



Tamara Keefe
**Dementia-Friendly
 Program Coordinator**

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Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. For more information or to register, contact Tamara Keefe, or the contact person noted in the description.

Free Programs

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

Receive monthly updates

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

Due to COVID mandates all participants must show proof of vaccination and wear a mask at all times when entering a building for class. For more details see page 2.

SOCIAL PROGRAMS

Lake City Momentia Meet-Ups Free

Laugh, explore and connect at this inclusive, memory-friendly event for the whole community. We are rebuilding the group and would love to have you join us for improv, music, movement and more! Reach out to Emily at 206-707-1865 or emilyb@soundgenerations.org, if interested. This class is offered in partnership with Lake City Seniors and Sea Mar Latino Seniors.

Lake City CC

Reuniones de Momentia en Lake City Gratis

Ríase, explore y conéctese en este evento inclusivo y memorable para toda la comunidad. Estamos reiniciando el grupo y nos encantaría que se uniera a nosotros para el improv, el arte, la música, el movimiento y más. Si desea asistir a clases, comuníquese con Emily al 206-707-1865 o emilyb@soundgenerations.org. Esta clase se ofrece en colaboración con Lake City Seniors y Sea Mar Latino Seniors.

Lake City CC

Momentia Mondays at SESSC Free

Connect with others experiencing memory loss and explore different topics and projects together, including improv, drumming, movement, and more! Offered in partnership with the Southeast Seattle Senior Center (SESSC). *Please call the SESSC to confirm the program details, at 206-722-0317.*

SESSC, 4655 S Holly St.
 Mondays 10:30-11:30 a.m.

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: www.momentiasattle.org.

OUTDOOR RECREATION

Garden Discovery Walks - 2022 Kick-Off Event

Free

Join a special tour of the garden at the Memory Hub—the new home base for the Garden Discovery Walks program. Learn what makes this public "memory garden" particularly accessible to people with dementia and their families. Then, spend time planting! Light refreshments provided. Space limited to 12 participants. Offered in partnership with UW Memory and Brain Wellness Center, with support from Family Resource Home Care.

Memory Hub

Friday 3/4

10:30 a.m.-Noon

Out and About Walks

Free

Invigorate body, brain, and spirit with 2 to 3-mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. End with a social gathering in a nearby café.

Various Locations

2nd and 4th Fridays

10 a.m.-12:30 p.m.

Memory Loss Zoo Walks

Free

Enjoy a gentle to moderately-paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. A partnership with the Alzheimer's Association and Greenwood Senior Center. Registration and screening required by calling the Alzheimer's Association at 206-363-5900.

Woodland Park Zoo

Monday/Wednesday mornings

Winter is a beautiful time to share a walk!

