



## Memory Programs



### 'A Day Out'

#### Adult Day Program

Provides caregiver respite and an upbeat social setting for people with early-stage Alzheimer's and related dementias. Meets on Mondays and Thursdays from 10am-2:30pm at the Lutheran Church of the Atonement in Barrington. (pre-evaluation required)



### Memory Cafe

An informal social program for people with early-stage Alzheimer's and related dementias and their care partners. Meets on the 3rd Tuesday of each month from 10- 11:30am at the Ela Area Public Library in Lake Zurich.



### Alzheimer's Caregiver Support Group

A support group that provides resources for families and caregivers of people living with Alzheimer's and related dementias while offering a judgement-free space to discuss daily triumphs and struggles. Meets on the second Wednesday of each month from 10:30 am - noon on Zoom.

### Join Bacoa's Community of Belonging

For over 39 years, Bacoa has empowered older adults, their families and caregivers in their pursuits of healthy lifestyles. Our vital social services and over 500 intergenerational "Active Aging" programs support adults in a welcoming and accessible environment. For more information, or to register for Bacoa's Memory Programs, contact Bacoa's Memory Programs Manager Pam Pellizzari at:

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