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

The cover painting was 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.
# Table of Contents

Programs & events are held in Seattle unless otherwise noted

## Books, Poetry, Film and Theatre

Creative Journaling for Early Stage Memory Loss.....11  
Living with Memory Loss: In Our Own Word ..........16  
Meet Me at the Movies (Multiple Locations)..........18  
Re-Ignite the Mind with Improvisation and Play ....23

## Fitness and Walks

Garden Discovery Walks .............................................13  
Gentle Zumba .............................................................14  
Minds in Motion ...........................................................18  
Out & About Walks ....................................................22  
Walking Group (Tacoma)...........................................26  
Zoo Walks ..................................................................27

## Music and Dance

All Present Community Song Circle .........................8  
Ballroom Dance Classes (Bellevue).........................9  
Community Chorus (Bellevue) ...............................10  
Kupuna Ukulele Time ..................................................16  
Make Some Noise .......................................................17  
Music Mends Minds (Mercer Island).......................20  
Music Mends Minds (Tacoma) ...............................21  
Sing Along .................................................................24  
Sounds of Swing Big Band & Dance (Bellevue) ......25  
Ukulele Jam & Sing Along..........................................26

## Social Engagement and Enrichment Programs

Alzheimer’s Cafes (Multiple locations) ................5-7  
Elderwise® .................................................................12  
The Gathering Place ...................................................14  
Momentia Meet-Ups (Lake City Way) ..................19  
Momentia Mondays ...................................................20  
Old Friends Club (Eastside) .................................21  
Spanish/Espanol (Lake City Way) .......................25

CONTINUED ON NEXT PAGE
Special Events
Alzheimer’s Cafe Dinner at Tutta Bella .......................... 7
Caregiving and the Arts (Edmonds) ................................. 10
Momentia Celebration .................................................. 19
St. Patrick’s Day Benefit Concert ................................. 24

Visual Arts
The Artist Within Exhibit (Seattle & Yakima) ......................... 8
Art Walk (Edmonds) ..................................................... 9
Dementia Friendly Ceramics ............................................. 11
Elderwise® Watercolor-Plus (Lynnwood) ......................... 12
Gallery Discussion Before Alzheimer’s Cafe ................. 13
here:now Art-Making Classes & Gallery Tours .......... 15
here:now Gallery Tour .................................................. 15
Look Again: Guided Art Discussions (Bainbridge) .... 17
Alzheimer’s & Memory Cafes

An opportunity for persons with dementia, caregivers, family, and friends to come together and socialize in a relaxed environment free of expectations and judgment. Just companionship, great food and fun. Registration is not required and the only cost is for items ordered from the menu.

Bellevue
Every 4th Tuesday
3:00pm - 5:00pm

LOCATION
Tutta Bella Neapolitan Pizzeria
Crossroads
15600 NE 8th St, Bellevue

CONTACT
Cheri Pamer | 425.830.0902
cpamer@seattleymca.org

Everett
Every 2nd Friday
11:30am - 1:00pm

LOCATION
Northwest Music Hall
1402 SE Everett Mall Way, Everett

CONTACT
425.258.1605
info@scmusicproject.org

Bothell
Every 3rd Tuesday
3:00pm - 5:00pm

LOCATION
Woodshop Restaurant
Thorndike Room
McMenamin’s Anderson School
18607 Bothell Way NE, Bothell

CONTACT
Heather Steele | 425.485.9797
hsteele@seattleymca.org

Federal Way
Every Friday
10:30am - 1:00pm

LOCATION
Federal Way Library, Meeting Room 1
34200 1st Way South, Federal Way

CONTACT
Susan Manning | 253.838.3668
mannings@kcls.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

