

# Greenwood Senior Center Memory Loss Programs

## October 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  <b>ESML Brain Games</b> <i>Online</i> 1-2pm	2  <b>Zoo Walk</b> ----- <b>Gathering Place</b>	3  <b>NO</b> <b>Memory Café</b>	4
5	6  <b>ESML Participant Support Group</b> <i>Online</i> 10:30-12pm ----- <b>Song Circle</b> 1-2pm	7  <b>Zoo Walk</b> ----- <b>Re-Ignite the Mind Improv w/ Taproot</b> <i>In-Person</i> 12:45-1:45PM	8  <b>Living Independently w/ Memory Loss Dx</b> <i>Online</i> 10:30-11:30am ----- <b>Art Appreciation</b> <i>Online</i> 1-2pm	9  <b>Zoo Walk</b> ----- <b>Gathering Place</b>	10  <b>NO</b> <b>Memory Café</b>	11
12	13  <b>ESML Community Service &amp; Lunch</b> <i>In-Person</i> 11-12:45pm ----- <b>Song Circle</b> 1-2pm	14  <b>Zoo Walk</b> ----- <b>Re-Ignite the Mind Improv w/ Taproot</b> <i>In-Person</i> 12:45-1:45PM	15  <b>ESML Brain Games</b> <i>Online</i> 1-2pm	16  <b>Zoo Walk</b> ----- <b>Gathering Place</b>	17  <b>Memory Café</b> <i>In-Person (PC)</i> 2:30-3:30pm	18
19	20  <b>ESML Participant Support Group</b> <i>Online</i> 10:30-12pm ----- <b>Song Circle</b> 1-2pm	21  <b>Zoo Walk</b>	22  <b>End-of-Life Planning &amp; Dementia</b> <i>In-Person</i> 10:30-11:15am  <b>Art Appreciation</b> <i>Online</i> 1-2pm	23  <b>Zoo Walk</b> ----- <b>Gathering Place</b>	24  <b>Memory Café</b> <i>In-Person (PC)</i> 2:30-3:30pm	25
26	27  <b>Song Circle</b> 1-2pm	28  <b>Zoo Walk</b>	29  C	30  <b>Zoo Walk</b> ----- <b>Gathering Place</b>	31  <b>Memory Café</b> <i>In-Person (PC)</i> 2:30-3:30pm	

Email [erikac@phinneycenter.org](mailto:erikac@phinneycenter.org) to sign up for any of these programs.

# Greenwood Senior Center Memory Loss Programs

## Program Descriptions

**End of Life Planning & Dementia with Worry Free Wednesdays:** It is important to understand what end-of-life choices can be made in advance of the onset of dementia and losing the capacity to make decisions. In addition, it's important to give direction as to what measures you do or do not want taken to extend your life as your quality of life and cognitive ability declines. Join us for a presentation and Q&A. To register, email [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org)

**ESML Community Service (in-person):** Join others in working on service projects for community partners. Participation is free; lunch is a \$5 donation. *RSVP by the Thursday before to Kristen Oshyn –call or email for details at (206) 297-0875 ext 133 or [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org)*

**ESML Brain Games (online):** Come play games and exercises designed to support your cognitive health. This is designed for those with Mild Cognitive Impairment and Early-Stage Memory Loss. Participation is free. For more info, email [erikac@phinneycenter.org](mailto:erikac@phinneycenter.org)

**Art Appreciation (online):** Take the time to view, describe and discuss classic and contemporary works of art. This is designed for those with Mild Cognitive Impairment and Early-Stage Memory Loss. Participation is free. For more info, email [erikac@phinneycenter.org](mailto:erikac@phinneycenter.org)

**Gathering Place (in-person):** The Gathering Place is a weekly enrichment program for people living with Mild Cognitive Impairment and Early-Stage Memory Loss. This program focuses on cognitive stimulation, cultural enrichment, social engagement, and anti-stigma advocacy. \$50 in-person, sliding scale available. *Screening with Kristen Oshyn is required for participation – email [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org)*

**ESML Participant Support Group (online & in-person):** For those diagnosed with early-stage memory loss. Support group discusses coping, communication and other areas of concern. *Screening with Kristen Oshyn is required before participation – email [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org)*

**Zoo Walks (in-person):** Join others living with memory loss and their care partners for a weekly walk through the Woodland Park Zoo followed with socializing at the cafe. *Screening with Kristen Oshyn is required before participation – email [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org)*

**Memory Café (in-person @ Phinney Center):** Opportunity for people with early and mid-stage memory loss and their care partners to engage in music, movement, brain games, and socializing. Participants who wander or need toileting assistance must be accompanied by a care partner. Participation is free. Will meet at the PNA Phinney Center, 6532 Phinney Ave N, Seattle, WA 98103. Parking Available. For more info, email [erikac@phinneycenter.org](mailto:erikac@phinneycenter.org)

**Re-Ignite the Mind with Taproot Theatre (in-person):** Improv students engage fully in the present moment. There is no memory requirement, just the delight of participating in a creative experience that releases the imagination while giving a sense of accomplishment, self-confidence and social enrichment. Cost: \$10/session

**To Register:** Email [reignite@taproottheatre.org](mailto:reignite@taproottheatre.org)

Email [erikac@phinneycenter.org](mailto:erikac@phinneycenter.org) to sign up for any of these programs.