

MOMENTIA BOOKLET

Arts, Social, Fitness & Volunteer Opportunities
for persons with memory loss, their family and friends



Winter 2018

What is Momentia?

Momentia is a grassroots movement empowering people with memory loss and their loved ones to remain connected and active in the community.

Cover Artwork

Watercolor by Jim Mulligan. Created at Elderwise®, a day program that invites adults living with memory loss to creatively and meaningfully engage with each other through art, discussion, movement and shared meals.

Programs and events are subject to change and/or cancellation.

Please confirm with the program contact before attending.

The most current information can be found online at

www.momentiasattle.org

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Alzheimer's Cafes

Bellevue – Crossroads		
Every 4th Tues. 3:00 – 5:00pm	Tutta Bella Neapolitan Pizzeria: 15600 NE 8th St, Suite J1 Bellevue, WA 98008	Cheri Pamer 425.830.0902 cpamer@seattlemca.org
Edmonds		
Every 4th Mon. 2:00 – 4:00pm	Pagliacci Pizza: 10200 Edmonds Way Edmonds, WA 98020	Moe Pocha 425.355.1313 glendap@fulllifecare.org
Gig Harbor		
Every 3rd Sat. 3:00 – 4:30pm	Harvester Restaurant: 5601 Soundview Dr. Gig Harbor, WA 98335	Linda McCone 253.722.5691 lmccone@lcsnw.org
Marysville		
Every 2nd Mon. 2:00 – 4:00pm	IHOP: 16518 Twin Lakes Ave Marysville, WA 98271	Moe Pocha 425.355.1313 glendap@fulllifecare.org
Mercer Island		
Every 2nd Weds. 3:00 - 4:30pm	Mo's Pizza: 2630 77th Ave SE, Suite 112 Mercer Island, WA 98040	Carolyn Kelso 206.356.0271 carolynkelso@comcast.net
Puyallup		
Every 3rd Weds. 2:30 - 4:00pm	Mrs. Turner's Restaurant: 701 E. Main Street Puyallup, WA 98372	Linda McCone 253.722.5691 lmccone@lcsnw.org
Seattle – Capitol Hill		
Every 4th Tues. 3:00 – 4:00 pm	Queen Bee Cafe: 2200 E Madison St., Ste. B Seattle, WA 98112	Susan Rauch 206.325.1600 susan.rauch@aegisliving.com
Seattle – Columbia City		
Every 2nd Thurs. 3:30 – 5:00pm	Tutta Bella Neapolitan Pizzeria: 4918 Rainier Ave S Seattle, WA 98118	Kayla Hoover 206.721.1569 kaylah@fulllifecare.org
Seattle – Frye Art Museum		
Every 2nd Tues. 2:30 – 4:00pm 2:00 Pre-café tour	Frye Art Museum: 704 Terry Ave Seattle, WA 98104	Mary Jane Knecht 206.432.8265 mknecht@fryemuseum.org
Seattle – Green Lake		
Every 3rd Tues. 2:30 – 4:00	Peet's Coffee & Tea: 6850 East Green Lake Way N Seattle, WA 98115	Amy Maguire 206.517.2224 amaguire@hearthstone.org
Seattle – Greenwood		
Every 2nd Mon. 3:30 – 5:00pm	Stage Door Cafe: 208 N 85th St. Seattle, WA 98103	Carin Mack 206.230.0166 socialwkr@comcast.net
Silverdale		
Every 3rd Thurs. 2:00 – 4:00pm	The Global Bean: 2021 NW Myhre Road Silverdale, WA	Lora Lehner 360.649.6793

Tacoma		
Every 4th Weds. 3:00 – 4:30pm	Elmer's Restaurant: 7427 S Hosmer St Tacoma, WA 98408	Linda McCone 253.722.5691 lmccone@lcsnw.org
Tumwater		
Every 1st Thurs. 2:30 - 4:30pm	River's Edge Restaurant 4611 Tumwater Valley Drive SE Tumwater, WA 98512	Cheri Knighton 360.407.3967 X106

All Present: A Song Circle

A chorus for people with memory loss and community members who love to sing. Our innovative chorus will use the spirit of music to bring people together in community. We'll sing familiar standards, songs from musicals, rounds and songs from childhood.