Marysville
Every 2nd Monday
2:00pm - 4:00pm

LOCATION
IHOP
16518 Twin Lakes Ave, Marysville

CONTACT
Moe Pocha | 425.355.1313
glendap@fulllifecare.org

CAFES CONTINUED ON NEXT PAGE
<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mercer Island</td>
<td>Every 2nd Wednesday</td>
<td>3:00pm - 4:30pm</td>
<td>Mo’s Pizza, 2630 77th Ave SE, Mercer Island</td>
<td>Carolyn Kelso</td>
</tr>
<tr>
<td>Port Hadlock</td>
<td>Every 4th Thursday</td>
<td>2:00pm - 3:30pm</td>
<td>Ferino’s Pizzeria, 846 Ness’ Corner Road, Port Hadlock</td>
<td>Patricia Smith</td>
</tr>
<tr>
<td>Puyallup</td>
<td>Every 3rd Wednesday</td>
<td>2:30pm - 4:00pm</td>
<td>Mrs. Turner’s Restaurant, 701 E. Main St, Puyallup</td>
<td>Rena Marken</td>
</tr>
<tr>
<td>Seattle—Columbia City</td>
<td>Every 2nd Thursday</td>
<td>3:30pm - 5:00pm</td>
<td>Tutta Bella Neapolitan Pizzeria, 4918 Rainier Ave S, Seattle</td>
<td>Kayla Hoover</td>
</tr>
<tr>
<td>Seattle—Frye Art Museum</td>
<td>Every 2nd Tuesday</td>
<td>2:30pm - 4:00pm</td>
<td>Frye Art Museum, 704 Terry Ave, Seattle</td>
<td>Mary Jane Knecht</td>
</tr>
<tr>
<td>Seattle—Greenwood</td>
<td>Every 2nd Monday</td>
<td>1:00pm - 2:30pm</td>
<td>Stage Door Cafe, 208 N 85th St, Seattle</td>
<td>Carin Mack</td>
</tr>
<tr>
<td>Seattle—Capitol Hill</td>
<td>Every 4th Tuesday</td>
<td>3:00pm - 4:00pm</td>
<td>Queen Bee Cafe, 2200 E Madison St, Ste B, Seattle</td>
<td>Susan Rauch</td>
</tr>
<tr>
<td>Sedro-Wooley</td>
<td>Every 3rd Friday</td>
<td>1:00pm - 3:00pm</td>
<td>Magnolia Grill, 208 Ferry St, Sedro-Wooley</td>
<td>Sheila Snyder</td>
</tr>
</tbody>
</table>
## Alzheimer’s Cafe - continued

### 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
lllehner@mac.com

### Tacoma

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

**LOCATION**
Elmer's Restaurant
7427 S Hosmer St, Tacoma

**CONTACT**
Rena Marken | 253.722.5682
rmarken@lcsnw.org

### Tumwater

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

**LOCATION**
River’s Edge Restaurant, 4611 Tumwater Valley Dr SE, Tumwater

**CONTACT**
Cheri Knighton | 360.586.6181, ext 1111
cknighton@southsoundseniors.org

To learn about new cafes including those in Clarkston, Ellensburg, Spokane, Richland, Shelton and Yakima, visit [www.fulllifecare.org/alzcafes/](http://www.fulllifecare.org/alzcafes/)

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### Special Event

#### The Alzheimer’s Cafe Dinner at Tutta Bella

A special evening Café event for people with Alzheimer’s or other dementias and their care partners. Come expecting a festive Valentine’s Day themed dinner in a safe, supportive environment.

### Date & Time

**Tuesday, February 12**
5:30pm - 7:00pm

**LOCATION**
Tutta Bella Wallingford
4411 Stone Way N
Seattle

**CONTACT**
Greenwood Senior Center
206.297.0875
socialwkr@comcast.net

**REGISTRATION**
Required
Space is limited.

**PRESENTED BY**
Greenwood Senior Center
All Present Community Song Circle

All Present is a community song circle for people with memory loss as well as their friends, families, and interested community members. Our innovative chorus will use the spirit of music to bring people together. We will sing familiar standards, songs from musicals, rounds, and songs from childhood. There will be piano, ukuleles, and more. Song sheets will be provided. *All voices are welcome! No auditions necessary.*

**DATE & TIME**
**Thursdays: January 16 - March 12**
10:30am - 12:00pm

**LOCATION**
Greenwood Senior Center
525 N 85th St, Seattle

**COST**
PNA Members: $40 for the series
Public: $60 for the series
No charge for care partners

**CONTACT**
Greenwood Senior Center
206.297.0875
socialwkr@comcast.net

**REGISTRATION**
Not required ahead of time

**PRESENTED BY**
Greenwood Senior Center

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The Artist Within Exhibit - Seattle & Yakima

The Art of Alzheimer’s presents “The Artist Within” exhibit which consists of 49 exhilarating paintings created by seven vibrant persons living with dementia, each sharing a unique view of the world. Delightful and surprising, the artwork effortlessly connects us - a vivid illustration that persons living with Alzheimer’s and other dementia are STILL HERE - living with dignity, purpose and joy. Art created at Elderwise®.

