Memory Loss Activity Calendar

www.MomentiaSeattle.org

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October 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	11a Zoo Walk (Pt. Defiance Zoo)				**9:30a** Zoo Walk (Pt. Defiance Zoo)	
				2p Elderwise Watercolor Plus Prgram - Lynnwood	**10a** Garden Discovery Walk (Seattle)	
	1P Weekly Ukelele Jam & Sing Along	**2P** here:now Gallery Discussion Tour (Frye Museum)	**2p** here:now Art-Making Class & Gallery Tour (Frye Museum)		**10:30a** Community Chorus (Bellevue)	
	2p Minds In Motion (Central Seattle)				**10:30a** Creative Arts: Circle Dance (Auburn)	
8	9	10	11	12	13	14
	9:30a Zoo Walk (Woodland Park Zoo)	**10a** Arts in the Park: Watercolor Painting (Seattle)	**10a** Zoo Walk (Woodland Park Zoo)	**10a** Arts in the Park: Watercolor Painting (Seattle)	**9:30a** Zoo Walk (Pt. Defiance Zoo)	
	11a Zoo Walk (Pt. Defiance Zoo)		**10a** Strength for the Journey	**10:30a** All Present: Song Circle (Greenwood)	**10a** Out and About Walk (Seattle)	
	1P Weekly Ukelele Jam & Sing Along		**10:30a** Friendly Folk Dance (Seattle)		**10:30a** Community Chorus (Bellevue)	
	2p Minds In Motion (Central Seattle)	**2p** Frye Gallery Pre-Café Discussion (Frye Museum)	**10a** Strength for the Journey		**10:30a** Creative Arts: Watercolor (Auburn)	
	2p Alzheimer's Café (Marysville)	**2:30p** Alzheimer's Café (Frye Museum)			**11a** Yoga Mood, Mind, Memory (Greenwood)	
	2:30p Improv Workshop (Greenwood)		**2p** here:now Art-Making Class & Gallery Tour (Frye Museum)			
	3:30p Alzheimer's Café (Greenwood)		**3p** Alzheimer's Café (Mercer Island)	**3:30p** Alzheimer's Café (Columbia City)		
15	16	17	18	19	20	21
	9:30a Zoo Walk (Woodland Park Zoo)	**10a** Arts in the Park: Watercolor Painting (Seattle)	**10a** Zoo Walk (Woodland Park Zoo)	**10a** Arts in the Park: Watercolor Painting (Seattle)	**9:30a** Zoo Walk (Pt. Defiance Zoo)	**10a** Saturday Matinee: Fiddler On The Roof (Edmonds)
	11a Zoo Walk (Pt. Defiance Zoo)	**10a** Art Walk (Edmonds)	**10a** Strength for the Journey	**10:30a** All Present: Song Circle (Greenwood)	**10:30a** Community Chorus (Bellevue)	
			10:30a Friendly Folk Dance (Seattle)		**10:30a** Creative Arts: Sharing Our Stories (Burien)	
	1P Weekly Ukelele Jam & Sing Along	**1p** Remember the Hungry (Seattle)		**2p** Elderwise Watercolor Plus Prgram - Lynnwood	**11a** Yoga Mood, Mind, Memory (Greenwood)	
	2p Minds In Motion (Central Seattle)		**2p** here:now Art-Making Class & Gallery Tour (Frye Museum)	**2p** Alzheimer's Café (Silverdale)		
		2:30p Alzheimer's Café (Green Lake)	**2:30p** Alzheimer's Café (Puyallup)	**4p** Community Kitchen	**1P** Dementia-Friendly Drum Circle	**3p** Alzheimer's Café (Gig Harbor)
22	23	24	25	26	27	28
	9:30a Zoo Walk (Woodland Park Zoo)	**10a** Arts in the Park: Watercolor Painting (Seattle)	**10a** Zoo Walk (Woodland Park Zoo)	**10a** Arts in the Park: Watercolor Painting (Seattle)	**9a** Creative Aging Conference (Frye Museum)	
	11a Zoo Walk (Pt. Defiance Zoo)		**10:30a** Friendly Folk Dance (Seattle)	**10:30a** All Present: Song Circle (Greenwood)	**9:30a** Zoo Walk (Pt. Defiance Zoo)	
			10:30a Book Discussion Group (Greenwood)		**10a** Out and About Walk (Seattle)	
	1P Weekly Ukelele Jam & Sing Along		**10a** Strength for the Journey		**10:30a** Creative Arts: Poetry (Burien)	
	2p Minds In Motion (Central Seattle)		**2p** here:now Gallery Tour (Frye Museum)		**10:30a** Community Chorus (Bellevue)	
	2p Alzheimer's Café (Edmonds)	**3p** Alzheimer's Café (Bellevue)	**3p** Alzheimer's Café (Tacoma)		**11a** Yoga Mood, Mind, Memory (Greenwood)	
		3p Alzheimer's Café (Capitol Hill)				
29	30	31				
	9:30a Zoo Walk (Woodland Park Zoo)	Happy Halloween!				
	11a Zoo Walk (Pt. Defiance Zoo)					
	1P Weekly Ukelele Jam & Sing Along					
	2p Minds In Motion (Central Seattle)					