

# Garden Discovery Program

## Spring 2024

*Connect with nature and engage in horticultural therapy activities with others living with memory loss and friends and family*



### Location: Maude's Garden

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

**April 5, May 3, June 7:**

**10:30 am - 12 pm**

- Explore a garden as springtime approaches, engage in nature-inspired crafts 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 made possible by support from Aegis Living Assisted Living and Memory Care communities.*

Register in advance through Seattle Parks and Recreation webpage, **activity code #64865**.

A conversation with the dementia-friendly recreation specialist is required for first-time participants. Please contact Tamara Keefe at [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) or 206.615.0100

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



**Seattle  
Parks & Recreation**



**UW Medicine**  
MEMORY & BRAIN  
WELLNESS CENTER

**Áegis Living**  
Assisted Living | Memory Care