

# MOMENTIA SEATTLE

Arts, Social, Fitness & Volunteer Opportunities for  
Persons with Memory Loss, Their Family and Friends



**APRIL 1 - JUNE 31**

Programs and events are subject to change and/or cancellation. Please confirm with the program contact before attending. For the most up-to-date calendar of programs, visit **[momentiaseattle.org](http://momentiaseattle.org)**

Pictured on Front:

Watercolor by Jane Kippenhan.

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.

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# Alzheimer's Cafes

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. *Registration is not required and the only cost is for items ordered from the menu.*

## **Bellevue–Crossroads**

**Every 4th Tuesday**

3:00pm - 5:00pm

### **LOCATION**

Tutta Bella Neapolitan Pizzeria  
15600 NE 8th St, Suite J1,  
Bellevue

### **CONTACT**

Cheri Pamer  
425.830.0902  
cpamer@seattlemca.org

## **Edmonds**

**Every 4th Monday**

2:00pm - 4:00pm

### **LOCATION**

Pagliacci Pizza  
10200 Edmonds Way,  
Edmonds

### **CONTACT**

Moe Pocha  
425.355.1313  
glendap@fulllifecare.org

## **Everett**

**Every 2nd Friday**

12:30pm - 2:00pm

### **LOCATION**

Northwest Music Hall  
1402 Southeast Everett Mall Way,  
Everett

### **CONTACT**

425.258.1605  
info@scmusicproject.org

## **Gig Harbor**

**Every 3rd Saturdays**

3:00pm - 4:30pm

### **LOCATION**

Harvester Restaurant  
5601 Soundview Dr.,  
Gig Harbor

### **CONTACT**

Linda McCone  
253.722.5691  
lmccone@lcsnw.org

## **Marysville**

**Every 2nd Monday**

2:00pm - 4:00pm

### **LOCATION**

IHOP  
16518 Twin Lakes Ave, Marysville

### **CONTACT**

Moe Pocha  
425.355.1313  
glendap@fulllifecare.org

## **Mercer Island**

**Every 2nd Wednesday**

3:00pm - 4:30pm

### **LOCATION**

Mo's Pizza  
2630 77th Ave SE, Suite 112,  
Mercer Island

### **CONTACT**

Carolyn Kelso  
206.356.0271  
carolynkelso@comcast.net

## **Puyallup**

**Every 3rd Wednesday**

2:30pm - 4:00pm

### **LOCATION**

Mrs. Turner's Restaurant  
701 E. Main Street, Puyallup

### **CONTACT**

Deb Dennison  
253.333.1906

## **Seattle—Capitol Hill**

**Every 4th Tuesday**

3:00pm - 4:00pm

### **LOCATION**

Queen Bee Cafe  
2200 E Madison St., Ste. B, Seattle

### **CONTACT**

Susan Rauch  
206.325.1600  
susan.rauch@aegisliving.com

## **Seattle—Columbia City**

**Every 2nd Thursday**

3:30pm - 5:00pm

### **LOCATION**

Tutta Bella Neapolitan Pizzeria  
4918 Rainier Ave S, Seattle

### **CONTACT**

Kayla Hoover  
206.721.1569  
kaylah@fulllifecare.org

## **Seattle—Frye Art Museum**

**Every 2nd Tuesday**

2:30pm - 4:00pm

(2:00 pre-cafe discussion)

