

Memory Loss Activity Calendar

www.MomentiaSeattle.org

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April 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10a Staying Connected (Queen Anne)
2	3 9:30a Zoo Walk (Pt. Defiance Zoo) 1p Weekly Ukulelele Jam and Sing Along (West Seattle) 2p Minds In Motion (Central Seattle) 2p Staying Connected (Green Lake)	4 2p here:now Gallery Tour (Seattle)	5 2p here:now Art-Making Class and Gallery Tour (Seattle)	6 9:30a Powerful Tools For Caregivers (Greenwood) 10a Story Share & Sketch (West Seattle) 10:30a All Present Song Circle (Greenwood) 2:30p Alzheimer's Café (Tumwater)	7 9:30a Zoo Walk (Pt. Defiance Zoo)	8 10a Staying Connected (Queen Anne) 10a Dementia-Inclusive Film (Edmonds) 10a Garden Discovery Walk (Seattle)
9	10 9:30a Zoo Walk (Woodland Park Zoo) 9:30a Zoo Walk (Pt. Defiance Zoo) 1p Weekly Ukulelele Jam and Sing Along (West Seattle) 2p Alzheimer's Café (Marysville) 2p Minds In Motion (Central Seattle) 2p Staying Connected (Green Lake) 2:30p Improv Workshop (Central Seattle) 3:30p Alzheimer's Café (Greenwood)	11 2p Pre-Café Gallery Discussion (Frye Museum) 2:30p Alzheimer's Café (Frye Museum)	12 10a Zoo Walk (Woodland Park Zoo) 10a Friendly Folk Dance (Seattle Int'l District) 2p here:now Art-Making Class and Gallery Tour (Seattle) 3p Alzheimer's Café (Mercer Island)	13 9:30a Powerful Tools For Caregivers (Greenwood) 10a Story Share & Sketch (West Seattle) 10:30a All Present Song Circle (Greenwood) 3:30p Alzheimer's Café (Columbia City)	14 9:30a Zoo Walk (Pt. Defiance Zoo) 10a Out & About Walk (Seattle) 11a Yoga for Mood, Mind, & Memory (Greenwood)	15 10a Staying Connected (Queen Anne) 3p Alzheimer's Café (Gig Harbor)
16	17 9:30a Zoo Walk (Woodland Park Zoo) 9:30a Zoo Walk (Pt. Defiance Zoo) 1p Weekly Ukulelele Jam and Sing Along (West Seattle) 2p Staying Connected (Green Lake) 2p Minds in Motion (Central Seattle)	18 1p Remember the Hungry (Seattle) 2:30p Alzheimer's Café (Green Lake)	19 10a Zoo Walk (Woodland Park Zoo) 10a Friendly Folk Dance (Seattle Int'l District) 1p Remember the Hungry (Seattle)	20 9:30a Powerful Tools For Caregivers (Greenwood) 10a Story Share & Sketch (West Seattle) 10:30a All Present Song Circle (Greenwood) 2p Alzheimer's Café (Silverdale)	21 9:30a Zoo Walk (Pt. Defiance Zoo) 10a Out & About Walk (Seattle) 10:30a Creative Workshop: Poetry (Bothell) 11a Yoga for Mood, Mind, & Memory (Greenwood) 1p Drum Circle (S.E. Seattle)	22 10a Staying Connected (Queen Anne) 2p Momentia Talent Share (Northgate)
23	24 9:30a Zoo Walk (Woodland Park Zoo) 9:30a Zoo Walk (Pt. Defiance Zoo) 1p Weekly Ukulelele Jam and Sing Along (West Seattle) 2p Alzheimer's Café (Edmonds) 2p Minds In Motion (Central Seattle) 2p Staying Connected (Green Lake)	25 10:30 Drum Circle (West Seattle) 1p Drum Circle (West Seattle) 3p Alzheimer's Café (Bellevue) 3p Alzheimer's Café (Capitol Hill)	26 10a Zoo Walk (Woodland Park Zoo) 10a Friendly Folk Dance (Seattle Int'l District) 2p here:now Art-Making Class and Gallery Tour (Seattle) 3p Alzheimer's Café (Tacoma) 5p Sing Along (West Seattle) **NEW**	27 9:30a Powerful Tools For Caregivers (Greenwood) 10:30a All Present Song Circle (Greenwood) 3p Rock the House (West Seattle)	28 9:30a Zoo Walk (Pt. Defiance Zoo) 10a Out & About Walk (Seattle) 10:30a Creative Workshop: Circle Dance (Bothell) 11a Yoga for Mood, Mind, & Memory (Greenwood)	