenbelt, MD 20770
Sharon Johnson at 240.542.2029 or sjohnson@greenbeltmd.gov

Nacy Quarles at nquarles@alz.org or 240-467-3833

**Always Ron’s Restaurant**

4th Thursday Noon – 1:00 PM

29 North Burhans Blvd.

Hagerstown, MD 21740

301.639.3166

**Memory Cafe at Woodholme Gardens**

1700 Woodholme Ave.

Pikesville, MD 21208
Yolanda Wright, Alzheimer’s Association at ywright@alz.org

**Rockville Senior Center**

1st and 3rd Mondays, 12 – 1 pm

1150 Carnation Dr.

Rockville MD 20850

Lindsey Vajpeyi at lvajpeyi@alz.org or 240-428-1342

**Bender JCC of Greater Washington**

3rd Wednesdays, 2:30 – 4 pm

6125 Montrose Rd.

Rockville MD 20852

Lindsey Vajpeyi at lvajpeyi@alz.org or 240-428-1342

**Leisure World of Maryland**

Last Thursday of each month, 2 – 3:30 pm

3700 Rossmoor Blvd

Silver Spring MD 20906

Lindsey Vajpeyi at lvajpeyi@alz.org or 240-428-1342

**Damascus Senior Center**

Tuesdays (June 6, July 11 and August 8) 10:45 am – 12:15 pm

9701 Main St. # 2

Damascus MD 20872

Lindsey Vajpeyi at lvajpeyi@alz.org or 240-428-1342

**Olney Library**

4th Wednesdays, 3:30 – 5 pm

3500 Olney Laytonsville Rd

Olney MD 20832

Lindsey Vajpeyi at lvajpeyi@alz.org or 240-428-1342

**Ledo Pizza Germantown**

2nd Tuesdays 2:30 – 4 pm

Germantown Square Shopping Center

12619-B Wisteria Dr.

Germantown MD 20874

Lindsey Vajpeyi at lvajpeyi@alz.org or 240-428-1342

**Bowie Senior Center**

3rd Wednesdays 2 – 4 pm

14900 Health Center Drive

Bowie MD 20716

Nacy Quarles at nquarles@alz.org or 240-467-3833

**Camp Springs Senior Center**

3rd Tuesdays, 2:15 – 4:15 pm

6420 Allentown Rd.

Temple Hills MD 20748

Nacy Quarles at nquarles@alz.org or 240-467-3833

**Laurel-Beltsville Senior Center**

4th Thursdays, 2 – 4 pm

7120 Contee Road

Laurel MD 20707

Nacy Quarles at nquarles@alz.org or 240-467-3833

**Saint George’s Episcopal Church, Parish House**

4th Wednesday, 2 – 4 pm

12811 Saint George’s Lane

Mt. Savage MD 21545

301-264-3524

**Pascal Senior Center**

3rd Monday, 6:30 - 7:30 pm

125 Dorsey Rd.

Glen Burnie MD 21061

Yolanda Wright, ywright@alz.org or 800-272-3900

**Atrium Village**

4th Wednesday 12 – 1 pm

4730 Atrium Court

Owings Mills MD 21117

Yolanda Wright, ywright@alz.org or 800-272-3900

**Bob Evans Bel Air**

2nd Tuesday, 12 – 1 pm

14 Bel Air S. Parkway

Bel Air MD 21015

Yolanda Wright, ywright@alz.org or 800-272-3900

**Ellicott City 50+ Center (Multipurpose Room)**

1st Wednesday, 6:30 – 7:30 pm

9401 Frederick Rd.

Ellicott City MD 21042

Yolanda Wright, ywright@alz.org or 800-272-3900

**Bayleigh Chase AL**

3rd Wednesday 11:30 am – 12:30 pm

545 Cynwood Dr.

Easton MD 21601

Tina Saddler at 410-820-5000

**Otterbein UM Church**

5th Thursday, 12 -1 pm

108 E. Franklin St.

Hagerstown MD 21740

David Kukor at dkukor@ahcglobal.com or 301-631-3166

Other programs

Just Us at the National Gallery of Art

West building, 6th street entrance

First and third Mondays of the month through July 2017

202-842-6905

<https://www.nga.gov/content/ngaweb/calendar/guided-tours/accessible-programs/just-us-at-the-nga.html>

Social Club at the Copper Ridge Bistro

2nd Tuesday, 6 -8 pm

Integrace-Copper Ridge

710 Olbrecht Rd.

Sykesville MD 21784

Cindy Yingling cindy.yingling@integrace.org or 410-970-2041