

# Greenwood Senior Center Memory Loss Programs

## January 2026

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

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

# Greenwood Senior Center Memory Loss Programs

## 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](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. No drop-ins. *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)

**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](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.