

Garden Discovery Program

Spring 2026

Connect with nature and engage with others living with memory loss and family and friends



**April 3, May 1,
June 5**

10:30 am - 12:00 pm



Maude's Garden

The Memory Hub, 1021 Columbia St. Seattle, WA 98104

- Explore the garden, engage in plant-based projects led by a horticultural therapist, and make social connections in a supportive community.
- A partnership between Seattle Parks and Recreation and the UW Memory and Brain Wellness Center. Offered at no cost to participants.

Register through Seattle Parks and Recreation, activity #87379

A phone conversation is required for first-time Dementia-Friendly Recreation participants. Please contact tamara.keefe@seattle.gov to schedule.

Detailed directions and a free parking option will be provided to registered participants.



**Seattle
Parks & Recreation**



UW Medicine
UNIVERSITY of WASHINGTON

**MEMORY & BRAIN
WELLNESS CENTER**