

HISTORY

In April 2020, the City of Phoenix became the largest city in the nation to be designated a Dementia Friendly City. Dementia friendly cities foster the ability of individuals living with dementia to remain, thrive, and feel part of the community in which they live. This accomplishment followed Mayor Kate Gallego's public commitment to increasing focus and attention on dementia care and services for Phoenix residents.

Memory Cafés are growing in popularity across the nation as one component of being a dementia friendly city. They offer a place where care partners and loved ones may connect with others experiencing similar circumstances through participation in social activities, music, therapy, and different forms of art. Early evidence suggests Memory Cafés help with social interactions and brain stimulation.

The Human Services Department has been facilitating virtual Memory Café groups since September of 2020. In June 2021, Phoenix City Council approved expansion of Memory Cafes to increase availability for individuals living with early to moderate dementia and those caring for and supporting them.

MEMORY CAFÉS TAKE PLACE AT THE FOLLOWING LOCATIONS:

Adam Diaz Senior Center

4115 W. Thomas Road
Phoenix, AZ 85019-4332
adamdiaz.sc.hsd@phoenix.gov
602-262-1609

Chinese Senior Center

734 W. Elm Street
Phoenix, AZ 85013-2416
chinese.sc.hsd@phoenix.gov
602-262-6411

Deer Valley Community Center

2001 W. Wahalla Lane
Phoenix, AZ 85027-4200
deervalley.cc.hsd@phoenix.gov
602-495-3714

Desert West Community Center

6501 W. Virginia Avenue
Phoenix, AZ 85035-1500
desertwest.cc.hsd@phoenix.gov
602-495-3711

Devonshire Senior Center

2802 E. Devonshire Avenue
Phoenix, AZ 85016-8505
devonshire.srvs.hsd@phoenix.gov
602-262-7807

Goelet A. C. Beuf Community Center

3435 W. Pinnacle Peak Road
Phoenix, AZ 85027-1021
goelet.beuf.sc@phoenix.gov
602-534-9743

Helen Drake Senior Center

7600 N. 27th Avenue
Phoenix, AZ 85051-6602
helen.drake.sc@phoenix.gov
602-262-4949

Marcos de Niza Senior Center

305 W. Pima Road
Phoenix, AZ 85003-2748
marcos.sc.hsd@phoenix.gov
602-262-7249

McDowell Place Senior Center

1845 E. McDowell Road
Phoenix, AZ 85006-3052
mcdowell.place.sc.hsd@phoenix.gov
602-262-1842

Paradise Valley Community Center

17402 N. 40th Street
Phoenix, AZ 85032-2200
paradise.valley.cc.hsd@phoenix.gov
602-495-3785

Pecos Community Center

17010 S. 48th Street
Phoenix, AZ 85048-1201
pecos.cc.hsd@phoenix.gov
602-534-5366

Senior Opportunities West Senior Center

1220 S. 7th Avenue
Phoenix, AZ 85007-3612
sow.sc.hsd@phoenix.gov
602-262-6610

Shadow Mountain Senior Center

3546 E. Sweetwater Avenue
Phoenix, AZ 85032-6100
shadow.mountain.sc.hsd@phoenix.gov
602-534-2303

South Mountain Community Center

212 E. Alta Vista Road
Phoenix, AZ 85042-4219
south.mountain.sc.hsd@phoenix.gov
602-262-4093

Sunny slope Senior Center

802 E. Vogel Avenue
Phoenix, AZ 85020-2131
sunnyslope.sc.hsd@phoenix.gov
602-262-7572



HUMAN SERVICES DEPARTMENT
SENIOR PROGRAMS



Memory Café



City of Phoenix

WHAT IS A MEMORY CAFÉ?

A Memory Café is an environment for learning, support, and social engagement. It's a place to talk with others who understand what you are going through, forget about limitations, focus on strengths, enjoy each other's company, and explore something new. This regular event may include structured activities – like music or art projects – or educational events like guest speakers, along with fresh snacks and refreshments.

Memory Cafés provide a safe and supportive place where individuals with memory loss and their caregivers can connect.



HOW DOES IT WORK?

We welcome you and your loved one anytime. Registration in advance is requested to ensure a comfortable and personalized experience. To register for a future Memory Café, simply call your closest Senior Center or email memory.cafe@phoenix.gov.

DOES IT COST ANYTHING?

The Memory Café is a free event and there is no fee to attend.



WHO IS IT FOR?

Memory Cafés are not just for those experiencing memory loss. We welcome:

- Care partners
- Family members
- Friends
- Those just starting to experience memory loss

"It is an easy process. I leave here happy, fulfilled, and have made new friends. The activities we have are interactive, stimulating, and enjoyable." - Leonard (Memory Café participant)



CAN MY LOVED ONE ATTEND ALONE?

Attendees should be joined by a care partner, family member or friend, to ensure a safe and quality experience for all participants. It's a place for all to socialize and learn, no matter if you're facing dementia or caring for someone who is.