

# Memory Loss Activity Calendar

[www.MomentiaSeattle.org](http://www.MomentiaSeattle.org)

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## January 2018

| Sun | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|-----|--|---|--|---|---|--|
|     | 1  | 2   | 3  | 4   | 5   | 6  |
|     | 2018   |   |  |   |   |  |
|     | <b>NEW YEAR'S DAY</b>  | <b>1p **New** Make Some Noise</b><br>(West Seattle)<br><b>2p here:now Art-Making Class &amp; Gallery Tour</b> (Frye Museum)   | <b>2p here:now Art-Making class &amp; Gallery Tour</b> (Frye Museum)   | <b>2:30p Alzheimer's Café</b><br>(Tumwater)   | <b>9:30a Zoo Walk</b><br>(Pt. Defiance Zoo)<br><b>10:30a Community Chorus</b><br>(Bellevue)<br><b>11a Yoga Mood, Mind, Memory</b><br>(Greenwood)  | <b>6p **New** Opening Reception: Food for Thought Exhibit (Art &amp; Recipes)-Exhibit runs all month</b> |
| 7   | 8  | 9   | 10   | 11  | 12  | 13   |
|     | <b>9:30a Zoo Walk</b><br>(Woodland Park Zoo)<br><b>10:30a **New** Momentia Mondays</b><br>(Southeast Seattle)<br><b>1a Weekly Ukelele Jam &amp; Sing Along</b><br>(West Seattle)<br><b>2p Alzheimer's Café</b><br>(Marysville)<br><b>2p Minds In Motion</b><br>(Central Seattle)<br><b>2:30p Re-ignite the Mind with Improv &amp; Play</b> (Greenwood)<br><b>3:30p Alzheimer's Café</b><br>(Greenwood) | <b>1a **New** Make Some Noise</b><br>(West Seattle)<br><b>2p Frye Gallery Pre-Café Discussion</b><br>(Frye Museum)<br><b>2:30p Alzheimer's Café</b><br>(Frye Museum)<br>O'Keefe: Ode to Flowers<br>(Woodinville)  | <b>10a Zoo Walk</b><br>(Woodland Park Zoo)<br><b>10:30a Friendly Folk Dance</b><br>(Seattle)<br><b>2p here:now Art-Making Class &amp; Gallery Tour</b> (Frye Museum)<br><b>3p Alzheimer's Café</b><br>(Mercer Island)  | <b>10a **New** Arts in the Park Printmaking</b> (West Seattle)<br><b>3:30p Alzheimer's Café</b><br>(Columbia City)            | <b>9:30a Zoo Walk</b><br>(Pt. Defiance Zoo)<br><b>10a Out and About Walk</b><br>(Seattle)<br><b>10:30a Community Chorus</b><br>(Bellevue)<br><b>11a Yoga Mood, Mind, Memory</b><br>(Greenwood)<br><b>12:30p Alzheimer's Café</b><br>(Everett) | <b>10a Mary Poppins Saturday Matinee</b><br>(Edmonds)  |
| 14  | 15   | 16  | 17   | 18  | 19  | 20   |
|     | <b>9:30a Zoo Walk</b><br>(Woodland Park Zoo)<br><b>10:30a **New** Momentia Mondays</b><br>(Southeast Seattle)<br><b>1p Weekly Ukelele Jam &amp; Sing Along</b><br>(West Seattle)   | <b>10a Art Walk</b><br>(Edmonds)<br><b>1p Remember the Hungry</b><br>(Seattle)<br><b>1p **New** Make Some Noise</b><br>(West Seattle)<br><b>2p here:now Gallery Discussion Tour</b><br>(Frye Museum)<br><b>2:30p Alzheimer's Café</b><br>(Green Lake)<br>O'Keefe: Ode to Flowers<br>(Woodinville) | <b>10a Zoo Walk</b><br>(Woodland Park Zoo)<br><b>10:30a Friendly Folk Dance</b><br>(Seattle)<br><b>2p here:now Art-Making Class &amp; Gallery Tour</b> (Frye Museum)<br><b>2:30p Alzheimer's Café</b><br>(Puyallup)  | <b>10a **New** Arts in the Park Printmaking</b> (West Seattle)<br><b>2p Alzheimer's Café</b><br>(Silverdale)                  | <b>9:30a Zoo Walk</b><br>(Pt. Defiance Zoo)<br><b>10:30a Community Chorus</b><br>(Bellevue)<br><b>11a Yoga Mood, Mind, Memory</b><br>(Greenwood)  | <b>3p Alzheimer's Café</b><br>(Gig Harbor)   |
| 21  | 22   | 23  | 24   | 25  | 26  | 27   |
|     | <b>9:30a Zoo Walk</b><br>(Woodland Park Zoo)<br><b>10:30a Momentia Mondays</b><br>(Southeast Seattle)<br><b>10:30a **New** Momentia Mondays</b><br>(Southeast Seattle)<br><b>1p Weekly Ukelele Jam &amp; Sing Along</b><br>(West Seattle)<br><b>2p Alzheimer's Café</b><br>(Edmonds)<br><b>2p Minds In Motion</b><br>(Central Seattle)   | <b>1p **New** Make Some Noise</b><br>(West Seattle)<br><b>3p Alzheimer's Café</b><br>(Bellevue)<br><b>3p Alzheimer's Café</b><br>(Capitol Hill)   | <b>10a Zoo Walk</b><br>(Woodland Park Zoo)<br><b>10:30a Friendly Folk Dance</b><br>(Seattle)<br><b>11a Staying Connected -ESML Group</b> (Seattle)<br><b>2p here:now Art-Making Class &amp; Gallery Tour</b> (Frye Museum)<br><b>3p Alzheimer's Café</b><br>(Tacoma)   | <b>10a **New** Arts in the Park Printmaking</b> (West Seattle)<br><b>10:30a All Present Community Song Circle</b> (Greenwood) | <b>9:30a Zoo Walk</b><br>(Pt. Defiance Zoo)<br><b>10a Out and About Walk</b><br>(Seattle)<br><b>10:30a Community Chorus</b><br>(Bellevue)<br><b>11a Yoga Mood, Mind, Memory</b><br>(Greenwood)  | <b>10:30a New** Momentia Mix</b><br>(West Seattle)   |
| 28  | 29   | 30  | 31   |   |   |  |
|     | <b>9:30a Zoo Walk</b><br>(Woodland Park Zoo)<br><b>10:30a **New** Momentia Mondays</b><br>(Southeast Seattle)<br><b>1p Weekly Ukelele Jam &amp; Sing Along</b><br>(West Seattle)<br><b>2p Minds In Motion</b><br>(Central Seattle)   | <b>10:30a **New** Creativity in the Trenches: A Practical Approach for Caregivers</b><br><b>1p **New** Make Some Noise</b><br>(West Seattle)  | <b>10a Zoo Walk</b><br>(Woodland Park Zoo)<br><b>10:30a Friendly Folk Dance</b><br>(Seattle)<br><b>10:30a ESML Book Discussion Group</b> (Seattle)<br><b>11a Staying Connected -ESML Group</b> (Seattle)<br><b>2p here'now Gallery Discussion Tour</b> (Frye Museum)<br><b>2p here:now Art-Making Class &amp; Gallery Tour</b> (Frye Museum) |   |   |  |