



Memory Cafés welcome people with cognitive decline and dementia, their families, their caregivers and community members who care.

MON MAR 02 2026

11:00 AM - 2:00 PM

**UNC 200, University Ballroom,
University Center**

3272 University Way, Kelowna

FREE PARKING in all **REGULAR PARKING LOTS** –
NO SHORT TERM LOTS (DO NOT park in LOT F)

Available 10:00 am – 3:00 pm –
email HealthyLiving.Research@ubc.ca for FREE parking info



For more info call

Barb Stewart, Program Manager

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This is a participatory action research project in collaboration with UBCO.

FEATURING:

POSTCARDS FROM YESTERDAY

A 20-minute musical play
By Pascal Archambault
SHOWTIME Theatre Company, Penticton

Postcards from Yesterday is a tender, humorous, and deeply human look at dementia through the eyes of family and friends. Told through memories, music, and the small moments that linger, the play explores love, loss, frustration, and resilience as a family navigates what it means to remember, and what it means to let go. Written for Memory Café action research pilots, this piece honours lived experience, showing not just what is lost, but what remains.

Postcards from Yesterday examines how memory loss affects not only the individual, but the relationships around them, highlighting compassion, resilience, and the enduring power of connection.

Q & A with physicians, nurse clinicians and those with lived experience will follow the play

IMPROV with Kelly Terbasket, from IndigenEyez

LIVE MUSIC with Vincent DeCowan

FUN & MOVEMENT with CHOOSE TO MOVE, Debbie Boef

FREE LUNCHEON

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