Song sheets will be provided. No auditions necessary.

- Date:** Thursdays, Jan 25 - Mar 15 | 10:30am
10:30am-12:00pm
- Contact:** Greenwood Senior Center: 206.297.0875
www.phinneycenter.org/gsc/
- Registration:** Required
- Cost:** Winter Session: \$40 PNA Members / \$60 Public
- Location:** Greenwood Senior Center
525 North 85th Street, Seattle
- Presented By:** Greenwood Senior Center

Alzheimer's Advocacy Day in Olympia

Join other Advocates in Olympia to let our legislators know how important it is for them to implement the Washington State Plan to Address Alzheimer's Disease and Other Dementias. They day includes an issue briefing for advocates attending the day in Olympia followed by visits to legislators to personally let them know how important this is. Transportation will be provided from Seattle (Northgate), Tukwila and Tacoma. Please indicate your preference when you register. Lunch will be provided as well as light snacks throughout the day.

- Date:** Friday, February 9 | 10:00am - 3:00pm
- Contact:** Peter Newbould at pnewbould@alz.org or 206.529.3867
- Registration:** Required at timecounts.org/alzwa/events/4563
- Cost:** None
- Location:** Washington State Capitol, Olympia, Transportation provided to Olympia from the three locations indicated above

Alzheimer's Cafes

Alzheimer's Cafes present an opportunity for persons with dementia, caregivers, family and friends to come together and socialize in a relaxed environment free of expectations and judgement. Just companionship, great food and fun.

Please see page 4 for locations and contacts.

Date:	Varies by location. See pages 3 & 4
Contact:	Varies. See pages 3 & 4
Registration:	No registration required
Cost:	No cost, except for items ordered from menu
Location:	Varies. See pages 3 & 4

NEW Arts In the Park: Printmaking

Explore different simple and fun printmaking processes in this 5-week series with skilled art teacher, Bridget Daly. This creative opportunity at historic Camp Long in West Seattle is intended for community members living with early to mid-stage memory loss and their carepartners. No artistic experience is necessary. All materials are provided.

Date:	Thursdays, Jan 11 - Feb 8 10:00am - 11:45am
Contact:	Cayce Cheairs, 206.615.0100 or cayce.cheairs@seattle.gov
Registration:	Required
Cost:	\$25 for the series, one care partner per participant at no extra charge
Location:	Camp Long, 5200 35th Avenue SW, Seattle
Presented By:	Quail Park Memory Care Residences of West Seattle

Art Walk

Stay socially active and engaged! Join us for the 3rd Tuesday of every month for monthly Art Walks and build relationships in your community. Individuals living with mild memory loss can enjoy facilitated art discussions. Care partners are welcome.

Date:	3rd Tuesday monthly 10:00am - 11:30am
Contact:	Kenna Little, 206.529.3868 or
Registration:	Required
Cost:	None
Location:	Cascadia Art Museum 190 Sunset Avenue South, Suite E, Edmonds\
Presented By:	Alzheimer's Association

Book Discussion Group

Join us for this special monthly group designed for individuals with early stage memory loss. Each session we will read and discuss in the group a variety of pieces: short stories, essays, and poems.

No need to read anything ahead of time. Come enjoy the written work and the views of others.

- Date:** Last Wednesdays, Jan 31 & Feb 28
10:30am - 12:00pm
- Contact:** Greenwood Senior Center: 206 297-0875
www.phinneycenter.org/gsc/
- Registration:** Required
- Cost:** Free
- Location:** Greenwood Senior Center 525 North 85th Street, Seattle
- Presented By:** Greenwood Senior Center

Community Chorus

Come Sing with our Community Chorus. New singers are welcome at any time. No audition and no advance notice are required. Just come as you are.