**LOCATION**
University House
4400 Stone Way N, Seattle

**DATE**
October 17, 2019 - February 15, 2020

**LOCATION**
Larson Gallery
Yakima Valley College
1015 S 16th Ave, Yakima

**DATE**
March 7, 2020 - April 11, 2020

**FEATURED ARTISTS:** Julia Blackburn, Rosemary Freeman, Gloria Kenney, Jane Kippenhan, Pat Kristoferson, Lenny Larson, and Rafe Schwimmer.

**COST:** None

**CONTACT:** The Art of Alzheimer’s | 206.931.9939 | theartofalzheimer’s.org
Art Walk - Edmonds

Stay socially active and engaged! Join us on the 3rd Tuesday of every month for Art Walks and to build relationships in your community. Individuals living with mild memory loss can enjoy facilitated art discussions. *Care partners are welcome.*

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>COST</th>
<th>REGISTRATION</th>
<th>PRESENTED BY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd Tuesdays Monthly 10:00am - 11:30am</td>
<td>None</td>
<td>Required</td>
<td>The Alzheimer’s Association</td>
</tr>
<tr>
<td>LOCATION</td>
<td>CONTACT</td>
<td>Alzheimer’s Association 206.363.5500</td>
<td></td>
</tr>
<tr>
<td>Cascadia Art Museum 190 Sunset Ave S Edmonds</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

Ballroom Dance Classes - Bellevue

Be active and social! Arthur Murray Dance School in Bellevue is offering dance classes 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 dance partner in a fun and welcoming environment! *Dance lessons are free. No registration required.*

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>CONTACT</th>
<th>REGISTRATION</th>
<th>PRESENTED BY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays: 1/4, 1/11, 1/18, 2/1, 2/8, 2/15, 2/22, 2/29. Check Momentia Calendar for March dates. 12:00pm - 12:45pm</td>
<td>Sonora Wiesner 425.747.6611 <a href="mailto:sonoraambellevue@gmail.com">sonoraambellevue@gmail.com</a></td>
<td>Not required</td>
<td>Arthur Murray Studios with support from The Alzheimer’s Association</td>
</tr>
<tr>
<td>LOCATION</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arthur Murray Dance Studio 13122 NE 20th St, Suite 200, Bellevue</td>
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<td></td>
<td></td>
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<tr>
<td>COST</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>None</td>
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</tr>
</tbody>
</table>
### Special Workshop

**Caregiving and the Arts**

Caregiving is a difficult job. This workshop is designed to support family and professional caregivers - exploring both how to use the arts as a tool for respite from caregiving, and how to incorporate arts engagement into caregiving. With the goal to remove barriers to caregiver participation, this training opportunity also invites those who are being cared for to attend with a special focus on engaging those with memory loss. The day will be divided into group activities and break-out sessions, during which Silver Kite teaching artists will lead participants in tailored arts activities. *Lunch provided.*

**DATE & TIME**
**Monday, March 23**
10:00am - 2:30pm

**LOCATION**
Edmonds Center for the Arts
410 4th Ave N, Edmonds

**COST**
None

**CONTACT**
Katie Newbaum
425.275.9483, Katie@ec4arts.org

**REGISTRATION**
Required

**PRESENTED BY**
Edmonds Center for the Arts in partnership with Silver Kite

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**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. 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 an assisted living community on the 2nd Friday of each month and occasionally we perform elsewhere.

**DATE & TIME**
**Every Friday**
10:30am - 11:45am

**LOCATION**
North Bellevue Community Center
4063 148th Ave NE, Bellevue

**COST**
None

**PRESENTED BY**
North Bellevue Community Center

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**CONTACT**
North Bellevue Community Center
425.452.7681

**REGISTRATION**
Not required
New!

Creative Journaling for Early Stage Memory Loss

Journaling is a meaningful way to record our day-to-day lives, stimulate our minds and make sense of the journeys we’re on. In this new journaling group - designed for folks experiencing Early Stage Memory Loss or Mild Cognitive Impairment - we will use poetry, essays, music, meditation and more to spark conversation and guide our journal entries. Each week will include a facilitated discussion and group writing exercises, as well as additional prompts to encourage journaling at home.

