



**Seattle
Parks & Recreation**

healthy people healthy environment strong communities

**Fall 2019:
September 9-December 21**



Cayce Chairs
**Dementia-Friendly
Recreation Specialist**

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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 Cayce Chairs, 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>.

SPECIAL EVENTS

Camp Momentia

Enjoy a day of exploration, creativity, and community at historical Camp Long! This inclusive day camp experience is for people with memory loss, family, and friends. Enjoy fun activities, refreshments, lunch, and s'mores around the campfire. *Space is limited, register by 8/28.* Offered in partnership with Greenwood Senior Center and Senior Center of West Seattle, with support from Quail Park of West Seattle, Áegis on Madison, and Áegis of West Seattle.

Camp Long ELC
17773 9/14 Sat 10 a.m.-3 p.m.

"Arts in the Park" Art Show Opening

Enjoy the opening for an exhibition of watercolor paintings inspired by a year in the Japanese Garden. Refreshments provided. All the art was produced in the 'Arts in the Park' Watercolor Painting program, a partnership with Elderwise, sponsored by Careforce. On display for the month of October, with free entry on First Thursdays after 1 p.m.

Japanese Garden, Tateuchi Room,
1075 Lake Wa Blvd. E
10/3 Thu 3-4:45 p.m.

Free

ARTS

Arts in the Park

Engage with art and nature in your community! Led by a skilled Elderwise facilitator, this series is open to persons with early to mid-stage dementia and care partners. Each session includes time to explore the garden, light refreshments, and a guided watercolor painting experience. No artistic experience necessary; all materials provided. *Space is limited, register by 10/1.* Offered in partnership with Elderwise, sponsored by Careforce.

Japanese Garden, Tateuchi Room,
1075 Lake Wa Blvd. E
23486 10/15-10/29 Tue 10 a.m.-Noon
OR
23485 10/15-10/29 Tue 1:30-3:30 p.m.

Free



FITNESS

Minds In Motion

Free
Get moving with a weekly vigorous fitness class including cardio, balance, flexibility, and strength. Class will be taught with easy to follow instructions that are one to two steps long, accompanied by visual cues. Made possible with support from Aegis on Madison.

Miller

23478 9/9-12/16 Mon 2-3 p.m.

C Grekoff

OUTDOOR RECREATION

Garden Discovery Walks

Free
Savor the season with relaxed-paced walks through public gardens, followed by a creative, nature-inspired activity led by a registered horticulture therapist. Light refreshments provided. *Space limited to 15 participants per walk.* Offered in partnership with UW Memory and Brain Wellness Center, with support from Family Resource Home Care.

Various Locations

1st Fridays: 9/6, 10/4, 11/1 10 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 Fri of the month 10 a.m.-12:30 p.m.

Early Stage Memory Loss Zoo Walk

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 required by calling the Alzheimer's Association at 206-529-3868.*

Woodland Park Zoo

Mon/Wed mornings

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.momentiaSeattle.org.

SOCIAL PROGRAMS

Lake City Momentia Meet-Ups

Free
Laugh, explore, and connect at this inclusive, memory-friendly event for the whole community. Join us on the third Friday of the month for improv, music, art, movement, and more! Followed by snacks and social time. No registration required. Offered in partnership with Lake City Seniors—Sound Generations and Sea Mar Latino Seniors Program. Questions? Contact Akira: 206-286-6740, akirao@soundgenerations.org.

Lake City CC

Third Fridays: 9/20, 10/18, 11/15 1-2:30 p.m.

Momentia Mondays

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.

Mon 10:30-11:30 a.m.



Get connected in a Momentia Program!

West Seattle Momentia Mix

Free
Explore, create, and connect each month. Enjoy socializing, refreshments, and activities such as music, movement, improv, art, and more. Offered in partnership with Providence Mount St. Vincent, Quail Park of West Seattle, and Senior Center of West Seattle. No registration required.

Camp Long ELC, Main Hall

10/26, 11/16 Sat 10:30 a.m.-Noon