

Greenwood Senior Center Memory Loss Programs

August 2026

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

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



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End of Life Planning & Dementia with Known Wishes: 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. It's also important to give direction as to what measures you do or do not want 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

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): Come sing familiar standards, folk songs, and songs from musicals. Those living with memory loss, care partners and other community members welcome. 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, and social engagement. \$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. Group discusses coping, communication, relationships, and other concerns. *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 @ St John United): 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 St John United, 5515 Phinney Ave N, Seattle, WA 98103. Parking Available. For more info, email erikac@phinneycenter.org

Community Klatch (in-person @ St John United): A closed weekly program for community members living with mid-stage memory loss. A small group with social engagement and activities that meet participants' current abilities. No drop-ins. \$225/quarter; sliding scale available. Screening and registration are 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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