



Memory Cafe

SONGS BY HEART

Special Series



A partnership between Saratoga Senior Center, Opera Saratoga and the Alzheimer's Association Northeastern New York Chapter

Social support and engagement for people living with dementia and their care partners.

Our memory café offers a supportive, welcoming environment for caregivers and their loved ones who are experiencing memory loss due to Alzheimer's or another dementia.

We're excited to end 2023 with a special series! Opera Saratoga's "Songs by Heart" will bring a professional level singer to the café to lead an interactive sing-along. Program results in stress reduction, improved self-confidence and social interaction.

Special Series Dates:

First Friday of Every Month:
9/1, 10/6, 11/3, 12/1

Time: 11 a.m. -12:30 p.m.

Address: Saratoga Senior Center
290 West Ave, Saratoga Springs

To register, call the Saratoga Senior Center at 518.584.1621.

Although RSVPs are appreciated, walk-ins are welcome.