### **LOCATION**

Frye Art Museum  
704 Terry Ave, Seattle

### **CONTACT**

Mary Jane Knecht  
206.432.8265  
mknecht@fryemuseum.org

## **Seattle—Green Lake**

**Every 3rd Tuesday** 2:30pm - 4:00pm

### **LOCATION**

Peet's Coffee & Tea  
6850 East Green Lake Way N, Seattle

### **CONTACT**

Amy Maguire | 206.517.2224  
amaguire@hearthstone.org

## **Seattle—Greenwood**

**Every 2nd Monday** 3:30pm - 5:00pm

### **LOCATION**

Stage Door Cafe, 208 N 85th St, Seattle

### **CONTACT**

Carin Mack  
206.230.0166 | socialwkr@comcast.net

## **Silverdale**

**Every 3rd Thursday** 1:00pm - 3:00pm

### **LOCATION**

Round Table Pizza  
3276 N. Plaza Rd, Suite 101, Silverdale

### **CONTACT**

Lora Lehner | 360.649.6793

## **Tacoma**

**Every 4th Wednesday** 3:00pm - 4:30pm

### **LOCATION**

Elmer's Restaurant  
7427 S Hosmer St, Tacoma

### **CONTACT**

Linda McCone  
253.722.5691 | lmccone@lcsnw.org

## **Tumwater**

**Every 1st Thursday** 2:30pm - 4:30pm

### **LOCATION**

River's Edge Restaurant, 4611  
Tumwater Valley Dr SE, Tumwater

### **CONTACT**

Cheri Knighton | 360.407.3967 ext 106

## 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 & TIME

**Thursdays, April 5 - May 24**

10:30am - 12:00pm

### LOCATION

Greenwood Senior Center

525 N 85th St

Seattle

### COST

\$40 PNA Members

\$60 Public

### CONTACT

Greenwood Senior Center

206.297.0875

socialwkr@comcast.net

### REGISTRATION

Registration required

### PRESENTED BY

Greenwood Senior Center

## Special Event

## Alzheimer's Cafe - Dinner at Tutta Bella

Due to the enthusiastic feedback after the evening at Tutta Bella in February, we have organized a second Alzheimer's Cafe Dinner for people with memory loss and their care partners. Come expecting great food, socializing and laughter!

### DATE & TIME

**Thursday, June 14**

5:30pm - 7:00pm

### LOCATION

Tutta Bella

4411 Stone Way N

Seattle

### COST

Only food and drink items ordered

### CONTACT

Carin Mack

206.230.0166

socialwkr@comcast.net

### REGISTRATION

Preferred due to space limitations

### PRESENTED BY

Greenwood Senior Center

## Art Show Opening: “Arts in the Park”

Join in the celebration for the artists and their artwork at the opening of the “Arts In the Park” art show. This display of watercolor paintings was created by community members with memory loss and their care partners. All the art was produced in the ‘Arts in the Park’ Watercolor Painting program. The artwork will be on display mid-March through May 31, with free entry on the first Thursdays after 3:00pm.

**DATE & TIME**

**Thursday, April 5**  
4:00pm - 5:45pm

**LOCATION**

Japanese Garden  
Tateuchi Community Room  
1075 Lake Washington Blvd E, Seattle

**COST**

Opening Event: none | Ongoing exhibit  
free entry on First Thursdays after 3pm

**CONTACT**

Cayce Cheairs  
206.615.0100  
cayce.cheairs@seattle.gov

**REGISTRATION**

Preferred by 4/12

**PRESENTED BY**

Seattle Parks and Recreation in  
partnership with Elderwise and  
Arboretum Foundation.  
Sponsored by Careforce.

## “Arts in the Park” Watercolor Painting

Engage with art and nature in community! A skilled Elderwise facilitator leads this 3-session series open to persons living with dementia and care partners. The 2-hour session includes time to explore in the garden, light refreshments, and a guided painting experience inspired by the Japanese Garden. *Morning or afternoon series, one series per participant.*

**DATE & TIME**

**Tuesdays (4/17, 4/24, 5/1)**  
10:00am - 12:00pm Session OR  
1:30pm - 3:30pm Session

**LOCATION**

Japanese Garden  
1075 Lake Washington Blvd E, Seattle

**COST**

\$15 for the series, one care partner per  
participant at no extra charge

**CONTACT**

Cayce Cheairs  
206.615.0100  
cayce.cheairs@seattle.gov

**REGISTRATION**

Required by 4/12

**PRESENTED BY**

Seattle Parks and Recreation and  
Elderwise. Sponsored by Careforce.

