Momentia is a local movement empowering persons with memory loss and their loved ones to remain connected and active in a dementia-friendly community. Senior Services for South Sound and Brighter Days Adult Day Program are committed to working with a variety of local organizations in Thurston and Mason counties to create accessible, fun and enriching experiences.

**Memory Café at River’s Edge**

**Thur, 1/16 • 2:30 – 4:30 pm**

**River’s Edge (4611 Tumwater Valley Dr SE, Olympia)**

You are welcome to join us for lively conversation, refreshments and music. All with dementia or Alzheimer’s and their loved ones are welcome to attend and connect with peers in a relaxed, unstructured environment. No RSVP necessary!

**Sing Along**

**Fri, 1/3, 1/10, 1/17, 1/24 , 1/31 • 12:45 – 1:45 pm**

**Virgil Clarkson Lacey Senior Center (6757 Pacific Ave SE, Lacey)**

Each week, we join the Brighter Days Adult Day Program participants and sing a variety of classics and folk songs accompanied by piano or guitar. A guaranteed great time for all who love to sing. Song sheets are provided. No RSVP necessary!

**Music Mends Minds**

**Tue, 1/7, 1/14, 1/21, 1/28 • 12:30 – 2:00 pm**

**Olympia Senior Center (222 Columbia St NW, Olympia)**

Be a part of this weekly jam session for musicians and music lovers, specifically for those who have neurological health issues. Rhythm instruments available. Come to play, sing or just listen. No RSVP necessary!

For More Info or RSVP: Cheri Knighton • 360.586.6181, ext. 111 • cknighton@southsoundseniors.org

Olympia Senior Center • 222 Columbia St NW • 360.586.6181

Virgil Clarkson Lacey Senior Center • 6757 Pacific Ave SE • 360.407.3967

Faith Lutheran Church • 1212 Connection St, Shelton • 360.407.3967

Thank you to our sponsor!
Memory Café at Sister’s Restaurant
Thurs, 1/16 • 2:30 – 4:30 pm
Sister’s Restaurant (116 W Railroad Ave, Shelton)
You are welcome to join us for lively conversation, refreshments and music. Beverages are provided. Those attending pay their own tab and gratuity for any food purchased. All with dementia or Alzheimer’s and their loved ones are welcome to attend and connect with peers in a relaxed, unstructured environment. Please RSVP necessary!

Coming Soon! Two Memory Cafés

Memory Cafés or Alzheimer’s Cafés offer a dementia-friendly social restaurant experience for folks with dementia and their care partners. Senior Services for South Sound through South Sound Momentia offers dementia-friendly community experiences such as Memory Café at the River’s Edge Restaurant in Tumwater the first Thursday each month.

Panorama became a sponsor of South Sound Momentia as well as offering dementia-friendly events, including a Memory Café for their community. Recently, Panorama invited South Sound Momentia to collaborate on their Memory Café, which means two Memory Cafés will be available beginning in February 2020. Both Memory Cafés will offer discussion ticklers, entertainment and welcome anyone with dementia and their care partner.

Memory Café with South Sound Momentia
Starting January 16, 2020
Every third Thursday • 2:30 - 4:00 pm
River’s Edge Restaurant
Cheri Knighton, 360.586.6181, ext.111

Memory Café at Panorama
Starting February 4, 2020
Every first Tuesday • 3:00 - 4:30 pm
Seventeen51 Restaurant and Bistro
Sara Wasser, 360.438.7776

Creative Connections—Coming to Momentia

Wednesday • 10:00 -11:30 am • Olympia Senior Center

January 15, 2020
Delve into the ancient art of torn paper design!

South Sound Momentia will be offering a Creative Connections experience from January to June. Each month will be a relaxed and simple exploration of different art forms - everything from painting to poetry and pottery! The first class is free! Torn paper collage dates back to the 8th century Japan. Chigiri-e is the art of tearing colored paper into shapes and then creating a collage. Along with soft music and good conversation, this experience is great for holistic health! For more information or to register, call Cheri Knighton at 360.586.6181, ext.111.