DATE & TIME
Tuesdays: 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25
10:30am - 12:00pm

LOCATION
Greenwood Senior Center
525 N 85th St, Seattle

COST
$10 for the series

CONTACT
Greenwood Senior Center
206.297.0875

REGISTRATION
Required

PRESENTED BY
Greenwood Senior 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
Weekly: Wednesday and Thursday
10:00am - 2:00pm

LOCATION
Northaven Senior Living
531 NE 112th St, Seattle

COST
$90 per day
Reduced rate, limited availability

CONTACT
206.913.1757
info@elderwise.org

REGISTRATION
Required

PRESENTED BY
Elderwise®
Elderwise® Watercolor-Plus - Lynnwood

This program, specially designed for people living with memory loss and their care partners, is a series of wet-on-wet painting sessions led by an Elderwise® facilitator. It provides opportunities for participants to engage, create and explore in a supportive group, and for community engagement around celebrating the participants’ artwork.

DATE & TIME
1st & 3rd Mondays:
1/6, 2/3, 3/2, 3/16
(No class on 1/20 & 2/17)
2:00pm - 3:00pm

LOCATION
Homage Senior Services
5026 196th St SW
Lynnwood

COST
None

CONTACT
Shannon Serier
425.290.1268
sserier@homage.org or
info@elderwise.org

REGISTRATION
Required prior to each class

PRESENTED BY
Elderwise®, Center for Healthy Living, Homage Senior Services, Verdant Health Commission

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Gallery Discussion Before Alzheimer’s Cafe

Immediately before the Alzheimer’s Cafe at 2:30pm, visit a favorite painting or explore a new work of art in a Frye Art Museum gallery discussion tour led by a museum educator or gallery guide. Tour meets in the rotunda. Frye Alzheimer’s Cafe follows immediately afterwards.

DATE & TIME
Second Tuesdays
2:00pm - 2:30pm
(Alzheimer’s Cafe at the Frye starts immediately afterwards at 2:30pm)

LOCATION
Frye Art Museum Rotunda
704 Terry Ave, Seattle

COST
None

CONTACT
Mary Jane Knecht
206.432.8265 or
mknecht@fryemuseum.org

REGISTRATION
Not required

MORE INFO
fryemuseum.org/program/here_now

PRESENTED BY
Frye Art Museum
### Garden Discovery Walks

Savor the season with mindful, relaxed walks through Seattle public gardens. Each walk is followed by a creative, nature-inspired activity led by a registered horticulture therapist. *Light refreshments provided.*

**DATE & TIME**
**Friday, March 6**
10:00am - 12:00pm

**LOCATION**
Various

**COST**
None

**CONTACT**
Cayce Cheairs
206.615.0100
[cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov)

**REGISTRATION**
Required. Space is limited to 15 participants each month

**PRESENTED BY**
Seattle Parks & Recreation in partnership with UW Memory & Brain Wellness Center, with support from Family Resource Home Care

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### 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. New members can join throughout the year.

**DATE & TIME**
**Quartely Sessions:**
**Tuesdays or Thursdays**
1:00pm - 4:00pm

**LOCATION**
Greenwood Senior Center
525 N 85th St, Seattle

**COST**
$35 per session
*Some Scholarships available*

**CONTACT**
Carin Mack
206.230.0166 | [socialwkr@comcast.net](mailto:socialwkr@comcast.net)

**REGISTRATION**
Pre-screening and registration required.
No drop-ins

**PRESENTED BY**
Greenwood Senior Center
Gentle Zumba

Gentle Zumba is a memory loss-inclusive dance party that is designed for low-impact fun! Come in comfortable clothes and shoes, bring water, and be prepared to have fun. Drop-ins and adults of all ages welcome.

**DATE & TIME**
Mondays: 1/6, 1/13, 1/27, 2/3, 2/10
(No class Jan 20)
11:00am - 12:00pm

**LOCATION**
Greenwood Senior Center
525 N 85th St, Seattle

**COST**
$3 per class. Prepaid punch cards encouraged

**CONTACT**
Greenwood Senior Center
206.297.0875

**REGISTRATION**
Drop-ins welcome

**PRESENTED BY**
Greenwood Senior Center

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

here:now is an arts-engagement program for adults living with dementia and their care partners to enjoy conversation, works of art, and artmaking in a supportive setting. Led by specially trained museum educators and teaching artists, the six-session class offers conversation-based gallery tours and studio art-making experiences that celebrate present-moment awareness and new possibilities for creative expression. A short social time concludes each session.