## 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 & TIME

**3rd Tuesday Monthly**

10:00am - 11:30am

### LOCATION

Cascadia Art Museum  
190 Sunset Ave S, Ste E  
Edmonds

### COST

None

### CONTACT

Kenna Little  
206.529.3868  
kelittle@alz.org

### REGISTRATION

Required

### 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 & TIME

**Wednesdays: Mar 28,**

**Apr 25, May 30**

10:30am - 12:00pm

### LOCATION

Greenwood  
Senior Center  
525 N 85th St, Seattle

### COST

None

### CONTACT

Greenwood  
Senior Center  
206.297.0875  
socialwkr@comcast.net

### PRESENTED BY

Greenwood Senior  
Center

### REGISTRATION

Required



## 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 & TIME

#### Fridays

10:30am - 12:00pm

### LOCATION

North Bellevue Community Center  
4063 148th Ave NE, Bellevue

### COST

None

### CONTACT

North Bellevue Community Center  
425.452.7681

### REGISTRATION

None

### PRESENTED BY

North Bellevue Community Center

## 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.*

### DATE & TIME

#### Third Monday Monthly

11:00am - 12:00pm

### LOCATION

Southeast Seattle Senior Center  
4655 S Holly St, Seattle

### COST

None

### CONTACT

Southeast Seattle Senior Center  
206.722.0317

### REGISTRATION

Preferred. Drop-ins welcome.

### PRESENTED BY

Southeast Seattle Senior Center

## Dementia-Inclusive Film — Golden Era Sing-Along

Dementia-inclusive films are presented as informal theatre experiences. Although these programs are designed with accessibility for patrons with memory loss as a priority, events are open and welcome to an all-ages audience. In particular, this film presents an opportunity for younger family members, grandchildren and friends to spend time with elders in an intergenerational setting, and to connect over classic films. This Golden Era Sing-Along is a guided tour of musical memories. Our audience is invited to sing along with legendary film, television and concert performers.

### DATE & TIME

**Saturday, May 5**  
10:00am

### CONTACT

Edmonds Center for the Arts  
425.275.9595

### LOCATION

Edmonds Center for the Arts  
410 Fourth Ave N, Edmonds

### REGISTRATION

RSVP 425.275.9595

### COST

None

### PRESENTED BY

Edmonds Center for the Arts.  
Sponsored by Cedar Creek Memory  
Care & Barclay Shelton Dance Centre

## Special Event

## 2018 Discovery Conference

The Alzheimer's Association is hosting its 33 annual Discovery Conference, a day-long educational event for healthcare professionals and family caregivers. Expert Speakers will present on a variety of innovative topics, including: communication, Lewy Body, frontotemporal dementia, delirium, rural area support, the arts, and enhancing well-being.

### DATE & TIME

**Friday, April 27**  
7:30am - 4:00pm

### CONTACT

Alzheimer's Association  
206.363.5500 ext. 8170

### LOCATION

Washington State Convention Center  
705 Pike St, Seattle

### REGISTRATION

Required. Register online at [alzwa.org](http://alzwa.org)

### COST

Varies. Refer to registration form at [alzwa.org](http://alzwa.org).

### PRESENTED BY

Alzheimer's Association, Washington  
State Chapter

# 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.

<b>DATE &amp; TIME</b> <b>Mon, Wed, Thur Weekly</b> 10:00am - 2:00pm	<b>COST</b> \$90/day <i>Reduced rate, limited availability</i>	<b>REGISTRATION</b> Required
<b>LOCATION</b> Olympic View Community Church 425 NE 95th St, Seattle	<b>CONTACT</b> 206.913.1757 info@elderwise.org	<b>PRESENTED BY</b> Elderwise

## 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 from around the world. *All abilities welcome. Seated dance options available.*

<b>DATE &amp; TIME</b> <b>Wednesdays:</b> <b>4/4, 4/11, 4/18, 4/25</b> 10:30am - 12:00pm	<b>COST</b> None	<b>REGISTRATION</b> Required
<b>LOCATION</b> Yesler Community Center 917 E. Yesler Way, Seattle	<b>CONTACT</b> Cayce Cheairs 206.615.0100 cayce.cheairs@seattle.gov	<b>PRESENTED BY</b> Seattle Parks and Recreation in partnership with Silver Kite Community Arts. Sponsored by Aegis Living.

