

# Garden Discovery Program

## 2025 Kick off!

*Connect with nature and engage with others living with memory loss and family and friends*



**Friday, March 7**  
**10:30 am - 12 pm**



### Maude's Garden

The Memory Hub, 1021 Columbia St. Seattle, WA 98104

- Explore the garden, engage in plant-based projects led by a horticultural therapist, and make social connections in a supportive community.
- A partnership between Seattle Parks and Recreation and UW Memory and Brain Wellness Center
- The Garden Discovery Program is offered at no cost to participants, and made possible by support from Aegis Living Assisted Living and Memory Care communities.

**Register through Seattle Parks and Recreation, activity #73817.**

A phone conversation is required for first-time Dementia-Friendly Recreation participants. Please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule.

Detailed directions and a free parking option will be provided to registered participants.



UW Medicine  
MEMORY & BRAIN  
WELLNESS CENTER

Aegis Living  
Assisted Living | Memory Care