



DEMENTIA-FRIENDLY RECREATION

Fall 2016



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Enjoy our fall dementia-friendly recreation opportunities! Most are intended for people living with Early Stage Memory Loss (ESML) unless otherwise noted, and one care partner per participant is welcome for no additional charge.

For more information or to register, contact Cayce Cheairs, or the contact noted in the description, by phone or email.

Community Event

Fitness

Momentia Celebration at the Royal Room

Free

A special citywide event for persons living with memory loss, family, friends, and all who support a dementia-friendly community! Join us at this popular music venue in Columbia City for happy hour, music, dancing, and community. No cost other than food and drinks ordered. Brought to you by the Southeast Seattle Dementia-Friendly Programming Committee, in partnership with Southeast Seattle Senior Center, Elderwise, and Full Life. Watch for details!



Seattle Aquarium

\$10 + Lunch

Explore and learn about the rich diversity of life in Puget Sound at the region's premier resource for hands-on marine experiences and conservation education. This field trip will include small group tours and hands-on learning opportunities. Followed by lunch together at the Aquarium Café. Van transportation from Greenwood Senior Center and Rainier CC. **Space limited, register by 10/28.**

11/7 Mon 10 a.m.-2 p.m.

Minds In Motion

\$20

A weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are 1 - 2 steps long, accompanied by visual cues. Made possible with support from Aegis Living. **Register with Carol at 206-684-4240.** Instructor: C Grekoff.

Mondays 2-3 p.m. Miller CC

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 cafe. Contact Cayce for more information.

2nd and 4th Fridays 10 a.m.-12:30 p.m. Various Locations

Early Stage Memory Loss Zoo Walk

Free

A gentle to moderately-paced walk through the zoo, led by a zoo docent and followed by a social gathering in the zoo cafe. Flat, paved surface. **Pre-registration required by calling the Alzheimer's Association at 206-529-3868.**

Monday and Wednesday mornings Woodland Park Zoo

Arts

"Arts in the Park" Watercolor Painting

\$15/3 session series

Engage with nature, watercolor, and each other! Led by a skilled Elderwise facilitator, this creative opportunity is intended for persons living with early to mid-stage dementia. Includes a half-hour garden walk on gravel pathways. No artistic experience necessary; all materials provided. Sponsored by Careforce. **Space is limited. Tuesdays or Thursdays, one series per participant. Register by 10/5.**

10/11, 10/18, Tuesdays 10 a.m.-Noon Japanese Garden
10/25 1075 Lake Wash Blvd E
10/13, 10/20, Thursdays 10 a.m.-Noon Japanese Garden
10/27 1075 Lake Wash Blvd E



"This is so good for us! Dancing gets your whole body going... It is beautiful to see all the smiles from the other dancers, it is fun learning different types of dance. This is a joyful experience that is good for the heart and mind." --Alice Padilla

Friendly Folk Dance

\$15/3 session series

A 3-week dance experience for persons living with memory loss and care partners, led by teaching artist Susan Wickett-Ford. Engage in a variety of international folk dances and popular dance moves with inspiring music and simple moves. Offered in partnership with Silver Kite Community Arts. **Space is limited, register by 10/7.**

10/12, 10/19, Wednesdays 10:30-11:30 a.m. Yesler CC
10/26

Dementia-friendly Drumming Circle

Free

Join others living with memory loss, family, and friends, and start drumming! Use a variety of instruments in this facilitated group to express YOUR musical spirit. Experience not necessary and instruments provided. Offered by the SE Seattle Senior Center; **call 206-722-0317 to sign up.**

3rd Fridays 1-2 p.m. SESSC, 4655 S Holly St.

Volunteer

Remember The Hungry

A monthly opportunity to give back to community and build meaningful relationships. Every third Tuesday of the month help package and sort food and supplies for the thousands served each week at Northwest Harvest's Cherry Street Food Bank. **6 participants maximum each month. Register by Friday beforehand.**

10/18, 11/15, Tuesdays 1-2:30 p.m. 711 Cherry St.
12/20

Nature

Fridays in the Garden - New Season!

Experience Bradner Gardens park in the fall! Join others living with memory loss and family and friends for a special opportunity to explore, learn, and support the community gardens in this unique park in Mount Baker. Variety of group activities with seated and indoor options. **Bring a bag lunch and end with lunch together (optional). 10 participants maximum, register by Wednesday beforehand.**

10/7, 11/4, 12/2 First Fridays 10 a.m.-Noon 1730 Bradner Pl. S.



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 Seattle, visit: www.momentiasseattle.org.