We sing for our own fun and enjoyment with piano accompaniment. Mostly, we sing popular songs from the 30s, 40s and 50s. Our six song books plus holiday music give us a large variety of songs to choose from. Typically, we sing at a nursing home on the 2nd Friday of each month and occasionally we perform elsewhere.

- Date:** Fridays | 10:30am - 12:00pm
- Contact:** North Bellevue Community Center: 425.452.7681
- Registration:** None
- Cost:** None
- Location:** North Bellevue Community Center 4063 - 148th Ave NE,
Bellevue, 98009
- Presented By:** Bellevue Parks & Recreation

Dementia-Friendly Drum Circles

We've all got rhythm-come find yours!

Join the circle of others living with memory loss, family and friends and start drumming! In this facilitated group people with all stages of memory loss can come together and explore the healing nature of rhythm and beats. Care partners, family, and friends are encouraged to participate. A limited supply of instruments will be provided. You are welcome to bring your own percussion instruments. Experience is not necessary and instruments will be provided.

Date: Third Fridays monthly | 1:00pm - 2:00pm
Contact: Southeast Seattle Senior Center: 206.722.0317
Registration: Required
Cost: None
Location: Southeast Seattle Senior Center 4655 Holly Street, Seattle
Presented By: Southeast Seattle Senior Center

Elderwise®

Elderwise® is a daily enrichment program for people living with memory loss. It provides spirit-centered care through discussion, art, music, movement and mindfulness.

Date: Mon, Wed, & Thurs weekly | 10:00am - 2:00pm
Contact: Day Program Coordinator: 206.913.1757 or info@elderwise.org
Registration: Required
Cost: \$90/day (reduced rate of \$45/day available for those with income below \$1500/month)
Location: Olympic View Community Church 425 NE 95th Street, Seattle
Presented By: Elderwise

Food for Thought

Celebrating the Power of Art and Food to Enrich our Lives

This exhibit features art created by people living with memory loss and dementia. The paintings invite us to see through their eyes as they transform the food items in the recipes to images of wonder. The recipes represent the Mediterranean Diet which has the ability to slow the advance of cognitive decline.

- Dates:** Opening Reception - Saturday, Jan 6 | 6:00pm - 9:00pm
Exhibition - January 5 - 31 | 11:00am - 6:00pm daily
- Contact:** Marilyn Raichle, raichlm@gmail.com or call 206.890.5963
- Registration:** None
- Cost:** None
- Location:** A/NT Artist Collective at Seattle Center International Fountain Pavilion, 305 Harrison Street, Seattle
- Presented By:** The Art of Alzheimer's

Friendly Folk Dance

"Travel the world" in this inclusive 4-week dance experience for persons living with memory loss and care partners. Teaching artist and folk dance master, Susan Wickett-Ford, leads simple moves with inspiring music. All abilities welcome, seated dance options available.

- Dates:** Wednesdays, Jan 10 - Jan 31 | 10:30am - 12:00pm
- Contact:** Cayce Cheairs at cayce.cheairs@seattle.gov or 206.615.0100
- Registration:** Required. Register by Friday, January 6
- Cost:** None
- Location:** Yesler Community Center: 917 East Yesler Way, Seattle, 98122
- Presented By:** Seattle Parks & Recreation in partnership with Silver Kite Community Arts, sponsored by Aegis Living

Garden Discovery Walks

Savor the season and explore nature with others living with memory loss and family and friends!

Enjoy a walk through a Seattle public garden, followed by a creative, nature-inspired project led by a horticulture therapist. Light refreshments provided, bring a bag lunch (optional).

Date: First Friday, Feb and Mar | 10:00am - 12:00pm
Contact: Cayce Cheairs at cayce.cheairs@seattle.gov or 206.615.0100
Registration: Required by preceding Tuesday
Cost: Free
Location: Varies
Presented By: Seattle Parks & Recreation in partnership with UW Medicine Memory & Brain Wellness Center

The Gathering Place

The Gathering Place is an early stage memory loss program for people living with Alzheimer's, Mild Cognitive impairment or other kinds of diagnosed memory disorders that impact their daily living.

