

Memory Loss Activity Calendar

www.MomentiaSeattle.org
www.FaceBook.com/MomentiaSeattle

May 2018						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10a "Arts in the Park" Watercolor Painting 1p Make Some Noise (West Seattle) 1:30p "Arts in the Park" Watercolor (West Seattle) 2p here:now Gallery Tour (Frye Museum-Seattle) 2p Sound of Swing Band (Bellevue)	2 10am Zoo Walk (Woodland Park Zoo) 1:30p *New* Alzheimer's Café (Port Townsend) 2p here:now Art-Making Class and Gallery Tours (Frye Museum)	3 10:30a All Present Community Song Circle (Greenwood) 2:30p Alzheimer's Café (Tumwater)	4 10a Zoo Walk (Point Defiance) 10am Garden Discovery Walks (Various Locations) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood)	5 10a Golden Era Sing Along-Movies (Edmonds)
6	7 9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 10:30a Re-Ignite the Mind with Improv & Play (Southeast Seattle) 1p Re-Ignite the Mind with Improv & Play (Ballard) 1p Weekly Ukulele Jam & Sing Along (West Seattle) 2p Minds In Motion (Central Seattle)	8 1p Make Some Noise (West Seattle) 2p Sound of Swing Band (Bellevue) 2p here:now Gallery Tour (Frye Museum-Seattle) 2:30p Alzheimer's Café (Frye Museum-Seattle)	9 10a Zoo Walk (Woodland Park Zoo) 2p here:now Art-Making Class & Gallery Tour (Frye Museum-Seattle) 3p Alzheimer's Café (Mercer Island)	10 10:30a All Present Community Song Circle (Greenwood) 3:30p Alzheimer's Café (Columbia City)	11 10a Zoo Walk (Pt. Defiance Zoo) 10a Out and About Walk (Seattle) 10:30a Community Chorus (Bellevue) 12:30p Alzheimer's Café (Everett)	12 10:30a Ballroom Dance Lessons (Arthur Murray Bellevue) 10:30p Early Stage Memory Loss Forum
13	14 9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 10:30a Re-Ignite the Mind with Improv & Play (Southeast Seattle) 1p Weekly Ukulele Jam & Sing Along (West Seattle) 1p Re-Ignite the Mind with Improv & Play (Ballard) 2p Minds In Motion (Central Seattle) 2p Alzheimer's Café (Marysville) 2:30p Re-ignite the Mind with Improv & Play (Greenwood) 3:30p Alzheimer's Café (Greenwood)	15 10a Art Walk (Edmonds) 1p Make Some Noise (West Seattle) 2p Sound of Swing Band (Bellevue) 2:30p Alzheimer's Café (Green Lake)	16 10a Zoo Walk (Woodland Park Zoo) 10:30a Re-Ignite the Mind with Improv & Play (Southeast Seattle) 2p here:now Art-Making Class & Gallery Tour (Frye Museum-Seattle) 2:30p Memory Café (Puyallup) 6:30p Living with Memory Loss In our Own Words (Documentary)	17 10:30a All Present Community Song Circle (Greenwood) 1:30p Alzheimer's Café (Silverdale)	18 10a Zoo Walk (Pt. Defiance Zoo) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood)	19 10:30a Ballroom Dance Lessons (Arthur Murray Bellevue) 11:30a Meet Me at the Movies (Seattle) 3p Alzheimer's Café (Gig Harbor)
20	21 9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 11a Drum Circle (Southeast Seattle) 1p Re-Ignite The Mind With Improv & Play (Ballard) 1p Weekly Ukelele Jam & Sing Along (West Seattle) 2p Minds In Motion (Central Seattle)	22 1pm Meet Me at the Movies (Port Townsend) 1p Make Some Noise (West Seattle) 2p Sound of Swing Band (Bellevue) 3p Alzheimer's Café (Capitol Hill) 3p Alzheimer's Café (Bellevue)	23 10a Zoo Walk (Woodland Park Zoo) 2p here:now Art-Making Class & Gallery Tour (Frye Museum-Seattle) 3p Alzheimer's Café (Tacoma) 5p Sing Along (West Seattle)	24 10:30a All Present Community Song Circle (Greenwood)	25 10a Zoo Walk (Pt. Defiance Zoo) 10a Out and About Walk (Seattle) 10:30a Community Chorus (Bellevue) 10:30a Meet Me at the Movies (Bainbridge) 11a Yoga Mood, Mind, Memory (Greenwood)	26 10:30a Ballroom Dance Lessons (Arthur Murray Bellevue) 10:30a Momentia Mix (West Seattle)
27	28 9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 1p Weekly Ukelele Jam & Sing Along (West Seattle) 2p Alzheimer's Café (Edmonds)	29 1p Make Some Noise (West Seattle) 2p Sound of Swing Band (Bellevue)	30 10a Zoo Walk (Woodland Park Zoo) 10:30a ESML Book Discussion Group (Seattle) 2p here:now Art-Making Class & Gallery Tour (Frye Museum-Seattle) 2p here:now Gallery Tour (Frye Museum-Seattle)	31		