



**Seattle**  
Parks & Recreation  
healthy people healthy environment strong communities

## Winter 2020: January 6-March 21



**Cayce Cheairs**  
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 Cheairs, 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>.

DEMENTIA-FRIENDLY

## 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](mailto:akirao@soundgenerations.org).

Lake City CC

Third Fridays: 1/17, 2/21, 3/20 1-2:30 p.m.

**NEW Spanish/Español at Lake City CC** Free ¡Reír, 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. Este evento esta patrocinado por Lake City Seniors—Sound Generations y el programa para mayores de edad Latinos Sea Mar. Si tiene preguntas por favor pida hablar con Akira: 206-286-6740, o [akirao@soundgenerations.org](mailto:akirao@soundgenerations.org).

First Fridays/Primeros Viernes: 2/7, 3/6 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.



# 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 Friday: 3/6 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



*Refresh yourself in the outdoors!*

## 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](http://www.momentiaSeattle.org).

## 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 Áegis on Madison.

Miller

25759 1/6-3/16 Mon 2-3 p.m.

C Grekoff