This program fosters a strong sense of community while providing cognitive stimulation, exercise, cultural enrichment and discussion.

Date: Quarterly sessions, Tuesdays or Thursdays | 1:00-4:00
Contact: Carin Mack, MSW 206.230.0166 or socialwkr@comcast.net
Registration: Pre-screening and registration required
Cost: \$35/session – some scholarships available
Location: Greenwood Senior Center 525 North 85th Street, Seattle
Presented By: Greenwood Senior Center

****New** Georgia O'Keefe: Ode to Flowers**

This art experience is tailored as a shared activity for caregivers and their loved ones with early-stage dementia. Other family members or friends are welcome to enroll. No art background is needed. This is a 2-part class, and all participants will leave with a completed art piece matted for framing.

Join us as we learn about American artist, Georgia O'Keefe, and her love of nature. Explore her distinctive style of painting flowers before creating an open composition with chalk pastels and a flower of your choice.

Dates: Jan 9 and Jan 16 | 3:30pm - 4:30 pm
Contact: Joanne@art2remember.org or call 919.206.1856 with questions
Registration: Register and make payment at www.art2remember.org
Cost: \$35 per person (includes 2 one hour sessions and all supplies)
Location: Brightwater Center, 22505 State Route 9 Southeast, Woodinville
Presented By: Art 2 Remember

here:now

here:now is an arts-engagement program for adults living with dementia and their care partners to enjoy conversation, works of art, and artmaking in a supportive setting. Led by specially trained museum educators and teaching artists, here:now gallery discussion tours and art-making classes celebrate present-moment awareness and new possibilities for creative expressions.

Art-Making Classes and Gallery Tours

Six-Week Classes Wednesdays | 2:00pm - 4:00pm
Jan 3, 10, 17, 24, 31, Feb 7
Mar 14, 21, 28, Apr 4, 11, 18
Apr 25, May 2, 9, 16, 23, 30

Three-Week Class Saturdays | 11:00am - 1:00pm
Mar 17, 24, 31

Gallery Discussion Tours

Monthly Tours Tuesdays | 2:00pm - 3:30pm Jan 16,
Feb 6, Mar 6, Apr 3, May 1, Jun 5
Wednesdays | 2:00pm - 3:30 pm Jan
31, Feb 28, Mar 28, Apr 25, May 30,
Jun 27

Contact: 206.432.8265 or herenow@fryemuseum.org
Registration: Required
Cost: None
Location: Frye Art Museum: 704 Terry Avenue, Seattle
More info: http://fryemuseum.org/program/here_now
Presented By: Frye Art Museum

Gallery Discussion at the Frye before Monthly Alzheimer's Cafe

Meet in the rotunda immediately before the Alzheimer's Cafe at the Frye, visit a favorite painting or explore a new work of art in a gallery discussion tour led by a museum educator or gallery guide.

Date: Second Tuesdays monthly | 2:00pm - 2:30pm (before the
Alzheimer's Cafe)
Contact: Mary Jane Knecht 206.432.8265 or mknecht@fryemuseum.org
Registration: Not Required
Location: Frye Art Museum: 704 Terry Avenue, Seattle

****New** Make Some Noise**

A monthly drum circle experience in West Seattle for people with memory loss and their loved ones. Drums will be provided. No experience necessary.

- Date:** Tuesdays, Jan 2 - Jun 26 | 1:00pm - 1:30pm
Registration: Not required. Please call the front desk to confirm class is being held the day before or morning of at 206.937.3700.
Cost: None
Contact: Call Martha Smith, Social Worker, with questions at 206.937.3701 extension 2857
Location: Providence Mount Saint Vincent, 4831 35th Avenue Southwest, Seattle
Presented By: Providence Mount Saint Vincent

****New** Making Memories with Monet**

This art experience is tailored as a shared activity for caregivers and their loved ones with early-stage dementia. Other family members or friends are welcome to enroll. No art background is needed.

