

# Garden Discovery Program

## Fall 2022

*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

### First Fridays:

10/7, 11/4, 12/2

10:30 am - 12 pm

- Explore a garden in the glory of autumn, engage in nature-inspired crafts projects led by a horticultural therapist, and make social connections in a supportive community.
- A 3-part series: first Fridays in October, November, and December. No cost to attend.
- A partnership between Seattle Parks and Recreation and UW Memory and Brain Wellness Center.

*The Garden Discovery Program is made possible by support from Family Resource Home Care.*

**Pre-register for activity #50903 with Seattle Parks and Recreation by 10/3.**

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 206.399.4655



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