



An afternoon
program for those
living with early
stage memory loss.

**Open house and informational gathering on
Thursday, September 16 from 1:30 – 3 PM.**

The Gathering Place -

- Takes place on the first and third Thursdays from 1-4 PM.
- Exercise and movement including line dancing, strength training and yoga.
- Discussion
- Creative Expression
- Social connection
- Delicious and healthy afternoon refreshments.

A warm and inviting program for those living with ESML and respite for caregivers.

Greenwood Senior Center 525 N. 85th Street, Seattle 206-297-0875
www.greenwoodseniorcenter.org

