

# Memory Loss Activity Calendar

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

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February 2018						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10a **New** Arts in the Park- Printmaking (West Seattle) 10:30a All Present Community Song Circle (Greenwood)	10a Zoo Walk (Point Defiance) 10am Garden Discovery Walks  10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood)	11:30am Meet Me at the Movies (Seattle) 3 pm Meet Me at the Movies (Bothel)
				2:30P Alzheimer's Café (Tumwater)		
4	5	6	7	8	9	10
	9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle)  1p Staying Connected (Issaquah)  1a Weekly Ukelele Jam & Sing Along (West Seattle) 2p Minds In Motion (Central Seattle)	1p Meet Me at the Movies (Port Townsend) 1p Staying In Motion (Tukwila) 1a Make Some Noise (West Seattle) 2p here'now Gallery Tour (Frye Museum)  Memories with Monet (Woodinville)	10a Zoo Walk (Woodland Park Zoo) 11a Staying Connected ESML Group (Seattle)  2p here:now Art-Making Class & Gallery Tour (Frye Museum)	10a **New** Arts in the Park Printmaking (West Seattle) 10:30a All Present Community Song Circle (Greenwood) 3:30p Alzheimer's Café (Columbia City)	10a Zoo Walk (Pt. Defiance Zoo) 10a Out and About Walk (Seattle) 10a Alzheimer's Advocacy Day (Olympia) 10:30a Community Chorus (Bellevue) 10:30a Meet Me At The Movies (Bainbridge) 11a Yoga Mood, Mind, Memory (Greenwood) 12:30p Alzheimer's Café (Everett)	
11	12	13	14	15	16	17
	9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 1p Staying Connected (Issaquah) 1p Weekly Ukelele Jam & Sing Along (West Seattle) 2p Alzheimer's Café (Marysville) 2p Minds In Motion (Central Seattle) 2:30p Re-ignite the Mind with Improv & Play (Greenwood) 3:30p Alzheimer's Café (Greenwood)	1p Make Some Noise (West Seattle) 1p Staying In Motion (Tukwila) 2p here:now Pre-Café Gallery Tour (Frye Museum) 2:30p Alzheimer's Café (Frye Museum)  3:30p **New** Making Memories with Monet (Woodinville)	VALENTINES DAY ♥ 10a Zoo Walk (Woodland Park Zoo) 11a Staying Connected ESML Group (Seattle)  3p Alzheimer's Café (Mercer Island)	10:30a All Present Community Song Circle (Greenwood)  2p Alzheimer's Café (Silverdale) 5:30p **Special** ♥Valentine's Day Alzheimer's Café Dinner (Tutta Bella Wallingford)	10a Zoo Walk (Pt. Defiance Zoo) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood) 1p Dementia Friendly Drum Circle (Southeast Seattle)	3p Alzheimer's Café (Gig Harbor)
18	19	20	21	22	23	24
	9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle)  1p Staying Connected (Issaquah) 1p Weekly Ukelele Jam & Sing Along (West Seattle)	10a Art Walk (Edmonds)  1p Remember the Hungry (Seattle) 1p Make Some Noise (West Seattle) 1p Staying In Motion (Tukwila) 2:30p Alzheimer's Café (Green Lake)	10a Zoo Walk (Woodland Park Zoo)   2:30p Memory Café (Puyallup)	10:30a All Present Community Song Circle (Greenwood)	10a Zoo Walk (Pt. Defiance Zoo) 10a Out and About Walk (Seattle) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood)	10:30a Momentia Mix (West Seattle)
25	26	27	28			
	9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 10:30a Reignite The Mind With Improv & Play (Edmonds) 1p Weekly Ukelele Jam & Sing Along (West Seattle) 2p Minds In Motion (Central Seattle) 2p Alzheimer's Café (Edmonds)	1p Staying In Motion (Tukwila) 1p Make Some Noise (West Seattle) 3p Alzheimer's Café (Bellevue) 3p Alzheimer's Café (Capitol Hill)	10a Zoo Walk (Woodland Park Zoo) 10:30a ESML Book Discussion Group (Seattle)  2p here'now Gallery Tour (Frye Museum) 3p Alzheimer's Café (Tacoma)			