Join us as we learn about French artist, Claude Monet, the “Father of Impressionism.” Using his Japanese Footbridge (1899) as inspiration, we will create an art piece using acrylic paints and tape resistance.

This is a 2-part class and all participants will leave with a completed painting matted for framing.

- Date:** Tuesdays, Feb 6 and 13 | 3:30pm - 4:30pm
Registration: Register and make payment at www.art2remember.org
Cost: \$35 per person (includes 2 one hour sessions and all supplies)
Contact: joanne@art2remember.org or 919.206.1856 with questions
Location: Brightwater Center, 22505 State Route 9 Southeast, Woodinville
Presented By: Art 2 Remember

****New** Momentia Mix**

Momentia Mix is a social opportunity for people with memory loss and their loved ones at Camp Long in West Seattle. Enjoy community light refreshments and a different creative activity each month, including music, movement, improv, art, bingo, and more! Open to all.

Date: Fourth Saturday, Jan 27, Feb 24, Mar 24 | 10:30am - 12:00pm
Registration: Not required
Cost: None
Contact: cayce.cheairs@seattle.gov or call 206.615.0100
Location: Camp Long
5200 25th Avenue Southwest, Seattle
Presented by: Seattle Parks and Recreation, Providence Mount St. Vincent,
Quail Park Memory Care of West Seattle,
Senior Center of West Seattle

****New** Momentia Mondays**

Weekly opportunities for community members living with memory loss to connect, share resources, and enjoy fun and creative opportunities such as Re-Ignite the Mind Improv with Taproot Theater.

Date: Mondays, starting January 8 | 10:30am - 11:30am
Registration: Required
Cost: None
Contact: To register contact Southeast Seattle Senior Center: 206.722.0317
Location: 4655 South Holly Street, Seattle
Presented By: Southeast Seattle Senior Center, Seattle Parks and Recreation,
Taproot Theatre

****Fifth Annual** Momentia Talent Share**

Come together in the spirit of Momentia and celebrate creativity, community, and the strengths and talents of community members living with memory loss. Family and friends Welcome!

Enjoy artwork, music and more. All talents welcome! Piano available. Refreshments provided.

Date: Saturday, Apr 7 | 2:00pm-4:00pm
Contact: Cayce Cheairs, cayce.cheairs@seattle.gov or call 206.615.0100
Registration: Only for those performing
Cost: None
Location: Northgate Community Center, 10510 5th Avenue Northeast, Seattle

Out & About Walks

Invigorate body, brain, and spirit with 2-3 mile, moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths. Mostly level, but expect occasional hills. End with a social gathering in a nearby cafe.

Date: Second and fourth Fridays, monthly | 10:00am - 12:30pm
Contact: Cayce Cheairs at cayce.cheairs@seattle.gov or call 206 615-0100
Registration: Required
Cost: None
Location: Varies
Presented By: Seattle Parks and Recreation

Re-Ignite The Mind With Improvisation and Play

Join your favorite Taproot Improv actors for an hour of stimulating theatre fun that activates the brain as well as the funny bone.

Improv participants engage fully in the present, making improvisation a perfect theatre class for students with Early Stage Memory Loss (ESML). There is no memory requirement, just the delight of participating in a creative experience that releases the imagination while giving a sense of accomplishment, self confidence and social enrichment. Find success as you learn new things, interact socially and live creatively in the moment. Highly recommended for both care partners and those experiencing ESML as class exercises can add a wonderful new dimension to daily life.

Seattle

Date: Second Mondays Jan 8, Feb 12, Mar 12 | 2:30pm - 3:30pm. Right before the Greenwood Alzheimer's Cafe

Contact: Pam Nolte: 206.529.3671 or pamn@taproottheatre.org

Registration: Not Required

Cost: Drop-in class is just \$10 per session on day of class.