## Garden Discovery Walks

Savor the season with monthly walks through Seattle public gardens, followed by a creative, nature-inspired activity developed by registered horticulture therapist, Laura Rumpf. *Light refreshments provided. Bring a bag lunch. (optional)*

<b>DATE &amp; TIME</b> <b>First Fridays:</b> <b>4/6, 5/4, 6/1</b> 10:00am - 12:00pm	<b>COST</b> None	<b>REGISTRATION</b> Required
<b>LOCATION</b> Varies	<b>CONTACT</b> Cayce Cheairs 206.615.0100 cayce.cheairs@seattle.gov	<b>PRESENTED BY</b> 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 & TIME

**Quarterly Sessions,  
Tuesdays or Thursdays**

1:00pm - 4:00pm

### LOCATION

Greenwood  
Senior Center  
525 N. 85th St, Seattle

### COST

\$35/session

*Some scholarships available*

### CONTACT

Carin Mack  
206.230.0166  
socialwkr@comcast.net

### REGISTRATION

Pre-screening and  
registration required

### PRESENTED BY

Greenwood  
Senior Center

## here:now Art-Making Classes & Gallery Tours

This six-session class offers conversation-based gallery tours and studio art-making experiences for adults with dementia and their care partners. Art-Making in the Frye Studio encourages experimentation with various media including watercolor paint, clay, and collage. A short social time concludes each class.

### DATE & TIME

**Wednesdays: Apr 4, 11, 18, 25  
and May 2, 9, 16, 23, 30**

2:00pm - 4:00pm

### LOCATION

Frye Art Museum  
704 Terry Ave, Seattle

### COST

None

### CONTACT

206.432.8265

herenow@fryemuseum.org

### REGISTRATION

Required and space is limited

### MORE INFO

[fryemuseum.org/program/here\\_now](http://fryemuseum.org/program/here_now)

### PRESENTED BY

Frye Art Museum

## here:now Gallery Tours

Each month specially trained museum educators and gallery guides lead a discussion-based tour highlighting works of art in the Frye galleries. Conversation creates an exchange of ideas without relying on short-term memory or recall of art historical information. *Tours also include in-gallery activities.*

### DATE & TIME

**Tuesdays: 4/3, 5/1, 6/5**

**Wednesdays: 4/25, 5/30, 6/27**

2:00pm - 3:30pm

### LOCATION

Frye Art Museum  
704 Terry Ave, Seattle

### COST

None

### CONTACT

206.432.8265

herenow@fryemuseum.org

### REGISTRATION

Required and space is limited

### MORE INFO

[fryemuseum.org/program/here\\_now](http://fryemuseum.org/program/here_now)

### PRESENTED BY

Frye Art Museum

## Gallery Discussion Before The Frye 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 & TIME

**2nd Tuesdays Monthly**

2:00pm - 2:30pm

(immediately before the Alzheimer's  
Cafe at the Frye)

### LOCATION

Frye Art Museum  
704 Terry Ave, Seattle

### COST

None

### CONTACT

Mary Jane Knecht

206.432.8265

[mknecht@fryemuseum.org](mailto:mknecht@fryemuseum.org)

### REGISTRATION

Not required

### PRESENTED BY

Frye Art Museum

# 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 & TIME**

**Tuesdays: Apr 3 - Jun 26**  
1:00pm - 1:30pm

**COST**

None

**CONTACT**

Martha Smith  
206.937.3701 ext. 2857

**REGISTRATION**

Not required. Call front

desk to confirm class is being held the day before or morning of the class at: 206.937.3700.

**LOCATION**

Providence Mount Saint Vincent, 4831 35th Ave SW, Seattle

**PRESENTED BY**  
Providence Mount Saint Vincent

# Meet Me at the Movies

A unique film experience designed for people with memory loss and their care partners, this program can be enjoyed by all adults. Theme-based clips from classic and contemporary films are shown, followed by audience discussion guided by a moderator. *Doors open 30 minutes before the movie begins.*

