



Dementia-Friendly Recreation

Volunteer:

Free

REMEMBER THE HUNGRY

A monthly opportunity to give back to community and build meaningful relationships. Help package and sort food at Cherry Street Food Bank, 711 Cherry St. 6 participants maximum each day.

Contact Cayce for more information.

Arts:

\$15/3-session series

ARTS IN THE PARK - WATERCOLOR PAINTING

Join us in the 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 that includes a garden walk and painting, and follow simple cues such as those needed to manipulate a paintbrush. No artistic experience necessary; all materials provided.* Series of three classes. **Space is limited. Register by 10/9.**

10/13, 10/20 & Tue 10 am - noon Japanese Garden,
10/27 1075 Lake Wa Blvd E



Special Event: MOMENTIA CELEBRATION AT THE ROYAL ROOM

Free

A special citywide event for persons living with memory loss, family, friends, and all who support a dementia-friendly community! Join us at this popular music venue for happy hour, music, dancing, and community. No cost other than food and drinks ordered. Brought to you by the Southeast Seattle Dementia-Friendly Programming Committee, in partnership with Southeast Seattle Senior Center, Elderwise, and Full Life. **Watch for details!**

This special event will take place at The Royal Room, 5000 Rainier Ave S.

Enjoy our fall dementia-friendly recreation opportunities! Most are intended for people living with Early Stage Memory Loss (ESML) unless otherwise noted, and care partners are welcome for no additional charge.

For more information or to register contact Cayce Cheairs at 206-615-0100, cayce.cheairs@seattle.gov, or the contact noted in the description.



MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the movement to make Seattle dementia-friendly. To learn more about Momentia and see a full listing of memory loss offerings in Seattle, visit: www.momentiaSeattle.org.

Fitness:

EARLY STAGE MEMORY LOSS ZOO WALK

Free

Join us for a gentle to moderately paced walk through the zoo, followed by a social gathering in the zoo café. Flat, paved surface. **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.

Meet at Woodland Park Zoo-South Entrance, 750 N 50th St.

10/12 - 12/14 Mondays 9:30 - 11 am

10/14 - 12/16 Wednesdays 9:30 - 11 am

Fitness:

OUT & ABOUT WALKS

Free

Invigorate body, brain, and spirit with 2 - 3 mile moderately-paced walks in various parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths. Mostly level but expect occasional hills. End with a social gathering in a nearby cafe. **Contact Cayce for more information.**

2nd and 4th Fridays

10 am - 12:30 pm

Various Locations

Fitness:

MINDS IN MOTION

\$20

A weekly vigorous fitness class 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. Made possible with support from Aegis Living. **Register with Carol at 206-684-4240.** Instructor: C Grekoff.

10/5 - 12/14 Mondays

2 - 3 pm

Miller CC



Dementia-Friendly Recreation

LIFELONG RECREATION VOLUNTEER SPOTLIGHT: Nancy and Steve Olsen

Walking has always been important to Nancy and Steve. They joined the Sound Steps walking program when they moved to Seattle in 2007. After completing a half marathon, Nancy and Steve wanted to keep up the momentum, so they helped form the Sound Striders walking group in 2008. For the first year they led frequent 5-6 mile walks in south Seattle. Sound Striders has flourished over the years, with weekly walks throughout the city.

When Steve was diagnosed with dementia, Nancy and Steve saw the importance of continuing their walking and connecting with others living with memory loss. They started the Out & About Walks with Dementia-Friendly Recreation in 2014. Nancy and Steve enjoy planning these walks together in different neighborhoods, and Nancy coordinates and leads each walk. The Out & About program has been a huge success, providing participants with exercise, stimulation, and a supportive community.

Nancy says that she and Steve are just doing what they love to do, but their leadership at Lifelong Recreation has been an incredible gift to the community, especially for the many people who have benefited from their walks and friendship.



Join our *Listserv*

The listserv is an e-newsletter with information about Lifelong Recreation programs, events, and civic volunteer opportunities. We use this as a tool to get out timely information about our efforts to serve our patrons.

Think you might want to get our listserv mailing? It is very easy to sign up:

- Go to seattle.gov/parks/seniors/index.htm.
- Then add your email address to the link at the bottom of the page.

It's that easy!

MEMORY LOSS LECTURE SERIES

Memory Loss Lecture Series with Aegis Free

All lectures will be at *Aegis Living, 2200 E Madison Street*. Please call 206-684-4240 to register.

Senior Living Options: What is a CCRC vs Retirement Community? Assisted Living vs Skilled Nursing? Home care vs Home Health? Memory Care?

135342 10/13 Tue 5 pm

Mom is Losing Her Memory: Is it normal memory loss or dementia? Find out how to tell the difference.

135343 11/10 Tue 5 pm

Getting Your Legal Affairs in Order: Learn what important legal documents should you have in place as you age.

135344 12/18 Tue 5 pm