**DATE & TIME**
Wednesdays: 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8
2:00pm - 4:00pm

**LOCATION**
Frye Art Museum
704 Terry Ave, Seattle

**COST**
None

**CONTACT**
206.432.8265
herenow@fryemuseum.org

**REGISTRATION**
Required. Space is limited

**MORE INFO**
fryemuseum.org/program/here_now

**PRESENTED BY**
Frye Art Museum
here:now Gallery Tours

Twice a 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 historical art information. Tours also include in-gallery activities.

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays: 1/7, 2/4, 3/3</td>
<td>206.432.8265</td>
</tr>
<tr>
<td>Wednesdays: 1/29, 2/26, 3/25</td>
<td><a href="mailto:herenow@fryemuseum.org">herenow@fryemuseum.org</a></td>
</tr>
<tr>
<td>2:00pm - 3:30pm</td>
<td></td>
</tr>
<tr>
<td>LOCATION</td>
<td></td>
</tr>
<tr>
<td>Frye Art Museum</td>
<td></td>
</tr>
<tr>
<td>704 Terry Ave, Seattle</td>
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<tr>
<td>COST</td>
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<td>None</td>
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</tbody>
</table>

Kupuna Ukulele Time

Music and storytelling with Kalanikumupa’a Kaha’iali’i and Elderwise

*Back by popular demand!* Individuas with memory loss and care partners are invited to strum Hawaiian tunes, sing along, and share stories in this program with local artist Kalanikumupa’a Kaha’iali’i in partnership with Elderwise®! Don’t miss the multi-cultural celebration of song, storytelling, and kupuna [elders]. Instruments will be provided and no experience is necessary.

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays: 1/29, 2/5, 2/12, 2/19, 2/26, 3/4</td>
<td>Katie Newbaum</td>
</tr>
<tr>
<td>10:30am - 12:00pm</td>
<td>425.275.9485 or <a href="mailto:katie@e4arts.org">katie@e4arts.org</a></td>
</tr>
<tr>
<td>LOCATION</td>
<td></td>
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<tr>
<td>Edmonds Center for the Arts</td>
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<tr>
<td>410 Fourth Avenue N, Edmonds</td>
<td></td>
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<tr>
<td>COST</td>
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<td>None</td>
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</tbody>
</table>
Living with Memory Loss: In Our Own Words

Out of the desire to be advocates, members of The Gathering Place program who are living with memory loss, chose to create a short documentary, *Living with Memory Loss: In Our Own Words*. In this film they share inspiring advice and offer a more holistic narrative about living with memory loss. It is powerful to hear the voices and wisdom of people living with memory loss, and it is hoped that their fiercely open-hearted, humorous and hopeful messages have a positive impact.

The abbreviated version of the documentary (5 minutes) can be viewed at:  
https://youtu.be/h7G7-XYTKLU

The full length documentary (16 minutes) can be viewed at:  
www.phinnneycenter.org/memoryloss-film

Look Again: Guided Art Discussions - Bainbridge

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**
1st Fridays  
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**
Alzheimer’s Association  
206.369.5500

**REGISTRATION**
Required

**PRESENTED BY**
Alzheimer’s Association
# Make Some Noise

A weekly drum circle experience in West Seattle for people with memory loss and their loved ones. *Drums will be provided. No experience necessary.*

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Every Tuesday</strong></td>
<td>Martha Smith</td>
</tr>
<tr>
<td>1:00pm - 1:30pm</td>
<td>206.937.3701 ext 28578</td>
</tr>
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<table>
<thead>
<tr>
<th>LOCATION</th>
<th>REGISTRATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Providence Mount Saint Vincent 4831 35th Ave SW, Seattle</td>
<td>Not required.</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>COST</th>
<th>PRESENTED BY</th>
</tr>
</thead>
<tbody>
<tr>
<td>None</td>
<td>Providence Mount Saint Vincent</td>
</tr>
</tbody>
</table>

Note: Call front desk at 206.937.3700 the day before or morning of the class to confirm the class is being held.
Meet Me at the Movies - Multiple Locations

Meet me at the Movies is 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 facilitated audience discussion. Meet Me at the Movies celebrates the wonder of film and its ability to connect us with memories.