**Seattle: Saturday, May 19**

11:30am - 1:00pm

**LOCATION**

Frye Art Museum  
704 Terry Ave, Seattle

**CONTACT**

Frye Art Museum | 206.432.8265

**Bothell: Saturday, May 19**

3:00pm - 4:30pm

**LOCATION**

Bothell Library  
18215 98th Ave NE, Bothell

**CONTACT**

King County Library Services  
425.486.7811

**Port Townsend: Tuesday, May 22**

1:00pm - 2:30pm

**LOCATION**

Rose Theatre  
235 Taylor St, Port Townsend

**CONTACT**

Rose Theatre | 360.385.1039

**Bainbridge Island: Friday, May 25**

10:30am - 12:00pm

**LOCATION**

Bainbridge Island Museum of Art (BIMA)  
550 Winslow Way E, Bainbridge Island

**CONTACT**

Bainbridge Island Museum of Art (BIMA)  
206.451.4004

**COST**

None

**REGISTRATION**

Not required

**PRESENTED BY**

The Frye Art Museum with Aging Wisdom, Bainbridge Island Museum of Art, King County Library Services, and the Rose Theatre.

# Minds in Motion

A weekly vigorous fitness class including cardio, balance, flexibility and strength. This weekly class will be taught with easy to follow instructions that are 1-2 steps long, accompanied by visual cues. Instructor: Chris Grekoff

<b>DATE &amp; TIME</b> <b>Mondays: Apr 2 - Jun 11</b> 2:00pm - 3:00pm (no class May 28)	<b>COST</b> \$22.75	<b>REGISTRATION</b> Required
<b>LOCATION</b> Miller Community Center 330 19th Ave E, Seattle	<b>CONTACT</b> Cayce Cheairs 206.615.0100 cayce.cheairs@seattle.gov	<b>PRESENTED BY</b> Seattle Parks and Recreation with support from Aegis Living

# Momentia Mix

Explore, create, and connect each month at Camp Long in West Seattle! Enjoy socializing, light refreshments and rotating creative activities, such as music, movement, improv, art, bingo and more.

<b>DATE &amp; TIME</b> <b>4th Saturdays:</b> <b>4/28, 5/26, 6/23*</b> 10:30am - 12:00pm	<b>COST</b> None	<b>PRESENTED BY</b> Providence Mount St. Vincent, Seattle Parks and Recreation, Senior Center of West Seattle, and Quail Park of West Seattle
<b>LOCATION</b> Camp Long 5200 35th Ave SW Seattle	<b>CONTACT</b> Cayce Cheairs 206.615.0100 cayce.cheairs@seattle.gov	<b>REGISTRATION</b> Not required

*\*Location TBD on 6/23*

# Momentia Mondays

Connect with others experiencing memory loss and explore different topics and projects together including Taproot Theatre’s Re-Ignite the Mind with Improv.

<b>DATE &amp; TIME</b> <b>Mondays</b> 10:30am - 11:30am	<b>COST</b> None	<b>REGISTRATION</b> Required
<b>LOCATION</b> Southeast Seattle Senior Center 4655 S Holly St, Seattle	<b>CONTACT</b> Southeast Seattle Senior Center 206.722.0317	<b>PRESENTED BY</b> Southeast Seattle Senior Center, Taproot Theatre, and Seattle Parks and Recreation

## 5th 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. Enjoy artwork, music and more. *All talents are encouraged to participate. Piano available. Refreshments provided. Family and friends welcome!*

