

Greenwood Senior Center Memory Loss Programs

March 2026

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

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*

All Present Song Circle (in-person): Hear some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be provided. We encourage GSC members who love to sing as well as the entire memory loss community to join us for this musical hour. Pre-paid cost per session: \$5 (members)/\$7 (public); Walk-in: \$7 (all) *Call the Center at (206) 297-0875 to sign up.*

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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