

MOMENTIA

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



SUMMER, 2018

JULY 1 - SEPTEMBER 30

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**

Pictured on Front:

Watercolor by Rafe Schwimmer.

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@seattleymca.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

11:30pm - 1:00pm

LOCATION

Northwest Music Hall
1402 Southeast Everett Mall Way,
Everett

CONTACT

425.258.1605
info@scmusicproject.org

Gig Harbor

Every 3rd Saturday 3:00pm - 4:30pm

LOCATION

Harvester Restaurant
5601 Soundview Dr., Gig Harbor

CONTACT

Deb Dennison
253.722.5682 | ddennison@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, Ste 112,
Mercer Island

CONTACT

Carolyn Kelso | 206.356.0271
carolynkelso@comcast.net

Port Orchard

Every 1st Wednesday 1:30pm - 3:30pm

LOCATION

Cosmo's Ristorante and Delicatessen
1821 SE Lund Ave, Port Orchard

CONTACT

Kenna Little | 206.529.3868
kelittle@alz.org

Puyallup

Every 3rd Wednesday

2:30pm - 4:00pm

LOCATION

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

CONTACT

Deb Dennison | 253.722.5682
ddennison@lcsnw.org

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

Deb Dennison
253.722.5682 | ddennison@lcsnw.org

Tumwater

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

LOCATION

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

CONTACT

Paul Taylor | 360.407.3967 ext 107

All Present Community 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, July 5 - August 23

10:30am - 12:00pm

LOCATION

Greenwood Senior Center
525 N 85th St
Seattle

COST

\$40 PNA Members
\$60 Public
None for care partners & scholarships
available

CONTACT

Greenwood Senior Center
206.297.0875
socialwkr@comcast.net

REGISTRATION

Registration required

PRESENTED BY

Greenwood Senior Center

Special Event

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

New!

Ballroom Dance Classes

Be active and social! Arthur Murray Dance Schools are offering dance classes across the Puget Sound for those living with memory loss and their care partners. Join to learn a variety of dance styles, connect with others in your community, and spend time with your loved one in a fun and welcoming environment!

Bellevue

Every Saturday 10:30am - 11:15am

LOCATION

Arthur Murray Dance Studio
13122 NE 20th St, Suite 200

CONTACT

Kelly Peters | 425.747-6611
kellyam@gmail.com

Everett

Thursdays 5:30pm - 6:15pm

LOCATION

Arthur Murray Dance School
5307 Evergreen Way, Everett

CONTACT

Leilani Davis | 425 348-3610

Federal Way

Tuesdays 2:00pm - 2:45pm

LOCATION

Arthur Murray Dance Studio
32724 Pacific Hwy S., Federal Way

CONTACT

Jacqueline Maniulit | 253 941-1841

North Seattle

Thursdays 1:00pm - 1:45pm

LOCATION

Arthur Murray Dance Studio
13510 Aurora Ave N, Seattle

CONTACT

Fong Lee | 206.805.1815

Tacoma

Thursdays 11:15am - 12:00pm

LOCATION

Arthur Murray Dance School
5849 Tacoma Mall Blvd, Tacoma

CONTACT

Shannon O'Brian | 253 474-2955
tacoma@arthurmurraypugetsound.com

PRESENTED BY Arthur Murray Dance Studios in partnership with the Alzheimer's Association

Camp Momentia

Enjoy a day of exploration, creativity, and community at historical Camp Long in West Seattle! This inclusive day camp experience is for people living with memory loss, their family and friends. It includes refreshments, lunch and s'mores around the campfire. *Camp on Sunday, September 16 is family friendly. Youth 9 years and older are welcome.*

DATE & TIME

9/15 10:00am - 3:00pm
9/16 10:00am - 3:00pm

LOCATION

Camp Long
5200 35th Ave. SW,
Seattle

COST

\$20

CONTACT

Cayce Cheairs
206.786.2365
cayce.cheairs@seattle.
gov

REGISTRATION

Required by August 29

VAN TRANSPORTATION

Provided from North and
South Seattle

PRESENTED BY

Offered by Seattle
Parks and Recreation,
in partnership with
Greenwood Senior
Center, Senior Center
of West Seattle, and
Providence Mount St.
Vincent. Sponsored by
Aegis on Madison and
West Seattle Quail Park.

