

Greenwood Senior Center Memory Loss Programs

April 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2 ESML Brain Games <i>Online</i> 1-2pm	3	4 Memory Café <i>In-Person</i> 1:30-3:30 (Phinney Center)	5
6	7 ESML Participant Support Group <i>Online</i> 10:30-12pm ----- NO Song Circle	8 Zoo Walk ----- Re-Ignite the Mind Improv w/ Taproot <i>In-Person</i> 12:45-1:45PM	9 Living Independently with Memory Loss Dx <i>Online</i> 10:30-11:30pm ----- Art Appreciation <i>Online</i> 1-2pm	10 Zoo Walk ----- Gathering Place	11 Memory Café <i>In-Person</i> 1:30-3:30 (Phinney Center)	12
13	14 ESML Community Service & Lunch 11-12:45pm ----- NO Song Circle	15 Zoo Walk	16 ESML Brain Games <i>Online</i> 1-2pm	17 Zoo Walk ----- Gathering Place	18 Memory Café <i>In-Person</i> 1:30-3:30 (Phinney Center)	19
20	21 ESML Participant Support Group <i>Online</i> 10:30-12pm ----- NO Song Circle	22 Zoo Walk	23 Art Appreciation <i>Online</i> 1-2pm	24 Zoo Walk ----- Gathering Place	25 NO Memory Café	26
27	28 NO Song Circle	29 Zoo Walk	30			

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*

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.

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.

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. *Screening with Kristen Oshyn is required for participation – email kristeno@phinneycenter.org*

ESML Participant Support Group (online): 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*

Living Independently with a Memory Loss Diagnosis (online): A facilitated conversation for those who are managing life alone with a diagnosis of memory loss. This conversation will be an opportunity to share concerns and resources. *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): 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.

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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