

Join the Memory Hub for these summer events and programs!



The Memory Hub



ART IN THE GARDEN WORKSHOPS

Collage Workshop

with Elderwise facilitator Claire Bishop. Explore collage with natural themes. No experience necessary.

1:30 – 3 p.m. Monday 7/29

Photography Meet-Up

with UW Memory and Brain Wellness Center director Dr. Tom Grabowski. Calling photography enthusiasts! Bring your iPhone or camera and enjoy snapping nature shots together in Maude's Garden.

10:00 a.m. -11:30 a.m. Friday 8/9

Chalk Pastel Workshop

with Dementia Friends program manager Katie Zeitler. Discover the joy of chalk pastels for sketching plants and flowers. No experience necessary.

1:30 – 3 p.m. Monday 8/12

Get Inspired!

Enjoy nature-inspired art workshops this summer! Take a brief tour of Maude's Garden, then explore various art forms led by facilitators associated with the Memory Hub. Workshops are designed for people with memory loss and family members. Free programs, space is limited.

Please sign up at:

<https://tinyurl.com/GardenArtWorkshops>

If desired, participants have the option of submitting their completed piece to be displayed in the Garden of Inspiration outdoor art exhibit on August 23.

UW Medicine
MEMORY & BRAIN
WELLNESS CENTER



The Memory Hub

Contact:
206-221-8284, debcayz@uw.edu

The Memory Hub
1021 Columbia St., Seattle, WA 98104
Free Parking Available



Contribute your nature-inspired art to our 2nd Annual Garden of Inspiration Art Show at the Memory Hub

Are you someone who enjoys being creative? Everyone in the Memory Hub dementia-friendly community is invited to contribute nature-inspired art to our 2nd annual Garden of Inspiration Art Show - a one-day outdoors art exhibit in a healing garden, taking place August 23.

The show celebrates the creativity of the Memory Hub community. A collaboration between the UW Medicine's UW Memory and Brain Wellness Center and Elderwise.

[Learn more](#)



CELEBRATE SUMMER!

LIVE MUSIC!
REFRESHMENTS!
FREE!

**Mondays
4pm - 6pm**

**July 29 -
Country Western
August 19 -
Oldies but Goodies
September 30 -
Funk, Soul & Motown**

The Memory Hub
1021 Columbia St, Seattle
Free Parking Available

JOIN THE FUN!

Join the Memory Hub community for fun outdoor music events with **DJ Mr Cliff!** Each month features a different theme. Come celebrate summer together with people with memory loss, family, friends and professionals.



The
Seattle
Public
Library

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Sign Up: www.tinyurl.com/Summer-Event-Series

Contact: 206-221-8284, debcayz@uw.edu

**Shared Outdoor Adventures for Resilience
Program (S.O.A.R)**



Beginning soon: Next season of S.O.A.R for people living with younger-onset dementia

The 2024-2025 season of S.O.A.R is beginning soon with the first hike on July 18 through the Lincoln Park's trails to find the Lincoln Park Troll! Reinforce your strengths and connect with others through monthly small group hikes and other outdoor adventures, led by Seattle Parks and Recreation, in the Seattle area. S.O.A.R is for people diagnosed with Alzheimer's or another dementia before age 65, with a family member or friend.

[Sign Up](#)

Questions: mbecker1@uw.edu

[S.O.A.R webpage](#)

Chinese Tai Chi & Karaoke Celebration

The summer series of the Chinese Tai Chi and Karaoke program in partnership with Kin On will run 2:30-4 p.m. Mondays July 8 – September 30 at the Memory Hub. If you are a Chinese-speaking older adult looking to connect with others through movement and singing together, contact Kin On to sign up: 206-800-5025.

太極和卡拉OK 俱樂部



想打太極嗎? 想唱歌嗎? 帶上您的朋友一起來參加!

本免費活動是由健安和華盛頓大學記憶力及腦部健康中心聯合舉辦

地點: **THE MEMORY HUB**
1021 COLUMBIA ST, SEATTLE
時間: 每周一, 7月8日至9月30日,
下午**2:30**到**4:00**點



報名參加請掃二維碼, 或請
聯繫譚小姐 **206-800-5025**



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黃金歲月工作坊

7/8-9/30 為期10周
每周一，下午1點到下午2點半



學習內容

- ✓ 樂齡人生
- ✓ 運動與你
- ✓ 睡眠
- ✓ 健康飲食和多喝水
- ✓ 財務健全
- ✓ 提前計劃
- ✓ 健康關係
- ✓ 藥物管理
- ✓ 預防跌倒
- ✓ 社區參與