Campfire-Style Sing Along

An actual campfire won't be lit but the spirit should still be the same. Anyone can join in; you just have to enjoy singing! Lyrics will be projected so you don't even have to remember all the words.

DATE & TIME

Thursday, Aug. 16
1:00 - 2:00 pm

LOCATION

Greenwood Senior
Center
525 85th Ave N, Seattle

COST

None

CONTACT

Greenwood Senior
Center
206 297-0875

REGISTRATION

Preferred

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 & TIME**Fridays**

10:30am - 12:00pm

LOCATIONNorth Bellevue Community Center
4063 148th Ave NE, Bellevue**COST**

None

CONTACTNorth Bellevue Community Center
425.452.7681**REGISTRATION**

None

PRESENTED BY

North Bellevue Community 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 & TIME**Mon, Wed, Thur Weekly**

10:00am - 2:00pm

LOCATIONOlympic View
Community Church
425 NE 95th St, Seattle**COST**

\$90/day

*Reduced rate, limited availability***CONTACT**206.913.1757
info@elderwise.org**REGISTRATION**

Required

PRESENTED BY

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.*

DATE & TIME

Mondays:

7/9, 7/23, 8/13, 9/10

10:30am - 12:00pm

LOCATION

Southeast Senior Center
(SESSC)
4655 S. Holly St., Seattle

COST

None

CONTACT

Cayce Cheairs
206.615.0100
cayce.cheairs@seattle.gov

REGISTRATION

Required

PRESENTED BY

Seattle Parks and
Recreation in partnership
with Silver Kite Community
Arts and SESSC

Gallery Discussion Before The Frye Monthly Alzheimer’s Cafe

Immediately before the Alzheimer’s Cafe, visit a favorite painting or explore a new work of art in a gallery discussion tour led by a museum educator or gallery guide. Tour meets in the Rotunda. Alzheimer’s Cafe begins immediately afterwards.

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

REGISTRATION

Not required

PRESENTED BY

Frye Art Museum

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)*

DATE & TIME

First Fridays:

7/6, 8/3, 9/7

10:00am - 12:00pm

LOCATION

Varies

COST

None

CONTACT

Cayce Cheairs

206.615.0100

cayce.cheairs@seattle.gov

REGISTRATION

Required

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 & 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: Sep 12, 19, 26
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

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: 7/17, 8/7, 9/4
Wednesdays: 7/25, 8/29, 9/26
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

PRESENTED BY

Frye Art Museum

New!

Look Again: Guided Art Discussions

Individuals living with mild memory loss and their care partners can enjoy facilitated art discussions in a relaxed and welcoming environment. Enjoy a light snack and fun conversation at the Museum Bistro afterwards.

DATE & TIME

First Fridays Monthly:

4/6, 5/4, 6/1

10:00am - 11:30am

LOCATION

Bainbridge Island
Museum of Art
550 Winslow Way E,
Bainbridge

COST

None, except for items
ordered from the bistro
menu

CONTACT

Kenna Little
206 529-3868
kelittle@alz.org

REGISTRATION

Required

PRESENTED BY

Alzheimer's Association

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:

July 3 - Sep 25

1:00pm - 1:30pm

LOCATION

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

COST

None

CONTACT

Martha Smith
206.937.3701 ext. 28578

REGISTRATION

Not required. Call front

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

PRESENTED BY

Providence Mount
Saint Vincent

Meet Me at the Movies

Meet me at the Movies is a unique film experience. Theme-based clips from classic and contemporary films are shown, followed by audience discussion and reminiscence guided by a moderator. Designed for people with memory loss and their care partners, this program can be enjoyed by all adults.

