

Greenwood Senior Center Memory Loss Programs

September 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	31	1 Zoo Walk	2 ESML Brain Games Online 1-2pm	3 Zoo Walk ----- Gathering Place	4 Community Klatch ----- Memory Café In-Person (SJU) 2:30-4:00pm	5
6	7 GSC CLOSED LABOR DAY *** No Programs	8 Zoo Walk ----- Re-Ignite the Mind Improv W/ Taproot In-Person 12:45-1:45PM	9 Living Independently w/ Memory Loss Dx Online 10:30-11:30am ----- Art Appreciation Online 1-2pm	10 Zoo Walk ----- Gathering Place	11 Community Klatch ----- Memory Café In-Person (SJU) 2:30-4:00pm	12
13	14 ESML Community Service In-Person 11-12pm ----- Song Circle In-Person 1-2pm	15 Zoo Walk	16 ESML Brain Games Online 1-2pm	17 Zoo Walk ----- Gathering Place	18 *NO Community Klatch* ----- Memory Café In-Person (SJU) 2:30-4:00pm	19
20	21 ESML Participant Support Group Online 10:30-12pm ----- Song Circle In-Person 1-2pm	22 NO Zoo Walk (On Break)	23 Art Appreciation Online 1-2pm	24 NO Zoo Walk (On Break) ----- Gathering Place	25 *NO Community Klatch* ----- Memory Café In-Person (SJU) 2:30-4:00pm	26
27	28 Song Circle In-Person 1-2pm	29 NO Zoo Walk (On Break)	30 NO Online Programs	October 1 NO Zoo Walk (On Break) ----- Gathering Place	2 Community Klatch ----- Memory Café In-Person (PC) 2:30-4:00pm	3

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 suggested \$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. 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 @ SJU): 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. Meets at St John United, 5515 Phinney Ave N, Seattle, WA 98103. Parking Available. For more info, email erikac@phinneycenter.org

Community Klatch (in-person @ SJU): Designed for community members living with mid-stage memory loss. This is a small gathering that offers 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. Meets at St John United, 5515 Phinney Ave N, Seattle, WA 98103.

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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