

Memory Loss Activity Calendar

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

June 2018						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10a Zoo Walk (Point Defiance) 10a Garden Discovery Walks (Various Locations) 10am ESML Guided Art Discussion (Bainbridge) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood)	2 10:30 a Ballroom Dance Lessons (Arthur Murray Bellevue)
3	4 9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 1p Weekly Ukulele Jam & Sing Along (West Seattle) 2p Minds In Motion (Central Seattle)	5 1p Make Some Noise (West Seattle) 2p Ballroom Dance Lessons (Arthur Murray Federal Way) 2p Sound of Swing Band (Bellevue) 2p here'now Gallery Tour (Frye Museum-Seattle)	6 10a Zoo Walk (Woodland Park Zoo) 1:30p *New* Alzheimer's Café (Port Orchard)	7 11:15a Ballroom Dance Lessons (Arthur Murray Tacoma) 1p Ballroom Dance Lessons (Arthur Murray North Seattle) 2:30p Alzheimer's Café (Tumwater) 5:30p Ballroom Dance Lessons (Arthur Murray Everett)	8	9 10a Zoo Walk (Pt. Defiance Zoo) 10a Out and About Walk (Seattle) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood) 11:30a Alzheimer's Café (Everett)
10	11 9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 1p Weekly Ukulele Jam & Sing Along (West Seattle) 2p Minds In Motion (Central Seattle) 2p Alzheimer's Café (Marysville) 3:30p Alzheimer's Café (Greenwood)	12 1p Make Some Noise (West Seattle) 2p Sound of Swing Band (Bellevue) 2p Frye Gallery Discussion - Before the Frye Alzheimer's Cafe 2p Ballroom Dance Lessons (Arthur Murray Federal Way) 2:30p Alzheimer's Café (Frye Art Museum)	13 10a Zoo Walk (Woodland Park Zoo) 3p Alzheimer's Café (Mercer Island)	14 11:15a Ballroom Dance Lessons (Arthur Murray Tacoma) 1p Ballroom Dance Lessons (Arthur Murray North Seattle) 3:30p Alzheimer's Café (Columbia City) 5:30p Ballroom Dance Lessons (Arthur Murray Everett) Café Dinner at Tutta Bella (Seattle)	15	16 10a Zoo Walk (Pt. Defiance Zoo) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood) 7:10p Alzheimer's Association Night with the Seattle Mariners 3p Alzheimer's Café (Gig Harbor)
17	18 9:30a Zoo Walk (Woodland Park Zoo) 10:30a Momentia Mondays (Southeast Seattle) 11a Momentia Drum Circle (Southeast Seattle) 1p Weekly Ukelele Jam & Sing Along (West Seattle)	19 10a Early Stage Memory Loss Art Walk (Edmonds) 1p Make Some Noise (West Seattle) 2p Ballroom Dance Lessons (Arthur Murray Federal Way) 2p Sound of Swing Band (Bellevue) 2:30p Alzheimer's Café (Green Lake)	20 10a Zoo Walk (Woodland Park Zoo) 10a Art in the Moment (Seattle) 2:30p Memory Café (Puyallup)	21 11:15a Ballroom Dance Lessons (Arthur Murray Tacoma) 1p Alzheimer's Café (Silverdale) 1p Ballroom Dance Lessons (Arthur Murray North Seattle) 5:30p Ballroom Dance Lessons (Arthur Murray Everett)	22	23 10a Zoo Walk (Pt. Defiance Zoo) 10a Out and About Walk (Seattle) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind, Memory (Greenwood)
24	25 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)	26 1p Make Some Noise (West Seattle) 2p Ballroom Dance Lessons (Arthur Murray Federal Way) 2p Sound of Swing Band (Bellevue) 3p Alzheimer's Café (Capitol Hill) 3p Alzheimer's Café (Bellevue)	27 10a Zoo Walk (Woodland Park Zoo) 2p here:now Gallery Tour (Frye Museum-Seattle) 3p Alzheimer's Café (Tacoma) 5p *New* Sing Along (West Seattle)	28 11:15a Ballroom Dance Lessons (Arthur Murray Tacoma) 1p Ballroom Dance Lessons (Arthur Murray North Seattle) 5:30p Ballroom Dance Lessons (Arthur Murray Everett)	29	30 10a ESML Zoo Walk (Pt. Defiance Zoo) 10:30a Community Chorus (Bellevue) 11a Yoga Mood, Mind and Memory (Seattle)