

# Memory Loss Activity Calendar

[www.MomentiaSeattle.org](http://www.MomentiaSeattle.org)  
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## November 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1			10a Strength for the Journey	10:30a All Present: Song Circle (Greenwood)	9:30a Zoo Walk (Pt. Defiance Zoo)	11:30a Meet Me At The Movies - Seattle
			10a Zoo Walk (Woodland Park Zoo)	2p Elderwise Watercolor Plus Prgram Lynnwood	10a Garden Discovery Walk (Seattle)	
			10:30a Friendly folk Dance	2:30p Alzheimer's Café (Tumwater)	10:30a Community Chorus (Bellevue)	3P Meet Me at the Movies - Burien
					10:30a Creative Arts: Circle Dance (Burien)	
					11a Yoga Mood, Mind, Memory (Greenwood)	
5	6	7	8	9	10	11
	9:30a Zoo Walk (Woodland Park Zoo)	10:30a Journaling for Care Partners/Storytelling for Persons with Dementia	10a Zoo Walk (Woodland Park Zoo)		9:30a Zoo Walk (Pt. Defiance Zoo)	
	10a Friendly Folk Dancing - Edmonds		10a Strength for the Journey	10:30a All Present: Song Circle (Greenwood)	10a Out and About Walk (Seattle)	
			10a Seattle Aquarium Field Trip		10:30a Community Chorus (Bellevue)	
	1P Weekly Ukelele Jam & Sing Along	2p Frye Art Museum here:now Gallery Discussion Tour	2p here:now Art-Making Class & Gallery Tour (Frye Museum)	3p What We Want the World to Know - Documentary	10:30a Creative Arts: Watercolor (Auburn)	
	2p Minds In Motion (Central Seattle)		3p Alzheimer's Café (Mercer Island)	3:30p Alzheimer's Café (Columbia City)	11a Yoga Mood, Mind, Memory (Greenwood)	
					12:30p Alzheimer's Café (Everett)	
12	13	14	15	16	17	18
	9:30a Zoo Walk (Woodland Park Zoo)		10a Zoo Walk (Woodland Park Zoo)		9:30a Zoo Walk (Pt. Defiance Zoo)	
	10a Friendly Folk Dancing - Edmonds		10a Strength for the Journey	10:30a All Present: Song Circle (Greenwood)	10:30a Community Chorus (Bellevue)	
	1P Weekly Ukelele Jam & Sing Along				10:30a Creative Arts: Sharing Our Stories (Burien)	
	2p Minds In Motion (Central Seattle)			2p Elderwise Watercolor Plus Prgram Lynnwood	11a Yoga Mood, Mind, Memory (Greenwood)	
	2p Alzheimer's Café (Marysville)	2p Frye Gallery Pre-Café Discussion (Frye Museum)	2p here:now Art-Making Class & Gallery Tour (Frye Museum)	2p Alzheimer's Café (Silverdale)		
	2:30p Re-ignite the Mind with Improv & Play - Greenwood	2:30p Alzheimer's Café (Frye Museum)			1P Dementia-Friendly Drum Circle	3p Alzheimer's Café (Gig Harbor)
	3:30p Alzheimer's Café (Greenwood)					
19	20	21	22	23	24	25
	9:30a Zoo Walk (Woodland Park Zoo)	10a Art Walk (Edmonds)	10a Zoo Walk (Woodland Park Zoo)	THANKSGIVING		
	10a Friendly Folk Dancing - Edmonds				9:30a Zoo Walk (Pt. Defiance Zoo)	
	1P Weekly Ukelele Jam & Sing Along	1p Remember the Hungry (Seattle)	2:30p Alzheimer's Café (Puyallup)		10a Out and About Walk (Seattle)	
	2p Minds In Motion (Central Seattle)	2:30p Alzheimer's Café (Green Lake)	3p Alzheimer's Café (Tacoma)		10:30a Community Chorus (Bellevue)	
26	27	28	29	30		
	9:30a Zoo Walk (Woodland Park Zoo)		10a Zoo Walk (Woodland Park Zoo)			
	10a Friendly Folk Dancing - Edmonds		10:30a Book Discussion Group (Greenwood)	10:30a All Present: Song Circle (Greenwood)		
	1P Weekly Ukelele Jam & Sing Along	3p Alzheimer's Café - Bellevue				
	2p Minds In Motion (Central Seattle)	3P Alzheimer's Café - Capitol Hill	2p here:now Gallery Tour (Frye Museum)			
	2p Alzheimer's Café - Edmonds		2p here:now Art-Making Class & Gallery Tour (Frye Museum)			