

March Activities

March 3rd at 1:00: Music with Hot Banana Coffee- one of the new and upcoming bands in Glynn County Ashton and Dakota will be playing guitar and singing tunes we all know and love

March 6th at 1:00: Movie Monday! Grab popcorn and your favorite movie candy and get comfy to watch a movie with us

March 7th at 1:00: Butterbean Auction brought to us by GHC Hospice- bid on fun items !

March 14th at 2:00: Yoga. This is a gentle seated yoga focused on breathing. Suitable for everyone.

March 15th from 1-4: Caregivers Time Off. Reservations required. Call for information 912-264-0777

March 17th at 1:00: St. Patrick's Day Party! Come celebrate the Irish and have some food, fun and fellowship!

March 20th & 27th at 11:00: The College of Coastal Georgia is coming to talk about cognition and work with the us. This gives the students an ability to learn more about Dementia and Memory Matters a chance to work with the community.

March 23rd at 1:00: Brain Games and its national puppy day! We are doing dog trivia and have some puppies coming that are ready to love on you!

March 30th at 1:00: BINGO! A classic and use your winnings to shop at the Memory Matters store.

March 31st at 12:00: Lunch and Learn with Georgia Kellogg with Centered for Life. She is a Neuro-therapist and is going to talk with us about how you can neurotherapy can help slow progression of early onset Alzheimer's and help reduce tremors in Parkinson's patients.

Care Giver Connections Support Groups:

March 8th at 11:00 at Memory Matters

March 16th at 11:00 at Jekyll Methodist Church on Jekyll Island

March 17th at 10:00 at Holy Nativity Church on St. Simons Island

March 17th at 10:00 at Darien Presbyterian Church in Darien

March 22nd at 10:00 Parkinson's Caregivers at Memory Matters

March 22nd at 1:00 Alzheimer's Caregivers at Memory Matters

All activities are free and open to all with illness related memory loss and their caregivers. Reservations required. jordan@memorymattersglynn.com or 912-264-0777