**DATE & TIME**

**Saturday, April 7**  
2:00pm - 4:00pm

**LOCATION**

Northgate Community Center  
10510 5th Ave NE, Seattle

**COST**

None

**CONTACT**

Cayce Cheairs  
206.615.0100  
cayce.cheairs@seattle.gov

**REGISTRATION**

Only for those performing

**PRESENTED BY**

Seattle Parks and Recreation

## Out & About Walks

Incorporate 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 & TIME**

**2nd and 4th Fridays Monthly**  
10:00am - 12:30pm

**LOCATION**

Varies

**COST**

None

**CONTACT**

Cayce Cheairs  
206.615.0100  
cayce.cheairs@seattle.gov

**REGISTRATION**

Required

**PRESENTED BY**

Seattle Parks and Recreation



# Re-ignite the Mind with Improvisation and Play

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

## **Greenwood**

**2nd Mondays: 4/21, 5/14, 6/11**

2:30pm - 3:30pm

### **LOCATION**

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

### **REGISTRATION**

Not required

### **COST**

\$10 per session

*Care partners invited at no cost*

### **CONTACT**

Pam Nolte | 206.529.3671  
pamn@taproottheatre.org

## **Southeast**

**Mondays: Apr 2–May 14**

10:30am - 11:30am

### **LOCATION**

Southeast Seattle Senior Center  
4655 S. Holly St, Seattle

### **REGISTRATION**

Preferred

### **COST**

None

### **CONTACT**

Jaime Clark  
206.722.0317 | jaimec@sessc.org

## **Ballard**

**Mondays: Apr 30–May 21**

1:00pm - 2:00pm

### **LOCATION**

Ballard NW Senior Center  
5429 32nd NW, Seattle

### **REGISTRATION**

Preferred. Drop-ins welcome.

### **COST**

None

### **CONTACT**

Kristina Webberley  
206.297.0403  
kristinaw@soundgenerations.org

## **Central**

**Mondays: 4/2, 4/16, 4/23**

1:00pm - 2:00pm

### **LOCATION**

Central Area Senior Center  
500 30th Ave S., Seattle

### **REGISTRATION**

Preferred. Max participants is 15.

### **COST**

\$2 members | \$4 non-members

*Care partners invited at no cost*

### **CONTACT**

Front desk: 206.726.4926

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**PRESENTED BY** Taproot Theatre Company

## Ukulele Jam and Sing Along

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

### DATE & TIME

#### **Mondays**

1:00pm - 2:30pm

Call to confirm class on holidays

### LOCATION

Senior Center of West Seattle  
4217 SW Oregon St, Seattle

### COST

\$1 members

\$2 non-members

### CONTACT

Senior Center of West Seattle  
206.932.4044

### REGISTRATION

Not required, but you may want to call and confirm class is meeting.

### PRESENTED BY

Senior Center of West Seattle

## What We Want the World to Know – A Documentary

Join Greenwood Senior Center for this special event where they will be screening a new short documentary about members of our memory loss community. The people in this documentary express the complexities of living with memory loss in profound and inspiring ways, offer advice about how to live well, and speak to the challenges and joys of the human experience.

*A Q&A will follow. Refreshments will also be available.*

### DATE & TIME

#### **Wednesday, May 16**

6:30pm - 8:00pm

### LOCATION

Greenwood Senior Center  
525 N 85th St, Seattle

### COST

None

### CONTACT

Greenwood Senior Center  
206.297.0875

### REGISTRATION

Preferred

### PRESENTED BY

Greenwood Senior Center

# 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 & TIME

**Fridays, Apr 6–May 4**

11:00am - 12:00pm

*Summer session begins May 18*

## COST FOR SERIES

\$40 PNA Members

\$60 Non-Members

*Care partners attend for free.*

## REGISTRATION

Required

**PRESENTED BY**  
Greenwood  
Senior Center

## LOCATION

Greenwood Senior Center  
525 N 85th St, Seattle

## CONTACT

Greenwood Senior Center  
206.297.0875

# 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. 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. *Care partners are welcome but not required.*

## Point Defiance Zoo and Aquarium, Tacoma

### DATE & TIME

Fridays

9:30am - 11:30am

*Adjustments made for holidays and weather*

### REGISTRATION

Screening and registration required.  
Call 206.529.3868

### FOR MORE INFORMATION

Caregiver Services at 253.722.5691

### PRESENTED BY

Alzheimer's Association and Lutheran  
Community Services Northwest

## Woodland Park Zoo, Seattle

### DATE & TIME

Mondays: Apr 9 - Jun 25

9:30am - 11:30am

Wednesdays: Apr 11 - Jun 27

10:00am - 12:00pm

### REGISTRATION

Screening and registration required.  
Call 206.529.3868

### PRESENTED BY

Alzheimer's Association,  
Seattle Parks and Recreation,  
and Greenwood Senior Center

# Notes

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## 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.

### **2018 Momentia Seattle Stewardship Team**

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

## **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.

The Puget Sound region is home to a variety of dementia-friendly opportunities offered by a growing number of community members and organizations.

**Follow us! @momentiaseattle**



View our online calendar and learn more:

**MOMENTIASEATTLE.ORG**