<table>
<thead>
<tr>
<th>Seattle</th>
<th>Bainbridge Island</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, February 1</td>
<td>Friday, February 21</td>
</tr>
<tr>
<td>11:30am - 1:00pm</td>
<td>10:30am - 12:00pm</td>
</tr>
<tr>
<td>LOCATION</td>
<td>LOCATION</td>
</tr>
<tr>
<td>Frye Art Museum</td>
<td>Bainbridge Island Museum of Art</td>
</tr>
<tr>
<td>704 Terry Ave, Seattle</td>
<td>550 Winslow Way E, Bainbridge</td>
</tr>
<tr>
<td>CONTACT</td>
<td>Island Museum of Art</td>
</tr>
<tr>
<td>Frye Art Museum</td>
<td>206.432.8265</td>
</tr>
<tr>
<td>CONTACT</td>
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</tr>
<tr>
<td>Rose Theatre</td>
<td>Bainbridge Island Museum of Art</td>
</tr>
<tr>
<td>235 Taylor St, Port Townsend</td>
<td>206.451.4004</td>
</tr>
<tr>
<td>CONTACT</td>
<td>REGISTRATION</td>
</tr>
<tr>
<td>Rose Theatre</td>
<td>360.385.1039</td>
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<tr>
<td>PRESENTED BY</td>
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<tr>
<td>Frye Art Museum with Aging</td>
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<tr>
<td>Wisdom, Bainbridge Island</td>
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<tr>
<td>Museum of Art, and</td>
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<tr>
<td>the Rose Theatre</td>
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</table>

Minds in Motion

Get moving with 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 and 2 steps long, and accompanied by visual cues. Instructor: Chris Grekoff

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>COST</th>
<th>REGISTRATION</th>
<th>PRESENTED BY</th>
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</thead>
<tbody>
<tr>
<td>Every Monday</td>
<td>$20</td>
<td>Not required</td>
<td>Seattle Parks and Recreation with support from Aegis on Madison</td>
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<tr>
<td>2:00pm - 3:00pm</td>
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<tr>
<td>LOCATION</td>
<td>CONTACT</td>
<td></td>
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</tr>
<tr>
<td>Miller Community Center</td>
<td>Cayce Cheairs</td>
<td>206.615.0100</td>
<td></td>
</tr>
<tr>
<td>330 19th Ave E, Seattle</td>
<td><a href="mailto:cayce.cheairs@seattle.gov">cayce.cheairs@seattle.gov</a></td>
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</tbody>
</table>
**Momentia Celebration**

Join us as we celebrate the growth of the Momentia movement in our Region! In January the A/NT Gallery at Seattle Center will be home to an exhibit of photographs reflecting the Momentia movement - 50 photos that show local people with dementia and their families and friends taking part in a variety of dementia-friendly opportunities offered by a growing number of community members and organizations. Enjoy this exhibit and celebrate Momentia!

**DATE & TIME**
Saturday, January 11
2:00pm - 4:00pm

**LOCATION**
A/NT Gallery at Seattle Center
Located in the International Pavilion

**COST**
None

**CONTACT**
Marilyn Raichle | 206.931.9939

**REGISTRATION**
Encouraged by December 28 at marilyn@theartofalzheimers.org

**PARKING**
Parking coupon available to use at Mercer Garage. Contact 206.931.9939 or marilyn@theartofalzheimers.org

**PRESENTED BY**
The Art of Alzheimer's with support from 4Culture, Richard & Maude Ferry, Seattle Neighborhoods, Shunpike, The Business of Art

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**Momentia Meet-Ups - Lake City Way**

Laugh, explore, create and connect at this inclusive, memory friendly opportunity for the whole community. Featuring different activities each month including improv, music, art, movement, and more! Followed by snacks and social time.

**DATE & TIME**
3rd Fridays
1:00pm - 2:30pm

**LOCATION**
Lake City Community Center
12531 28th Ave NE, Seattle

**COST**
None

**CONTACT**
Akira | 206.286.6740
akiro@soundgenerations.org

**REGISTRATION**
None

**PRESENTED BY**
Seattle Parks and Recreation in partnership with Lake City Seniors - Sound Generations and Sea Mar Latino Seniors Program
Momentia Mondays
Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Please call the Southeast Seattle Senior Center (SESSC) to inquire about the program details.

DATE & TIME
Every Monday
10:30am - 11:30am
(No program on 11/11)

LOCATION
SESSC
4655 S Holly St
Seattle

COST
None

CONTACT
SESSC | 206.722.0317

REGISTRATION
Not required

PRESENTED BY
SESSC and Seattle Parks and Recreation

Music Mends Minds - Mercer Island
Music Mends Minds, a community sing-along, is designed to provide seniors with Alzheimer’s and other dementias, Parkinson’s disease, stroke, brain injury, and Veteran’s with PTSD, an opportunity to join together in community to sing and enjoy music. No tryouts required and songbooks will be provided. All you need to do is show up and sing!

