



# DEMENTIA-FRIENDLY RECREATION

## Summer 2016

### Volunteer

#### Remember The Hungry

A monthly opportunity to give back to community and build meaningful relationships. Every third Tuesday, help package and sort food at Cherry Street Food Bank, 711 Cherry St. **6 participants maximum each day. Register by Friday beforehand.**

7/19, 8/16, 9/20 Tuesdays 1-2:30 pm 711 Cherry St.

#### Fridays In The Garden

Enjoy nature, fresh air, and friends with two monthly opportunities to garden and give back in the community. **10 participants max. Register by Wednesday beforehand.**

##### • Rainier Beach Urban Farm and Wetlands

Join the work party in Rainier Beach! Help with much needed restoration in the wetlands, while connecting with other groups working on the farm including East African elders. End with a delicious lunch together.

7/15, 8/19, 9/16 3rd Fri. 10 am-12:30 pm 5513 S Cloverdale St.

##### • Bradner Gardens Park

Explore, learn, and help tend the community gardens in this unique park in Mount Baker! Variety of tasks, seated options available. Bring a bag lunch and end with lunch together.

7/1, 8/5, 9/2 1st Fridays 10 am-12:30 pm 1730 Bradner Pl. S

### Fitness

#### 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 pm 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 am-12:30 pm Various Locations

#### Early Stage Memory Loss Zoo Walk Free

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

Monday and Wednesday mornings Woodland Park Zoo

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

For more information or to register contact Cayce Cheairs at 206-615-0100, [cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov), or the contact noted in the description.



### Arts

#### Friendly-Folk Dance \$15/3 week series

A dance experience for persons living with memory loss and care partners. Engage in a variety of international folk dances led with inspiring music and simple moves by teaching artist and folk dance master Susan Wickett-Ford. Offered in partnership with Silver Kite Community Arts. **Space limited, register by 7/29.**

8/3, 8/10, 8/17 Wednesdays 10:30-11:30 am Yesler CC

#### Dementia-friendly Drumming Circle Free

Join the circle and start drumming! In this facilitated group you will use a variety of instruments to express yourself. No experience necessary, instruments provided. Offered by the SE Seattle Senior Center. **Sign-up at 206-722-0317.**

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

### Special Events

#### Camp Momentia \$15

A day camp experience for persons living with memory loss and their family and friends. Enjoy a day of exploration, creativity and community at historical Camp Long in West Seattle! Includes lunch. Van transportation provided from north and south Seattle. Sponsored by Aegis on Madison. **Space is limited, register by 9/2.**

9/17 Sat 10 am-3 pm Camp Long, 5200 35th Ave. SW

#### Field Trip: MOHAI \$10 + lunch

Explore Seattle's Museum of History and Industry at South Lake Union, followed by lunch in the museum café. This field trip will include docent-led experiences and self-paced tours of some of the exhibits. Van transportation from Northgate Mall and Rainier CC. **Space limited, register by: 7/25.**

8/2 Tue 10 am-1:30 pm

#### MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement to make Seattle dementia-friendly. To learn more about Momentia and see a full listing of memory loss offerings in Seattle, visit: [www.momentiaSeattle.org](http://www.momentiaSeattle.org).