



# CONNECTIONS CAFÉ:

## A senior-friendly gathering

**Second Thursday of each month**

**1 to 2 p.m.**

**United Church of Christ**

**317 2nd St W, Wabasha**

### **What is a Connections Café?**

- A Connections Cafe is a free social gathering open to ALL seniors wishing to connect and socialize with others. We welcome seniors, family members and care partners to join us monthly for activities that promote social engagement and reduce loneliness and isolation. Cafes feature games, entertainment, music and hands-on activities. Every month offers a new experience; every activity is designed to build bonds of friendship and support.

### **Who can attend a Connections Cafe?**

- All seniors are welcome. We also encourage aging adults whose lives are affected by dementia, along with their family members and/or care partners. The Connections Cafe is a dementia-friendly gathering that offers a comfortable, safe and friendly space for inspiring fellowship, fun and new connections.

Sponsored by:

Wabasha County Senior Health Action Team, Elder Network,  
Wabasha Public Library, Friends of the Library,  
SEMAAA (Southeastern Minnesota Area Agency on Aging), and  
Gundersen St. Elizabeth's Hospital and Clinics  
Wabasha County Public Health  
Wabasha County SHIP



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