Location: Taproot Theatre's Isaac Studio Theatre 212 N 85th St., Seattle

Presented By: Taproot Theatre

Edmonds

Date: Mondays Feb 26, Mar 5, Mar 12, Mar 19 | 10:30am - 12:00pm

Contact: www.ec4arts.org or call 425.275.9595

Registration: Not Required

Cost: \$5 Regular | \$2 Arts for Everyone | All 4 classes for \$15 per person

Location: Edmonds Center for the Arts, 410 4th Avenue North, Edmonds

Presented By: Edmonds Center for the Arts

Remember the Hungry

A monthly opportunity to give back to community and build meaningful relationships. Help package and sort food and supplies for the thousands served each week at Northwest Harvest's Cherry Street Food Bank.

6 participants maximum each month.

Date: Third Tuesdays | 1:00pm - 2:30pm

Contact: Cayce Cheairs at cayce.cheairs@seattle.gov or 206.615.0100

Registration: Required by preceding Friday

Cost: None

Location: Cherry Street Food Bank 711 Cherry St, Seattle

Presented By: Seattle Parks and Recreation

Saturday Matinee: Mary Poppins

Mary Poppins (1964) is presented as an informal film experience. As part of Edmond's Center for the Arts' Dementia-Inclusive Series, the event is designed with accessibility for people with memory loss as a priority, though the general public and all ages of audience is very welcome. Mary Poppins will feature a live opening act by Barclay Shelton Dance Centre.

Date: Saturday, January 13 | 10:00am
Contact: 425.275.9595
Registration: Not required, Tickets can be purchased at the door
Cost: Tickets \$10 (\$2 Arts for Everyone) 3+ Show Packs available!
Location: Edmonds Center for the Arts 410 Fourth Ave North, Edmonds, WA 98020
Presented By: Edmonds Center for the Arts

Staying In Motion

A 4-week activity program for individuals with early stage Memory loss and their companion. In this four-week program participants will learn: Safe stretching, strengthening and endurance exercises, the importance of rest and relaxation, and how to maintain and improve balance and flexibility.

Companions (can be a partner, friend, relative etc). attend each session.

Date: Tuesdays, Feb 6, Feb 13, Feb 20, Feb 27 | 1:00pm - 2:30pm
Contact: To register and for more information call the Alzheimer's Association, 206.529.3870
Registration: Required
Location: Tukwila Community Center
Cost: None
Presented By: Alzheimer's Association, University of Washington, Community Living Connections, Washington State Department of Social and Health Services

Staying Connected - Early Stage Memory Loss Group

Staying socially active and engaged can benefit your mood and memory. In this four-week class you and your companion will learn how to cope and live with early memory loss strategies for enjoyable activities, and how to communicate memory loss to friends and family.

Date: Wednesdays Jan 24 - Feb 14 | 11:00am - 12:30pm
Contact: Madison Moore, mamoore@alz.org or call 206.529.3870
Registration: Required
Cost: None
Location: Northgate Plaza Senior Living - North Seattle
Presented By: Alzheimer's Association, University of Washington School of Nursing, Community Living Connections, Washington State Department of Social and Health Services, Northgate Plaza MBK Senior Living

****New** Using Creativity In the Trenches**

Using Creativity in the Trenches is a practical workshop where family caregivers will receive hands-on resources and some strategies for approaching common caregiving challenges.

Presenter Chris Pool is a consultant, companion and trainer. She is the owner/operator of Creative Companionship, LLC and has worked with elderly clients since 2005 in Seattle and Shoreline. She brings an extensive background in education, activity planning, mental health, dementia, and aging to her work.

Date: Tuesday, January 30 | 10:30am - 12:00pm
Contact: Greenwood Senior Center, 206 297-0875
www.phinneycenter.org/gsc/
Registration: Not Required
Cost: None
Location: Greenwood Senior Center, 525 N. 85th Street, Seattle
Presented By: Greenwood Senior Center

****Special** Valentine's Day Alzheimer's Cafe Dinner**

A special evening Cafe event for people with memory loss and their care partners. Come expecting a festive Valentine's Day dinner in a safe and supported environment.

