



Community Begins Here

Greenwood Senior Center Memory Loss Programs

January 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
28	29 GSC CLOSED	30 GSC CLOSED	31 GSC CLOSED	1 GSC CLOSED	2 GSC Bldg Closed ----- Memory Café <i>In-Person (PC)</i> 2:30-4:00pm	3
4	5 ESML Participant Support Group <i>Online</i> 10:30-12pm	6 Zoo Walk	7 ESML Brain Games <i>Online</i> 1-2pm	8 Zoo Walk ----- Gathering Place	9 Community Klatch ----- Memory Café <i>In-Person (PC)</i> 2:30-4:00pm	10
11	12 ESML Community Service <i>In-Person</i> 11-12pm	13 Zoo Walk ----- Re-Ignite the Mind Improv W/ Taproot <i>In-Person</i> 12:45-1:45PM	14 Living Independently w/ Memory Loss Dx <i>Online</i> 10:30-11:30am ----- Art Appreciation <i>Online</i> 1-2pm	15 Zoo Walk ----- Gathering Place	16 Community Klatch ----- Memory Café <i>In-Person (PC)</i> 2:30-4:00pm	17
18	19 ESML Participant Support Group <i>Online</i> 10:30-12pm	20 Zoo Walk	21 ESML Brain Games <i>Online</i> 1-2pm	22 Zoo Walk ----- Gathering Place	23 Community Klatch ----- Memory Café <i>In-Person (PC)</i> 2:30-4:00pm	24
25	26	27 Zoo Walk	28 Art Appreciation <i>Online</i> 1-2pm	29 Zoo Walk ----- Gathering Place	30 Community Klatch ----- Memory Café <i>In-Person (PC)</i> 2:30-4:00pm	31

Email erikac@phinneycenter.org to sign up for any of these programs.

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Program Descriptions

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*

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

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

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. No drop-ins. *Screening with Kristen Oshyn is required for participation – email 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*

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*

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

Community Klatch (in-person @ Phinney Center): A pilot program geared towards our community members living with mid-stage memory loss. Small gathering for social engagement and activities that meet participants' current abilities. No drop-ins. \$175/quarter; sliding scale available. Screening and registration required. More information contact Erika Campbell at 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

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