

# Dementia-Friendly Recreation

## MINDS IN MOTION

**\$20**

A new weekly fitness class designed for people living with Early Stage Memory Loss. Expect a vigorous, well-rounded workout including cardio, balance, flexibility, and strength. Class will be taught with easy-to-follow instructions that are 1 - 2 steps long, accompanied by visual cues. Care partners welcome but not required. For more information, to register, or to decide if this class is the right fit for you, call Carol at 206-684-4240. This class is made possible with support from Aegis Living. Instructor: Chris Grekoff

110399

Mon 2 - 3 pm

Miller CC

## REMEMBER THE HUNGRY

**Free**

A monthly opportunity for those living with Early Stage Memory Loss to give back to community and build meaningful relationships. Every 3rd Tuesday, help package and sort food at Cherry Street Food Bank, 711 Cherry St. Care partners welcome but not required. 6 participants max each day. To register, call Mari Becker at 206-684-4664.

1/21	Tue	10 am - 11:30 am
2/18	Tue	10 am - 11:30 am
3/18	Tue	10 am - 11:30 am

## SNOWSHOE HIKE

**\$14**

Enjoy a guided snowshoe adventure led by Outdoors For All! An easy introduction to snowshoeing near Snoqualmie summit. 2 miles, flat with option of mild hill. Transportation, snowshoes, and poles included. Trip ends with lunch (bring your own) inside a heated yurt. For those living with Early Stage Memory Loss who are comfortable walking for 45 minutes and sitting on the ground. Care partners welcome at no additional cost. To register, call Mari at 206-684-4664 by Tuesday, 1/14. Pick-up at Greenwood Senior Center, 525 N 85th St. A partnership with the Alzheimer's Association and Greenwood Senior Center.

1/28	Tue	7:30 am - 2:30 pm
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*"The Remember the Hungry volunteer program is a fun way for my dad to keep engaged and be social without any expectations or pressure. He loves it!" - Pat*



*"The Memory Loss Zoo Walk gets us out into the fresh air so we can have fun and socialize. In addition, it makes us feel that we're part of a supportive community." - Charlie*



## ARTS IN THE PARK - Watercolor Painting

**\$20/session**

Join us in Volunteer Park to engage with watercolor, nature and each other! A skilled Elderwise facilitator will invite participants living with early to mid-stage dementia, and care partners in attendance, to discover the creative expression possible when one is fully present in the moment. Participants must be able to remain engaged for a 2-hour session, and follow simple cues such as those needed to manipulate a paintbrush. A care partner is welcome at no additional charge, and not required. An opportunity for exploration in the park, socializing, and light refreshment is included. No artistic experience necessary; all materials provided. Attend one or both sessions. Space is limited. To register, call Cheryl at 206-386-9106.

2/1	Sat	1 - 3 pm	Conservatory
3/29	Sat	10 am - noon	Japanese Garden

## MEMORY LOSS ZOO WALK

**Free**

Gentle to moderately paced one-mile walk with a zoo docent, followed by a social gathering in the zoo cafe. Flat, paved surface. For those living with Early Stage Memory Loss; care partners welcome. Pre-registration is required by calling the Alzheimer's Association at 206-529-3868. A partnership with the Alzheimer's Association and Greenwood Senior Center.

1/21	Mon	9:30 - 11 am	Woodland Park Zoo
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