

# Free Caregiver Respite and Support Programs

## **Musical Memories**

Musical Memories Café concert is a place for caregivers and their loved ones to relax and enjoy socializing, refreshments, and great entertainment!

Website: [www.westfallsartcenter.org/memory-cafe167513f0](http://www.westfallsartcenter.org/memory-cafe167513f0)

## **Pathways for Caregivers and Serenity on the Shore Memory Cafe**

Family caregivers can receive a break from the daily tasks of caregiving for their aging loved ones. Caregivers and aging loved ones each engage in their own separate activities. The goal is to give caregivers peace of mind and rejuvenation.

Cradle Beach

8038 Old Lakeshore Rd. Angola, NY 14006

Pathways for Caregivers: 3rd Thursday of every month, 10:30am-2:30pm

Serenity on the Shore: 4th Thursday of every month, 11:30am-1:30pm

To register: contact Zoe Tyler (716)549-6307 ext. 218

Website: [cradlebeach.org/senior-services/](http://cradlebeach.org/senior-services/)

## **Burchfield Penny Memory Café**

Friends of the Burchfield Penney Memory Café is specifically designed for people with Alzheimer's and their caregivers to inspire joy and make connections. Our Memory Café provides a stimulating and comfortable setting in which to spend time together in an art museum. The sessions will include interactive tours and hands-on art activities in a creative and safe environment.

When: 1st Wednesday of the month. Time: 10:00-11:30 am.

Where: Burchfield Penny Art Center 1300 Elmwood Ave. Buffalo, NY 14222

To Register: [burchfieldpenney.org/learn/access-tours/memory-cafe/](http://burchfieldpenney.org/learn/access-tours/memory-cafe/)

Questions: Contact Kathy Shiroki at shirokkg@buffalostate.edu 716.878.3549.

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## **In the Moments Memory Cafe**

CarePatrol welcomes individuals with memory loss along with their caregivers, or friends and family to our monthly Memory Cafe gathering where we celebrate shared experiences in a comfortable and supportive environment that is non-judgemental. This event is a perfect opportunity to reminisce, make new friends, and create lasting bonds.

When: 2nd Friday of every month, 10:30am-12pm

111 St. Gregory Ct. Williamsville, NY 14221

Register: [carepatrol.com/buffalo-niagara/events/](http://carepatrol.com/buffalo-niagara/events/)

Phone: Julie Lewinski (716)463-2955

## **A Gathering Place**

A program designed to provide fun and uplifting activities created for seniors 55+ and offers much needed help for their caregivers. If you need a break, or just need to run errands during the day, or simply take a moment to yourself on Saturday mornings.

The BFNC Life Center @ Westminster Community House

419 Monroe St. Buffalo, NY 14212

Register: [bfnc.org/care-givers-you-deserve-time-to-exhale-introducing-the-exhale-program/](http://bfnc.org/care-givers-you-deserve-time-to-exhale-introducing-the-exhale-program/)

Phone: (716)852-5065 ext. 132.