Greenwood Senior Center Memory Loss Programs

November 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 **ESML Participant Support Group** In-Person --- **Song Circle** 1-2pm	3 **Zoo Walk** Week 5	4 **NO ESML Brain Games**	5 **Zoo Walk** Week 5 --- **Gathering Place**	6 **Memory Café** *In-Person (PC)* 10:30-12:00pm	7
8	9 **ESML Community Service** *In-Person* 11-12pm --- **Song Circle** 1-2pm	10 **Zoo Walk** Week 6 --- **Re-Ignite the Mind Improv W/ Taproot** *In-Person* 12:45-1:45PM	11 **NO Art Appreciation**	12 **Zoo Walk** Week 6 --- **Gathering Place**	13 **Memory Café** *In-Person (PC)* 10:30-12:00pm	14
15	16 **ESML Participant Support Group** *Online* 10:30-12pm --- **Song Circle** 1-2pm	17 **Zoo Walk** Week 7	18 **ESML Brain Games** *Online* 1-2pm	19 **Zoo Walk** Week 7 --- **Gathering Place**	20 **Memory Café** *In-Person (PC)* 10:30-12:00pm	21
22	23 **Song Circle** 1-2pm	24 **Zoo Walk** Week 8	25 **Art Appreciation** *Online* 1-2pm	26 ***GSC Closed***	27 ***GSC Closed***	28
29	30 **Song Circle** 1-2pm	December 1	2	3	4	5

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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 do 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 kristeno@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 kristeno@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 physical movement. $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. Participants discuss coping, communication, and whatever else is on their mind. *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. S*creening 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 kristeno@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