Memory Loss Activity Calendar

www.MomentiaSeattle.org

www.FaceBook.com/MomentiaSeattle

December 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30a Zoo Walk (Pt. Defiance Zoo)	**11:30a** Meet Me At The Movies (Seattle)
					10:30a Community Chorus (Bellevue)	
					11a Yoga Mood, Mind, Memory (Greenwood)	
					3p In Our Own Words-Sharing Poetry & Prose (Seattle)	**3P** Meet Me at the Movies (Burien)
3	4	5	6	7	8	9
	9:30a Zoo Walk (Woodland Park Zoo)		**10a** Zoo Walk (Woodland Park Zoo)	**10:30a** All Present: Song Circle (Greenwood)	**9:30a** Zoo Walk (Pt. Defiance Zoo)	
					10a Out and About Walk Holiday Party (Seattle)	
					10:30a Community Chorus (Bellevue)	
					11a Yoga Mood, Mind, Memory (Greenwood)	
	1P Weekly Ukelele Jam & Sing Along (West Seattle)	**1p** ESML Education Seminar (Bellevue)	**2p** here:now Art-Making Class & Gallery Tour (Seattle)	**2:30p** Alzheimer's Café - (Tumwater)		
	2p Minds In Motion (Central Seattle)	**2p** Frye Art Museum here:now Gallery Discussion Tour (Seattle)			**12:30p** Alzheimer's Café (Everett)	
10	11	12	13	14	15	16
	9:30a Zoo Walk (Woodland Park Zoo)		**10a** Zoo Walk (Woodland Park Zoo)		**9:30a** Zoo Walk (Pt. Defiance Zoo)	
				10:30a All Present: Song Circle (Greenwood)	**10:30a** Community Chorus (Bellevue)	
					11a Yoga Mood, Mind, Memory (Greenwood)	
	1P Weekly Ukelele Jam & Sing Along (West Seattle)					
	2p Minds In Motion (Central Seattle)	**2p** Frye Gallery Pre-Café Discussion (Frye Museum)	**2p** here:now Art-Making Class & Gallery Tour (Frye Museum)		**1P** Dementia-Friendly Drum Circle (Southeast Seattle)	
	2p Alzheimer's Café (Marysville)	**2:30p** Alzheimer's Café (Frye Museum)	**3p** Alzheimer's Café (Mercer Island)	**2:30p** Alzheimer's Café (Colulmbia City)		**2p** Holiday Concert & Sing-Along (Greenwood)
	2:30p Re-ignite the Mind with Improv & Play (Greenwood)					**3p** Alzheimer's Café (Gig Harbor)
	3:30p Alzheimer's Café (Greenwood)					
17	18	19	20	21	22	23
	9:30a Zoo Walk (Woodland Park Zoo)	**10a** Art Walk (Edmonds)	**10a** Zoo Walk (Woodland Park Zoo)		**10:30a** Community Chorus (Bellevue)	
	1P Weekly Ukelele Jam & Sing Along (West Seattle)	**1p** Remember the Hungry (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)			
24	25	26	27	28	29	
	CHRISTMAS				**10a** Out and About Walk (Seattle)	
			3p Alzheimer's Café (Tacoma)			