Momemtia 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 Panorama
Tues, 3/3 • 3:00 – 4:00 pm
Panorama, Seventeen51 Restaurant (1751 Circle Ln SE, Lacey)
Come enjoy Chris Anderson sing Sinatra! Connect with peers in a dementia friendly, relaxed, unstructured environment. Care receivers with their caregivers are welcome to join us for live music, conversation and refreshments. Beverages are provided. Other menu choices are available for your purchase. No RSVP necessary!

Music Mends Minds
Tue, 3/3, 3/10, 3/17, 3/24 • 12:30 – 2:00 pm
Olympia Senior Center (222 Columbia St NW, Olympia)
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!

Friday Sing Along
Fri, 3/6, 3/13, 3/20, 3/27 • 12:45 – 1:45 pm
Virgil Clarkson Lacey Senior Center (6757 Pacific Ave SE)
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!
**Memory Café at Sister’s Restaurant**

Thurs, 3/19 • 2:30 – 4:00 pm  
Sister's Restaurant (116 W Railroad Ave, Shelton)

Connect with peers in a dementia friendly, relaxed, unstructured environment. Join us for conversation and refreshments. Beverages are provided. Other menu choices are available for your purchase. No RSVP necessary!

---

**Memory Café at River’s Edge**

Thurs, 3/19 • 2:30 – 4:00 pm  
River’s Edge Restaurant (4611 Tumwater Valley Dr SE)

Join us for a special Irish themed gathering! Connect with peers in a dementia friendly, relaxed, unstructured environment. Care receivers with their caregivers are welcome to join us for the live music of Joe Lawn, conversation, and refreshments. Beverages are provided. Other menu choices are available for your purchase. No RSVP necessary!

---

**Creative Connections: Explore Painting**

Wed. 3/18 • 10:00 -11:30 am • Olympia Senior Center  
(222 Columbia St NW, Olympia)

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! This month we will be exploring poetry! 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.

---

**Memory Café with South Sound Momentia**

Every third Thursday • 2:30 - 4:00 pm  
River’s Edge Restaurant  
Cheri Knighton, 360.586.6181, ext.111

---

**Memory Café at Panorama**

Every first Tuesday • 3:00 - 4:30 pm  
Seventeen51 Restaurant and Bistro  
Sara Wasser, 360.438.7776