Memory Cafes in the Washington DC/Maryland/Northern Virginia area
Please note: it is important to call ahead as many require RSVPs
(this document updated as of 9/17/19)

**Washington DC**

Iona Senior Services
Fifth Friday from 5 – 7 pm
4125 Albemarle St.
Washington DC 20016-2105
Sharon O’Connor Registration@iona.org or 202-895-9469

Club Memory (Sibley Hospital Senior Association)
Second and Fourth Wednesday from 1:00 – 3:00 pm
Held at Metropolitan Methodist Church
3401 Nebraska Ave NW
Washington DC 20016
202-660-5658

Club Memory
Sibley Hospital Main Campus Cafeteria Meeting Room
2nd and 4th Wednesdays of each month, 2:00 – 3:30 PM
5255 Loughboro Rd. NW
Washington, DC 20016
202.364.7602
Please contact one of the community dementia program managers for more information about Club Memory and support groups in the DC area:
Marianne Panke at 202-660-7104 for the program serving Wards 2 & 3, southern Montgomery County and Northern Virginia.
Sharon Sellers 202-660-6957 or Shruti Goel 202-660-5664 for all other program locations in District of Columbia.

Conversations at the Kreeger Museum
Second and third Monday at 11 am or 2 pm
2401 Foxhall Rd NW
Washington DC 20007
202-337-3050 ext. 318 or conversations@kreegermuseum.org

Just Us at the National Gallery of Art
West building, Sixth Street entrance
First and third Mondays of the month
202-842-6905 Reservations required
Virginia

Alexandria
4th Tuesday of each month, 1:00 – 3:00 PM
Brandywine Living at Alexandria
5550 Cardinal Place
Alexandria, VA 22301
There is no cost to attend, but an RSVP is requested
Nicole McMonigle Knight, Facilitator at nicole@dementiacareconnections.com

Senior Helpers Arlington-Alexandria
1st Friday of each month, 1:00 – 3:00 PM
7910 Andrus Rd, Suite 6
Alexandria, VA 22306
There is no cost to attend, but an RSVP is requested
Nicole McMonigle Knight, Facilitator at nicole@dementiacareconnections.com

Arlington
Rock Spring Congregational Church, Upper Neighborhood House
2nd Thursday of each month, 1:00 – 3:00 PM
5010 Little Falls Road
Arlington, VA 22207
There is no cost to attend, but an RSVP is requested
Brought to you by Dementia Care Connections
For more information or to RSVP, Nicole McMonigle Knight, Facilitator:
Email: nicole@dementiacareconnections.com or 571.422.6231

Ashburn
Waltonwood at Ashburn
4th Wednesday of each month, 11:00 AM – 1:00 PM
44141 Russell Branch Pkwy
Ashburn, VA 20147
For more information, please call 571.266.1810

Culpeper
Country Cookin'
2nd Wednesday of each month; please call for times
247 Southgate Shopping Center
Culpeper, VA 22701
For more information, please call Jessica Nolan at 434.973.6122 x123 or Email jemiller@alz.org
Fairfax
Insight Memory Cafe
First and third Wednesday from 4 – 6 pm
Linda and Lou Mazawey Education and Support Center
3955 Pender Dr., Suite 100
Fairfax VA 22030
Markita Brown Phone: 703.204.4664 or markita.brown@insightmcc.org

Falls Church
The Kensington Falls Church at Famille Cafe
2nd & 4th Monday of each month, 10:30 AM – Noon
700A West Broad Street
Falls Church, VA 22046
There is no cost to attend and if you RSVP, you get a boxed lunch!
A collaborative effort between:
Kensington Senior Living
Famille Cafe
Falls Church Arts
Insight Memory Care Center
For more information or to RSVP, please contact Kitty Janney:
– Email: kjanney@kensingtonsl.com or Phone: 703.844.1078

Herndon
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

Manassas
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

Palmyra
Fluvanna County Public Library
3rd Wednesday of each month, 3:00 – 4:00 PM
214 Commons Blvd.
Palmyra, VA 22963
Reservations are required
For more information or to make a reservation, please call Lauren at 434.973.6122 x8506 or Deasy-Ideasy@alz.org

**Reston**
Reston Memory Café
3rd Tuesday from 2:00 to 4:00 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**
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

**Vienna**
First and third 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

**Williamsburg**
Williamsburg Regional Library
3rd Friday of each month, 2:00 – 3:30 PM
515 Scotland Street
Williamsburg, VA 23185 or
7770 Croaker Road
Williamsburg, VA 23188
Memory Cafes rotate between locations
Please visit wrl.org for specific program location
For more information, please call 757.259.7752

**Woodbridge**
Tribute at the Glen
4th Wednesday of each month, 5:30 – 6:30 PM,
4151 Old Bridge Rd.
Woodbridge, VA 22192
There is no cost to attend and no RSVP is required
For more information, please call 571.402.1870
Maryland

Bel Air
Bob Evans Bel Air
Second Tuesday, 12 – 1 pm
14 Bel Air S. Parkway
Bel Air MD 21015
Yolanda Wright, yywright@alz.org or 800-272-3900

Memory Café at Liberatore's Ristorante
second Tuesday of every month, 6:00 - 7:00pm
562 Baltimore Pike, Bel Air, MD 21014
Contact Jen Bourgeois, Executive Director of Brightview Bel Air. 410-893-2202