DATE & TIME
3rd Wednesdays
3:00pm - 4:00pm

LOCATION
Covenant Shores - Fellowship Hall
9151 Fortuna Drive, Mercer Island

COST
None

CONTACT
John Nelson | 206.947.7429
nelj@comcast.net

REGISTRATION
None

PRESENTED BY
Rotary Club of Mercer Island
Music Mends Minds - Tacoma

Come make music with us! If you are living with early cognitive decline, Parkinson’s, Alzheimer’s, dementia, traumatic brain injury or stroke, Pierce County Music Mends Minds “The Unforgettables” is looking for volunteer musicians, singers and others to be part of this unique musical group! Music Mends Minds builds Musical Support Groups in an effort to use “medicine for the mind,” while creating social support.

DATE & TIME
Every Tuesday
2:30pm - 4:00pm

LOCATION
Mountain View Community Center
3607 122nd Avenue East, Edgewood

CONTACT
Deb Dennison | 253..722.5691
ddennison@lcsnw.org

REGISTRATION
None

PRESENTED BY
Rotary Club of Puyallup, Lutheran
Community Services Northwest

Old Friends Club

Members will find friendship and a new sense of belonging at Old Friends Club (OFC). Club activities include music, art, indoor and outdoor games, dancing and more. Lunch is included. Family members and caregivers will find comfort in knowing their loved one will be heard and supported at OFC while they take time for themselves. Most members attend at least 2 days each week. Come and join Old Friends Club today!

To learn more about Old Friends Club including the free 3-hour trial session and the rates, call 425.681.9776 or e-mail Welcome@OldFriendsClub.org. You can also read more at https://www.oldfriendsclub.org.

Bellevue
DATE & TIME
Wednesdays & Fridays
10:00am - 3:00pm

Kirkland
DATE & TIME
Mondays, Tuesdays & Thursdays
9:30am - 2:30pm

Carnation
DATE & TIME
Mondays, Tuesdays & Thursdays
9:30am - 2:30pm

PRESENTED BY
Old Friends Club
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, with occasional hills. Each walk ends with a social gathering in a nearby cafe.

<table>
<thead>
<tr>
<th>DATE &amp; TIME</th>
<th>CONTACT</th>
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<tbody>
<tr>
<td><strong>Monthly: 2nd and 4th Fridays</strong> 10:00am - 12:30pm</td>
<td>Cayce Cheairs</td>
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<tr>
<td>LOCATION</td>
<td>REGISTRATION</td>
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<tr>
<td>Varies</td>
<td>Required</td>
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<tr>
<td>COST</td>
<td>PRESENTED BY</td>
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<tr>
<td>None</td>
<td>Seattle Parks and Recreation</td>
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</tbody>
</table>
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. *No registration required and walk-ins welcome.*

### Taproot Theatre

**DATE & TIME**
2nd Mondays: 1/13, 2/10, 3/9
2:30pm - 3:30pm
(Immediately following the Greenwood Alzheimer’s Cafe at the same location)

**LOCATION**
Taproot Theatre’s Isaac Studio Theatre
212 N 85th St, Seattle

**COST**
$10 per session
*Care partners invited at no cost*

**CONTACT**
Pam Nolte | 206.529.3671
pamn@taproottheatre.org

**PRESENTED BY**
Greenwood Senior Center and Taproot Theatre

### Momentia Mondays

**DATE & TIME**
Mondays: 1/6, 1/13, 1/27
10:30am - 11:30am

**LOCATION**
Southeast Seattle Senior Center
4655 S Holly St, Seattle

**COST**
None

**CONTACT**
Southeast Seattle Senior Center
206.722.0317

**PRESENTED BY**
SESSC, Taproot Theatre, and Seattle Neighborhoods
**St. Patrick’s Day Benefit Concert**

The OK Chorale, a non-audition Seattle choir, and the Greenwood Senior Center’s own All Present Song Circle (see page 8 to learn more including how to join) will be singing a collection of spring favorites. In addition there will be several star soloists! *All proceeds will benefit GSC’s early stage memory loss programs.*

**DATE & TIME**
Saturday, March 14
2:00pm - 4:00pm

**LOCATION**
Greenwood Senior Center
525 N 85th St, Seattle

**COST**
$10 Suggested Donation

**CONTACT**
Greenwood Senior Center
206.297.0875

**REGISTRATION**
Not required

**PRESENTED BY**
Greenwood Senior Center

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**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

