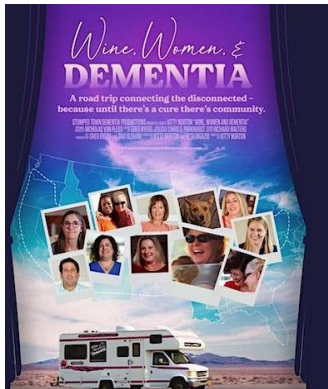


Upcoming Events

MBWC Support, Education, and Engagement | Workshops & Classes | Other Events



Caregiver Matinee: Wine, Women, & Dementia

When: Tuesday, November 28, 2pm - 4pm PT

Where: Murano Senior Living/Online

[Sign Up](#)

Celebrate National Family Caregivers Month with a special dementia caregiver screening of award-winning documentary Wine, Women, & Dementia. In celebration, Rippl Care, the Alzheimer's Association, Washington State Chapter, the UW Memory and Brain Wellness Center, and Murano Senior Living have come together to host a Caregiver Matinee both in person and online!

In person guests will be treated to an expert Q&A afterwards hosted by Rippl CEO Kris Engskov including film cast member Allyson Schrier and Dr. Kris Rhoads, primary neuropsychologist for the UW Memory and Brain Wellness Center.



Dementia-Friendly Legacy Letters

When: November 7 – December 5
(Tuesdays 12:00-1:30pm)

Where: The Memory Hub, 1021 Columbia
St. Seattle, 98104

Join our first Dementia-Friendly program
to create a letter about your personal
legacy!

Participants will be guided through
sharing and preparing an important story
from their lives in partnership with a UW
student.

Space is limited.

Sign up by calling Marigrace at 206-543-
2440 or email mbecker1@uw.edu

[View flyer](#)

**Sign
Up: 206-
543-
2440**



PPA Together - Program Launch Event

When: Wednesday, November 29, 3pm -
4:30 pm

Where: The Memory Hub, 1021 Columbia
St. Seattle, 98104

PPA Together is a new group for people
with Primary Progressive Aphasia or
Primary Progressive Apraxia of Speech.
Do you or a loved one live with
PPA/PPAOS? Join us to help launch a
new group just for you! A free
event. Offered in partnership by UW
Department of Speech and Hearing
Sciences, UW Memory and Brain
Wellness Center, UW Alzheimer's
Disease Research Center.

Please let us know if you may be

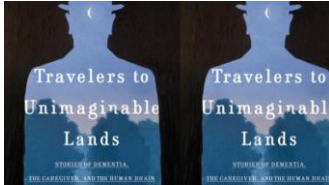
Sign Up

interested. We will use your contact information to send you more details.

Sign

Up: www.tinyurl.com/PPATogether

Contact: 206-543-2440,
mbecker1@uw.edu



Caregiver Book Discussion

[Sign Up](#)

When: Thursday, November 30 at 1:30-2:30pm

Where: The Memory Hub, 1021 Columbia St, Seattle.

Description: Join other caregivers for a discussion of *Travelers to Unimaginable Lands: Stories of Dementia, the Caregiver, and the Human Brain*. You may be familiar with the book: in-conversation, book reviews, audio book or even having read the book. If you've not read the book or yet finished, you are very welcome to join in the discussion regardless. The book is available to read onsite at the Memory Hub library and resource room.

Note: Please bring your copy if you have one; we will only have a few books available as a reference while on-site and not for taking away

Sign up by clicking here: [Caregiver Book Discussion](#)



Shared Outdoor Adventures for Resilience (SOAR)

for people diagnosed with Alzheimer's before age 65, alongside a family member or friend.

[Sign Up](#)

When: Thursday, December 7, 10am-2:30pm

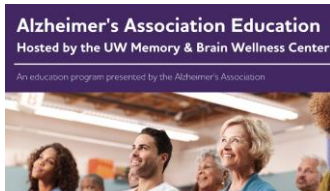
Where: [Fir Island Farm Reserve](#), Mt Vernon

10 am - 2:30 pm with van ride from Seattle's Jefferson Community Center, or meet at the hike location at 11 a.m.

(Discover Pass required if parking at trailhead; **purchase in advance**)

Enjoy 1-2 miles of easy walking paths in a protected estuary, with the chance to see snow geese.

SIGN UP



Alzheimer's Association Education
Hosted by the UW Memory & Brain Wellness Center
An education program presented by the Alzheimer's Association

Alzheimer's Association Education: Understanding and Responding to Dementia-Related Behaviors

hosted by the UW Memory and Brain Wellness Center

[Sign Up](#)

When: Wednesday, December 20
Time: 1pm-2:30pm

Where: The Memory Hub, 1021 Columbia St, Seattle.

See Full schedule:

- [September - December 2023 Program](#)
- [January - April 2024 Program](#)

Explore all Programs:

Offered by the MBWC and our on-site collaborators at the Memory Hub

[For People Living with
Memory Loss or
Dementia](#)

[For Caregivers](#)

[For Professionals](#)



[UW Memory and Brain Wellness Center](#) | [Contact Us](#)

UW Memory and Brain Wellness Center | 325 9th Ave, Seattle, WA 98104

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