

# Garden Discovery Program

Fall 2023

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



Oct. 6, Nov. 3, Dec. 1:

10:30 am - 12 pm



**Location: Maude's Garden**

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

- Explore the garden in the fall, engage in nature-inspired 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 with activity #60613.

First time with Dementia-Friendly Recreation participants, please contact [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov) to schedule required conversation.

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



**Seattle  
Parks & Recreation**



**UW Medicine**  
MEMORY & BRAIN  
WELLNESS CENTER

**Aegis Living**  
Assisted Living | Memory Care