Seattle: Saturday, August 18

11:30am - 1:00pm

LOCATION

Frye Art Museum
704 Terry Ave, Seattle

CONTACT

Frye Art Museum | 206.432.8265

Bothell: Saturday, August 18

3:00pm - 4:30pm

LOCATION

Bothell Library
18215 98th Ave NE, Bothell

CONTACT

King County Library Services
425.486.7811

Port Townsend: Tuesday, August 21

1:00pm - 2:30pm

LOCATION

Rose Theatre
235 Taylor St, Port Townsend

CONTACT

Rose Theatre | 360.385.1039

Bainbridge Island: Friday, August 24

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

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

DATE & TIME

Mondays: July 2 - Sep 10
2:00pm - 3:00pm
(no class Sep 3)

LOCATION

Miller Community Center
330 19th Ave E, Seattle

COST

\$23

CONTACT

Cayce Cheairs
206.615.0100
cayce.cheairs@seattle.gov

REGISTRATION

Required

PRESENTED BY

Seattle Parks and
Recreation with support
from Aegis Living

Momentia Drum Circle

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

Momentia Mix

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

DATE & TIME

4th Saturdays:

7/28, 8/25

10:30am - 12:00pm

LOCATION

Senior Center West

Seattle

4217 SW Oregon St.,

Seattle

COST

None

CONTACT

Cayce Cheairs

206.615.0100

cayce.cheairs@seattle.gov

REGISTRATION

Not required

PRESENTED BY

Seattle Parks and Recreation in partnership with Providence Mount St. Vincent, Senior Center of West Seattle, and Quail Park Memory Care of West Seattle

Momentia Mondays

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more!

DATE & TIME

Mondays

10:30am - 11:30am

LOCATION

Southeast Seattle

Senior Center

4655 S Holly St, Seattle

COST

None

CONTACT

Southeast Seattle

Senior Center

206.722.0317

REGISTRATION

Required

PRESENTED BY

Seattle Parks and Recreation in partnership with Southeast Seattle Senior Center, Taproot Theatre, and Elderwise.

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 & 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.

DATE & TIME

2nd Monday: 9/10, 2:30pm - 3:30pm

LOCATION

Taproot Theatre's Isaac Studio Theatre

212 N 85th St., Seattle

COST

\$10 per session

Care partners invited at no cost

REGISTRATION

Not required

CONTACT

Pam Nolte | 206.529.3671

pamn@taproottheatre.org

PRESENTED BY

Taproot Theatre

New!

Sing Along

This dementia-friendly sing along group would love to have additional voices. We are accompanied by Michael Harris on the piano or guitar. No experience necessary. Just show up, sing, and have fun!

DATE & TIME

4th Wednesdays
5:00pm - 6:00pm

CONTACT

Holly McNeill
206.932.4044 ext. 2

LOCATION

Senior Center of West Seattle
4217 SW Oregon St, Seattle

REGISTRATION

Not required

COST

None

PRESENTED BY

Senior Center of West Seattle

New!

Sound of Swing Band

Come listen to the Sound of Swing Band rehearse on the first, third, and fourth Tuesday each month at the North Bellevue Community Center. This dementia-friendly opportunity can be enjoyed by all! On the second Tuesday bring your dancing shoes. The band has a full session and dancing is encouraged for those who are so inclined. Just listening and watching those who are dancing is fine too. Lastly, rumor has it that there are a couple of great singers, too, on the second Tuesday each month. *Coffee and snacks are also offered.*

DATE & TIME

1st, 3rd, 4th Tuesdays
2:00pm - 4:00pm

CONTACT

North Bellevue Community Center
425.452.7681

LOCATION

North Bellevue Community Center
4063 148th Ave NE, Bellevue

REGISTRATION

Not required

COST

\$3 on the second Tuesday for dancers
Rehearsals: free

PRESENTED BY

North Bellevue Community Center

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

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

July 6–August 10

11:00am - 12:00pm

LOCATION

Greenwood Senior Center
525 N 85th St, Seattle

COST FOR SERIES

\$40 PNA Members

\$60 Non-Members

Care partners attend for free.

CONTACT

Greenwood Senior Center
206.297.0875

REGISTRATION

Required

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. 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

9:30am - 11:30am

Wednesdays

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

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