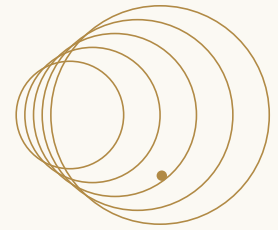


MUSIC BRINGS US TOGETHER

Memory Café



A two-hour gathering for people living with dementia and their caregivers.

Explore accessible instruments, sing familiar songs and enjoy music together. No musical experience required. Sing, play, move, listen or rest.

120 minutes | About 15-25 people total | Two MUSE facilitators

ONE GATHERING. FOUR PARTS.

- | | |
|---------------|--|
| 20 min | Welcome together
Gentle music, introductions and instrument discovery. |
| 45 min | Explore in parallel
Older adults: bells, percussion, singing and conducting.
Caregivers: gentle breathing, humming and listening. |
| 10 min | Pause & reset
Refreshments, bathrooms and a quieter place to rest. |
| 45 min | Reunite in song
Shared singing, musical exchanges and room to lead. |

Groups run at the same time; staying together is always an option.
Care and supervision needs are agreed with the host before booking.

Research note. A 2025 review concluded that a course of music sessions “probably improves depressive symptoms” versus usual care, with a small average benefit. A larger trial found no overall depression benefit at six months. Neither tested a single MUSE Café. [1,2]

[1] Cochrane (2025): doi.org/10.1002/14651858.CD003477.pub5

[2] MIDDEL (2025): doi.org/10.1016/j.lanhl.2025.100783

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