



Connecting Older Adults with Community-based Resources and Options

What is a Memory Café?

Memory Cafés are stigma-free social settings where people living with dementia and their care partners can meet others and enjoy time together! Cafés aim to decrease the social isolation that often accompanies dementia and caregiving. Our network offers FREE cafés that feature many different activities, such as chair yoga, music therapy, sing-alongs, art therapy, and more.

FY2026 AgeOptions Memory Café Directory*

currently some AgeOptions cafes are being held virtually

Name of Café	Date and Time	Address	Contact Info	Additional Notes
North Region				
Hanul Family Alliance	First and Third Friday of the Month @ 1:00PM	Hanul - Mt. Prospect Office 1166 S Elmhurst Rd, Mt. Prospect, IL 60056	Anna Kim 847-439-5195 Ext. 208 annakim@hanulusa.org	Cafe is held in the Korean language
<u>Hanover Township</u>	Second Friday of every month @ 12:00PM	240 S. IL Route 59 Bartlett, IL 60103	Diana Gomez 630-483-5600 dgomez@hanover-township.org Thalia Robles 630-483-5660 trobles@hanover-township.org	In-person and/or hybrid meetings are being offered (depending on activity). The program is facilitated in English; the facilitator speaks Spanish as well.
<u>Center of Concern</u>	Every Thursday @ 10:00AM	1665 Elk Blvd. Des Plaines, IL 60016	Ana Popa apopa@centerofconcern.org 224-585-4373	Musical Memories Cafe. This is a weekly offering, not monthly.
<u>North Shore Senior Center</u>	Second Monday of the Month @ 12:00PM	161 Northfield Road Northfield, IL 60093	Heather Resnick hresnick@nssc.org 847-784-6041	



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			careigversupport@nssc.org 847-784-6040	
<u>Kenneth Young Center Memory Café</u>	Third Friday of the Month held @ 12:30PM - 2PM	Kenneth Young Center 1001 Rohlwing Road Elk Grove Village, IL 60007	Katleen Bolger 847-524-8800 ext. 124 kathleenb@kennethyoung.org	Café will be held in English; lunch is provided. Registration is required. Please call Kathleen Bolger (847)524-8800 ext.124 to register.
	Second Friday of the Month held @ 12:30PM - 2:30PM	Palatine Senior Center 505 S Quentin Rd, Palatine, IL 60067	Katleen Bolger 847-524-8800 ext. 124 kathleenb@kennethyoung.org Noel Abraham noela@KennethYoung.org	Café will be held in English; lunch is provided. Registration is required. Please call Kathleen Bolger (847)524-8800 ext.124 to register.
<u>American Association Of Retired Asians</u>	Every Third Wednesday of the Month @ 12:00PM - 3:00PM	1300 Greenbrook Blvd, Suite 200, Hanover Park, IL 60133	Nazneen Sayla nsayla@gmail.com 630-915-5277	The memory cafe concept provides a social experience for those who have dementia and for their family member or caretaker in multiple languages and socializing



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				<p>with other couples who are sharing a similar journey. This unique program is performed in multiple languages and is held in Hindi, Urdu , Punjabi & Gujarati.</p> <p>Memory cafe theme is Music and Cards.</p>
<p><u>Metropolitan Asian Family Services (MAFS) "Comfort Me Cafe"</u></p>	<p>4th Wednesday of the Month @ 3:00PM</p> <p>Recurring Zoom link / link: <u>https://us02web.zoom.us/j/6342898982</u></p> <p>Meeting ID: 634 289 8982</p> <p>One tap mobile Meeting ID: 634 289 8982</p> <p>Find your local number: <u>https://us02web.zoom.us/u/kblb3xlGKw</u></p>	<p>1421 S. Roselle Rd, Schaumburg, IL 60193</p>	<p>Roshita Pandey <u>roshitap@mafsinc.com</u> 773-465-3105</p> <p>Dipti Shah <u>diptis@umasinc.com</u> 847-306-7424</p>	<p>The Café is conducted in Hindi & Gujarati languages and has activities like musical programs, story/experience sharing, memory games, yoga, light exercises etc. The theme varies based on some US national holidays (July 4th, Memorial Day, Christmas, Thanksgiving) and major South Asian festivals (Diwali, Holi etc.).</p>
West Region				
<p><u>Oak Park Township Senior Services</u></p>	<p>3rd Tuesday of the Month @ 2:00PM - 4:00PM.</p>	<p>105 S. Oak Park Avenue Oak Park, Illinois 60302</p>	<p>Devin Andrews <u>dandrews@oakpar.ktownship.org</u> 708-725-9116</p>	<p>Each café has a different theme and is provided in English.</p>



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				Join in-person or via phone/Zoom. Call 708-383-8060 to register.
<u>Aging Care Connections</u>	First Friday of the Month @ 10:30AM - 11:30AM	Central Baptist Village 4747 N. Canfield Ave, Norridge, IL 60706	Katarina Aleksic kaleksic@agingcareconnections.org 708-603-1323 x375	Registration encouraged, walk-ins are welcome. English Flyer Spanish Flyer
	Third Friday of the Month @ 1:30PM - 2:30PM	Aging Care Connections 111 W. Harris Ave, La Grange, IL 60525	Eve Moreno emoreno@agingcareconnections.org 708-603-1323 x242	Registration encouraged, walk-ins are welcome. English Flyer Spanish Flyer
South Region				
<u>Arab American Family Services</u>	Last Thursday of the Month @ 12:00PM - 1:00PM Zoom link distributed via Google Text	7000 W. 111th St Ste 300, Worth, IL 60482	Fouzia Othman fothman@aafsil.org	Field trip once a month. Geared towards Arabic speaking clients.
<u>Xilin Association</u>			Nina Shi xiaohongshi@xilin.org 847-514-5224 Benjamin Kim younghoonkim@xilin.org	Language: Chinese (Mandarin) Theme: prevention and slowdown of memory loss



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<u>Pathlights (formerly PLOWS Council on Aging)</u>	First Wednesday of the Month @ 10:30AM - 11:30AM	Orland Park Public Library 14921 Ravinia Ave, Orland Park, IL 60462	Jenna Stock <u>ivaccaro@pathligh ts.org</u> 708-361-0219	Registration requested prior to attending. To register call 708-428-5100 or email <u>mmaloney@orland parklibrary.org</u> . <u>Flyer Here</u>
	Third Tuesday of the Month @ 2:00PM - 3:00PM	Matteson Area Public Library District 801 School Ave, Matteson, IL 60443	Carletta Gatling <u>cgatling@pathlight s.org</u> 708-361-0219	Registration requested prior to attending. Register online at <u>mapld.org</u> or call 708-748-4431. <u>Flyer Here</u>

**For general inquiries on Memory Cafes in the AgeOptions Service Area,
Please contact us!**

Zoe Andorka (she/her) (zoe.andorka@ageoptions.org)