**LOCATION**
Senior Center of West Seattle
4217 SW Oregon St, Seattle

**COST**
None

**CONTACT**
Holly McNeill | 206.932.4044 ext. 2

**REGISTRATION**
Not required

**PRESENTED BY**
Senior Center of West Seattle
Sounds of Swing Big Band and Dance

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 there are a couple of great singers, who join in on the second Tuesday each month. *Coffee and snacks are also offered.*

**DATE & TIME**
**Every Tuesday**
Band Rehearsal: 1st, 3rd & 4th Tuesday
Band Rehearsal and Dancing:
2nd Tuesday
1:00pm - 3:00pm

**LOCATION**
North Bellevue Community Center
4063 148th Ave NE, Bellevue

**COST**
$3 on the second Tuesday for dancers
Rehearsals: free

**CONTACT**
North Bellevue Community Center
425.452.7681

**REGISTRATION**
Not required

**PRESENTED BY**
North Bellevue Community Center

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**New Program**

**Spanish/Español at Lake City Community Center**

¡Reir, explorar, crear y conectar! Venga a un evento inclusivo y beneficioso para la memoria para toda la comunidad con actividades diferentes cada mes. No require registracion y habrá aperitivos despues en un ambiente social.

**DATE & TIME**
**Primeros Viernes: 2/7, 3/6**
1:00pm - 2:30pm

**LOCATION**
Lake City Community Center
12531 28th Ave NE, Seattle

**COST**
Gratis

**CONTACT**
Si tiene preguntas por favor pida hablar con Akira, 206.286.6740, o akirao@soundgenerations.org

**REGISTRATION**
No hay registracion

**PATROCINADO POR**
Lake City Seniors-Sound Generations, el programa para mayores de edad Latinos Sea Mar y Seattle Parks and Recreation
Ukulele Jam & 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
Every Monday
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

PRESENTED BY
Senior Center of West Seattle

Walking Group - Tacoma

Looking to be more active? This Early Stage Memory Loss Walk offers individuals living with mild memory loss an opportunity for light exercise and social connection while enjoying local attractions. Walks are followed by coffee and conversation at a local cafe. Care partners welcome.

DATE & TIME
Every Friday
10:00am - 11:30am

LOCATION
Various locations around Tacoma. For example: LeMay Car Museum, Point Defiance Zoo, Ruston Way Waterfront, Washington State History Museum

COST
None

CONTACT
Alzheimer’s Association
206.363.5500

REGISTRATION
Pre-Registration Required

PRESENTED BY
Alzheimer’s Association & Lutheran Community Services
Zoo Walks

Zoo Walks offer individuals with 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.

**DATE & TIME**

**Every Monday**
9:30am - 11:30am

**Every Wednesday**
10:00am - 12:00pm

**LOCATION**
Woodland Park Zoo
Seattle

**COST**
None

**CONTACT**
Alzheimer’s Association
206.363.5500

**REGISTRATION**
Screening by and registration with the Alzheimer’s Association required.

**PRESENTED BY**
Alzheimer’s Association, Greenwood Senior Center, and Seattle Parks and Recreation
Quarterly Momentia Booklet by E-Mail

The Momentia Quarterly Booklet is published each January, April, July and October. If you would like to receive the Momentia Booklet each quarter by e-mail, follow the instructions below.

**To Receive a Quarterly Momentia Booklet by E-Mail:**
1. Go to www.MomentiaSeattle.com
2. Click on “Booklet”
3. Click on “Subscribe To Quarterly E-Mail Booklet”
4. Complete the form
5. Click “Send”
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 community members and 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.

2020 Momentia Seattle Stewardship Team
Cayce Cheairs, Seattle Parks & Recreation
cayce.cheairs@seattle.gov
Cecily Kaplan, Greenwood Senior Center
cecily@phinneycenter.org
Marigrace Becker, UW Medicine Memory & Brain Wellness Center
mbecker1@uw.edu
Marilyn Raichle, The Art of Alzheimer’s
marilyn@theartofalzheimer’s.org
Melinda Franklin, Community Member
momentiacalendar@gmail.com
Nancy Lang, Elderwise®
program@elderwise.org
Nora Gibson, Full Life Care
norag@fulllifecare.org
Pam Nolte, Taproot Theatre
pamn@taprooottheatre.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