Bethesda
Oasis at Macy's Home Store
1st Friday, 2-3:30 pm
7125 Democracy Blvd
Bethesda MD 20817
Contact Sheila Griffith at 240-428-1342 or sagriffith@alz.org

Bowie
Bowie Senior Center
2:00 – 4:00 PM, 3rd Wednesday of each month
14900 Health Center Drive
Bowie MD 20716
Nancy Quarles at nquarles@alz.org or 240-467-3833

Camp Springs
Camp Springs Senior Activity Center
3rd Tuesday of each month, 2:15 – 4:15 PM
6420 Allentown Road
Camp Springs, MD 20748
For more information or to register, please contact:
- Nancy Quarles at 240.467.3833 or nquarles@alz.org

Easton
Bayleigh Chase Assisted Living
Third Wednesday 11:30 am – 12:30 pm
545 Cynwood Dr.
Easton MD 21601
Tina Saddler at 410-820-5000

**Ellicott City**  
Ellicott City 50+ Center (Multipurpose Room)  
First Wednesday, 6:30 – 7:30 pm  
9401 Frederick Rd.  
Ellicott City MD 21042  
Yolanda Wright, ywright@alz.org or 800-272-3900

**Frederick**  
Frederick County Department of Aging  
3rd Friday 11:30 am – 12:30 pm  
Frederick Senior Center  
1440 Taney Ave.  
Frederick, MD 21702  
Contact Cathy Hanson chanson@alz.org. To RSVP, call 301-600-6001

**Glen Burnie**  
Pascal Senior Center  
Third Monday, 6:30 - 7:30 pm  
125 Dorsey Rd.  
Glen Burnie MD 21061  
Yolanda Wright, ywright@alz.org or 800-272-3900

**Greenbelt**  
City of Greenbelt Memory Café  
1:30 – 3:30 pm every other Wednesday of the month  
Greenbelt Municipal Building  
25 Crescent Rd.  
Greenbelt, MD 20770  
Nancy Quarles at nquarles@alz.org or 240-467-3833  
or Greenbelt CARES at 301.345.6660

**Hagerstown**  
always Ron’s Restaurant  
4th Thursday Noon – 1:00 PM  
29 North Burhans Blvd.  
Hagerstown, MD 21740  
301.639.3166  
To confirm, contact Dave Kukor 301-639-3166.

Otterbein UM Church  
Fifth Thursday, 12 - 1 pm  
108 E. Franklin St.  
Hagerstown MD 21740
David Kukor at dkukor@ahcglobal.com or 301-631-3166

Laurel
Laurel-Beltsville Senior Center
Fourth Thursdays, 2 – 4 pm
7120 Contee Road
Laurel MD 20707
Nancy Quarles at nquarles@alz.org or 240-467-3833

Mount Airy MD
Mount Airy Senior and Community Center Memory Cafe
703 Ridge Road
To register, call Nancy Ensor at 410-386-3833.

Mt. Savage
Saint George’s Episcopal Church, Parish House
Fourth Wednesday, 2 – 4 pm
12811 Saint George’s Lane
Mt. Savage MD 21545
301-264-3524

Olney
Olney Library
4th Wednesdays, 3:30 – 4:30 pm
3500 Olney Laytonsville Rd
Olney MD 20832
Pre-registration is required, contact Sheila Griffith 240-844-3608 or sagriffith@alz.org.

Owings Mills
Atrium Village
Fourth Wednesday 12 – 1 pm
4730 Atrium Court
Owings Mills MD 21117
Yolanda Wright, ywright@alz.org or 800-272-3900

Oxon Hill
St. Paul United Methodist Church
1st and 3rd Wednesdays of each month, 1:00 PM
6634 St. Barnabus Road
Oxon Hill, MD 20745
– Brenda Henderson at 301.567.4433 or brendahenderson@comcast.net

Pikesville
Memory Cafe at Woodholme Gardens
1700 Woodholme Ave.
Pikesville, MD 21208
contact Yolanda Wright, Alzheimer’s Association at ywright@alz.org for dates

**Rockville**
Rockville Senior Center
First and third Mondays, 12 – 1 pm
1150 Carnation Dr.
Rockville MD 20850
Contact Sheila Griffith at 240-428-1342 or sagridfr@alz.org

**Silver Spring**
Leisure World of Maryland
Last Thursday of each month, 2 – 3:30 pm
3700 Rossmoor Blvd
Silver Spring MD 20906
Contact Sheila Griffith at 240-428-1342 or sagridfr@alz.org

White Oak Community Recreation Center
2nd Thursday 10-11:30 am
1700 April Ln
Silver Spring MD 20904
Contact Sheila Griffith at 240-428-1342 or sagridfr@alz.org

**Sykesville**
Social Club at the Copper Ridge Bistro
Second Tuesday, 5:30 - 8 pm
Integrace-Copper Ridge
710 Olbrecht Rd.
Sykesville MD 21784
Cindy Yingling cindy.yingling@integrace.org or 410-970-2041

**Temple Hills**
Camp Springs Senior Center
Third Tuesdays, 2:15 – 4:15 pm
6420 Allentown Rd.
Temple Hills MD 20748
Nancy Quarles at nquarter@alz.org or 240-467-3833