

Alzheimer's Texas

(512) 241-0420

www.txalz.org

Early-Stage Support Groups & Memory Cafés

Early-Stage Support Groups and Memory Cafés provide a welcoming space for individuals living with early memory loss and their care partners. These programs focus on connection, conversation, and shared activities that encourage social engagement and reduce isolation. Memory Cafés often include music, games, or creative activities in a relaxed setting, while early-stage support groups offer opportunities to share experiences, learn strategies, and build community with others on a similar journey.

City	Day and Time	Address	Description
Austin	Friday 9:30 AM - 12:30 PM	Westlake Hills Presbyterian Church 7127 Bee Cave Rd Austin, TX 78746 WHPC Room 200	Memory Matters is a weekly program at Westlake Hills Presbyterian Church for individuals living with early memory loss. In partnership with AGE of Central Texas, the program offers meaningful activities like reminiscence therapy, cognitive stimulation, and support group discussions— designed to foster connection, dignity, and purpose. If you or a loved one would like to participate, please contact our Parish Nurse, Diana Stoller, memorycare@whpc.org
Georgetown	Friday 12:30 PM -2:30 PM	Carver Center 1200 W 17th St, Georgetown, TX 78626	Maintaining Memory Skills Group - For MCI or Mild/Early stages Dementia. Registration required. For more information or to inquire about joining, please get in touch with us at info@agiftoftimegeorgetown.org .
Georgetown	<u>Virtual:</u> 1st Fridays of the month 10:00 AM -11:00 AM <u>In person:</u> 3rd Friday of the month 10:30 AM -12:00 PM	Georgetown Library 402 W 8th St, Georgetown, TX 78626	Camille's Memory Cafe - This virtual and in person social gathering provides a dynamic, interactive way for our community of loved ones living with dementia, caregivers, family, and friends to connect. We share our memories, play games, and exchange stories, in a safe, fun environment. To sign up and participate, please email at education@agiftoftimegeorgetown.org