報名請掃二維碼



如有問題請聯繫譚小姐
206-800-5025

地點: The Memory Hub
1021 Columbia St, Seattle

nco | AgingMastery
national council on aging

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Tues. Aug 2, 1pm - 2:30pm: Book Group for Caregivers / Music Group for People with Memory Loss

BOOKS & BEATS

BOOK GROUP FOR CAREGIVERS MUSIC GROUP FOR PEOPLE WITH MEMORY LOSS

Come with your loved one to enjoy an afternoon at the Memory Hub! Caregivers will have a book discussion group led by Seattle Public Library. People with memory loss will have a music engagement program led by a certified music therapist. The last half hour we'll come together for social time and snacks! A free event.

2024 Dates:

1-2:30 p.m. Tues June 18

1-2:30 p.m. Tues Aug 20

1-2:30 p.m. Tues Oct 15

1-2:30 p.m. Tues Dec 17

The Memory Hub
1021 Columbia St, Seattle

RSVP at least 1 week in advance:
www.tinyurl.com/BooksAndBeats
Questions: mbecker1@uw.edu



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[Learn More](#)



Become a Dementia Friend

Free 60-Minute Information Session - All are welcome!

Receive information about:

- ✘ Dementia and the most common type
- ✘ 5 key messages to know
- ✘ Communication tips and strategies
- ✘ Ways to take action
- ✘ Resources and support

**"I feel less
intimidated
and more
informed"**



Session Information

Date: July 30, 2024 (Tuesday)

Time: 11:00 am - 12:15 pm

Location: The Memory Hub
1021 Columbia Street
Seattle, WA 98104

Register:

Email dementiafriendswa@uw.edu or call (206)685-6749



www.dementiafriendswa.uw.edu | Facebook @dementiafriendsWA



Photo courtesy Jonathan Vanderweit

The Frye Art Museum is proud to offer the Alzheimer's Cafe every 2nd Tuesday at the Memory Hub!

Alzheimer's Cafe
Tuesday, August 13
2:30 - 4 pm

[Register](#)

Join the Frye Art Museum and the UW Memory and Brain Wellness Center for

an uplifting time of social connection for people with memory loss and their families. A unique opportunity for people living with dementia, their care partners, family, and friends to enjoy companionship, good food, live music, and fun in a relaxed environment. Registration is required for this free, fun program. Presented in partnership with the [Frye Art Museum](#) and UW Medicine Memory and Brain Wellness Center.

Learn about all support, education, and engagement programs hosted at the Memory Hub, offered by the UW Memory and Brain Wellness Center and our on-site collaborators:

[Programs for People Living with Memory Loss](#)

[Programs for Caregivers](#)

[Programs for Professionals](#)

Community Resources



TimeSlips
Certified Facilitator

TimeSlips Creative Storytelling Sessions - TimeSlips sessions foster creative expression, growth, and meaning through group-led storytelling with prompts and images. Learn more: www.artforallforum.org



NEW Elderwise Adult Day Program is now open in Bellevue, WA. Program will run 10 a.m. – 2 p.m. on Wednesdays, to include conversation, creative arts, movement and stretching, and lunch. [Learn more.](#)

Dementia & Inclusive Rec Hour at Renton Senior Center continues 12:30-1:30 p.m. every Thursday. Activities range from music, light chair exercise, crafts, and nature walks. A free program for people with memory loss; care partners encouraged to join. [More info.](#)

NEW "Meet me at the Wildlife Refuge" program with HOPE Dementia Support in Clark County takes place every 4th Tuesday of the month from 1-3 pm. Enjoy a beautiful natural environment while connecting with others who live with memory loss. Learn more at 360-513-5754, alwayshopeinfo@gmail.com. [More info.](#)



Memory Café at Reville Café in Port Townsend continues from 1-2 pm on the first Monday of every month. A free, relaxed social gathering for people with memory loss and their care partners. [Learn more.](#)



NEW Low Tide Walk with Seattle Parks and Recreation from 12-2 pm on Tuesday, July 23. Enjoy a beach stroll with a naturalist, while connecting with others who live with memory loss. [More info.](#)



Bainbridge Island Museum of Art continues its monthly "look Again" guided art discussions for people with memory loss and their families. Every first Friday of the month, 11am - 12pm. [Learn more.](#)

[Contact Us](#)

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[Our Partners](#)

[Volunteer](#)

[Calendar](#)



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The Memory Hub | 1021 Columbia Street | Seattle, WA 98104 US

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