



The Memory Hub

Dancing Together

Want to connect with others, boost your mood, and express yourself in a new way?

Join UW Medicine physician and dancer Dr. Julia Becke for Dancing Together - an adaptive dance class designed for people living with cognitive impairment and their care partners!

Dancing Together is based on a model from Canada's National Ballet School. Enjoy moving to music, exploring various dance styles, and having fun with familiar songs.

No dance experience necessary; appropriate for people with limited mobility. Free and open to the public - just drop in at the Memory Hub, 1021 Columbia St, Seattle.

FALL 2026

Join us from 1-2 p.m. on select Wednesdays:

Oct 7 & 21*

Nov 4 & 18

Dec 2 & 16

***special guest musicians, the Balourdet Quartet!**



**Special Event:
Dancing Together
at the Frye
Thursday Dec 10, 1-2 p.m.
Frye Art Museum**

For more info, call the Memory Hub front desk at 206-616-6035.

Sign up for class schedule updates at www.tinyurl.com/DancingTogether2026.