Date: Thursday, February 15 | 5:30pm - 7:00pm
Contact: Carin at 206.230.0166 or socialwkr@comcast.net
Registration: Not Required
Cost: No cost beyond food ordered
Location: Tutta Bella, 4411 Stone Way North, Seattle
Presented By: Greenwood Senior Center

Weekly Ukulele Jam and Sing Along

Get your ukulele on every Monday when you join this drop-in group to strum a few tunes or simply sing along with the strummers. Open to all levels of ukulele players and singers.

Date: Mondays | 1:00pm - 2:30pm. Call to confirm class on holidays
Contact: Senior Center of West Seattle: 206.932.4044
Registration: Registration is not required, but you may want to call and confirm class is meeting before
Cost: \$1/members, \$2/non-members
Location: Senior Center of West Seattle 4217 SW Oregon St., Seattle, WA 98116
Presented By: Senior Center of West Seattle

Yoga for Mood, Mind and Memory

Join instructor Carrie Smith, MSW, for an hour of yoga and meditation specifically tailored for the needs of those with memory loss. Recent studies have shown that the practice of yoga in concert with meditation can be connected to improvement in brain activity, mood, anxiety and coping skills. Chair or floor options available. Please wear comfortable clothing.

Date: Fridays, January 5 - March 2 | 11:00am - 12:00pm
Contact: Greenwood Senior Center: 206 297-0875
Registration: Required
Cost: Cost for series: \$40 PNA Members/\$60 Non-members Care partners attend for free.
Location: Greenwood Senior Center 525 North 85th Street, Seattle
Presented By: Greenwood Senior Center

Zoo Walks

Zoo Walks offer individuals with Early Stage Memory Loss the opportunity to join a regular walking group and to socialize and build relationships with others in similar situations. Care partners are welcome but not required. Zoo Walkers gather in the zoo's cafe after the walk for coffee and casual conversation.

Zoo Walks are held year round with two week breaks between the Winter, Spring, Summer and Fall sessions.

Point Defiance Zoo and Aquarium, Tacoma

- Dates:** Fridays | 9:30am - 11:30am
Adjustments made for holidays and weather.
- Contact:** To Register: ESML Coordinator at the Alzheimer's Association:
206 529-3868
- More Information:** Caregiver Services at 253.722.5691
- Registration:** Required
- Presented By:** Alzheimer's Association, Lutheran Community Services
Northwest

Woodland Park Zoo, Seattle

- Mondays:** Winter Session, January 8 - March 19 | 9:30am - 11:30am
- Wednesdays:** Winter Session, January 10 - March 21 | 10:00am - 12:00pm
- Contact:** Early Stage Memory Loss Coordinator at the Alzheimer's
Association at 206 529-3868
- Presented By:** Alzheimer's Association, Seattle Parks and Recreation,
Greenwood Senior Center

Learn More

Want to learn more about the Momentia movement and how to get involved? Contact a member of the Momentia Seattle Stewardship Team listed below. The team includes 8-12 community members or organizational representatives who serve on a yearly basis. They build awareness about the Momentia movement and provide tips to others who would like to start dementia-friendly programming.

The 2018 Momentia Seattle Stewardship Team includes:

- Cayce Cheairs |Seattle Parks & Recreation| cayce.cheairs@seattle.gov
- Cecily Kaplan |Greenwood Senior Center| cecily@phinneycenter.org
- Cheryl Petterson |Community Member| momentiacalendar@gmail.com
- Kenna Little |Alzheimer's Association| kelittle@alz.org
- Marigrace Becker |UW Medicine Memory & Brain Wellness Center| mbecker1@uw.edu
- Mary Jane Knecht |Frye Art Museum| mknecht@fryemuseum.org
- Melinda Franklin |Community Member| momentiacalendar@gmail.com
- Mollia Jensen |Elderwise| mollia@elderwise.org
- Nora Gibson |Full Life Care| norag@fulllifecare.org
- Pam Nolte |Taproot Theatre| pamn@taproottheatre.org

Notes

Notes

www.momentiaSeattle.org

<https://www.facebook.com/MomentiaSeattle/>

Follow us on Twitter @MomentiaSeattle
