

Shared by **Old Friends Club**

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## *Caregiver Connector*

**Let's create a community of support to keep families connected and engaged in life, even through the challenges of memory loss.**

**May Flowers and blooming are so are new opportunities - see how you can connect, learn, and help.**

**Please share with those you know who are affected by Alzheimer's or other dementia.**

Field of sunflowers



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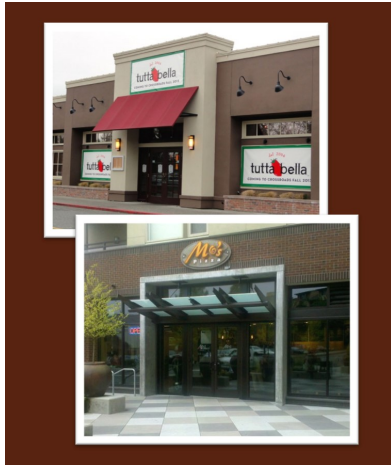
## Free & Low-Cost Eastside Happenings for People with Memory Loss and Family Caregivers

More activities and resources are being added on the Eastside. Keep scrolling to see them all!

For a look at what else is happening around King County, check out the **Momentia** and [sign up to receive the quarterly calendar.](#)



Here is a link to the [Momentia Winter 2019 Booklet](#).



### **"Eastside" - Alzheimer's Cafés**

There are several Alzheimer's Cafés throughout Washington. These two are the ones currently available in the greater Seattle's Eastside.

**Bellevue** - Every 4th Tuesday 3-5 p.m.

Tutta Bella  
15600 NE 8th St, Bellevue (Crossroads)

**Mercer Island** - Every 2nd Wednesday 3-4:30 p.m.

Mo's Pizza

2630 77th Avenue Southeast, Mercer Island

### Seated singers



### **Community Chorus - Bellevue**

First Fridays, 10:30 to 11:45 a.m. New singers welcome. Sing for fun -- with piano accompaniment.

North Bellevue Community Center  
4063 148th Ave NE, Bellevue



### **Ballroom Dance Lessons**

Every Saturday, **12 to 12:45 p.m. (new time)**

Bellevue Arthur Murray Dance School, 13122 NE 20th Street, Suite 200, Bellevue



### **Sounds of Swing - Bellevue**

Tuesdays, 1 to 3 p.m. Come listen to the band rehearse! On 2nd Tuesdays, bring your dancing shoes! \$3 for dancers, free for rehearsals.

North Bellevue Community Center  
4063 148th Ave NE, Bellevue

## Congregation of singers



### Music Mends Minds - Mercer Island

Third Tuesday, 3 to 4 p.m. A community sing-along, designed to provide seniors with Alzheimer's and other dementias to sing and enjoy music. No tryouts required, and songbooks will be provided. All you need to bring is you and your care partner.

Covenant Shores Fellowship Hall  
9150 Fortuna Drive, Mercer Island



### Old Friends Club - Multiple Locations

Come see what Old Friends Club is all about. For the person with memory loss, it's an opportunity to stay active and be among friends. For family caregivers, it's a healthy break. Schedule a visit to see for yourself!

Kirkland - Sammamish - Carnation - new: Bellevue

425-681-9776, ext 1 | [welcome@oldfriendsclub.org](mailto:welcome@oldfriendsclub.org)

## Be Sure to Catch...

### Hope and Help for Caregivers & Families Living with Alzheimer's and Dementia

Providence ElderPlace Seattle, 4515 MLK Jr Way S  
Suite 100, Seattle

**Wednesday, May 1st, 4-6pm**

Providence ElderPlace presents "Hope and Help for Caregivers and Families Living with Alzheimer's and Dementia," a book reading by Rosalys Peel, RN, author of Mike & Me—An Inspiring Guide for Couples Who Choose to Face Alzheimer's Together at Home.

### Mike & Me book cover



Books available for autograph and purchase, or borrow at Seattle Public Library.

Free. Light refreshments. Parking available. [More info.](#)

[Register here](#) or email [jill.leon@providence.org](mailto:jill.leon@providence.org)

## LGBTQ - Caregiver Support Group

Home Street Bank, 7307 Greenwood Ave N, Seattle

**Thursday, May 9th, 6:30-8pm**

A safe place place for unpaid family caregivers, their families and friend to:

- Exchange info on caregiving problems & possible solutions
- Talk through challenges & Ways of coping
- Share feelings, needs & concerns
- Learn about resources available in the community

[More Information Here](#)

Free

**Call to Attend: Mandi Gundersen 206-529-3871**

Two men reading



## Documentary & Discussion: The Caregivers' Club

Greenwood Senior Center, 525 N 8th Street, Seattle

**Sunday, June 2nd, 2-4pm**

Relatives of persons with dementia call themselves members of 'the club no one wants to join'. *The Caregivers' Club* follows the heartbreak, humor and frustration of three families as they navigate the difficulties of dealing with dementia. Keynote by social worker, community educator and author Marty

Young and elder woman



Richards. Discussion to follow.

[More Information - see the Trailer](#)

Free

Register: 206-297-0875, [gsc@phinneycenter.org](mailto:gsc@phinneycenter.org)

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## There's Still Time...

Poster for giving care taking care conference



Join *Old Friends Club* and other Organizations and speakers at this

not-to-be-missed conference.

Click the image above for more details!

## *Resources for Families Coping with Memory Loss*



### Caregiver Support: Eastside Groups

**Bothell** – Third Tuesday, 1 p.m.

**Bellevue – Young-Onset Caregivers** For those caring for someone with memory loss diagnosed by age 65. Every Third Monday, 7 p.m.

**Bellevue** – Third Monday, 3 p.m.

**Bellevue** – Second Wednesday, 1:30 p.m.

**Bellevue** - First Thursdays 10:30 a.m., Spanish-Speaking Caregiver Support. Contact Group Facilitator: Claudia Cruz, [425-598-5436](tel:425-598-5436), [claudiac@cisc-seattle.org](mailto:claudiac@cisc-seattle.org)

**Carnation – Every 2nd & 4th Thursday (new date)**. 1 to 2:30 p.m.

Sno-Valley Senior Center, Carnation, Contact Kelly Fujiwara, [425.333.4125](tel:425-333-4125)x7, [kellyf@soundgenerations.org](mailto:kellyf@soundgenerations.org)

**Kirkland – Rose Hill** - Third Tuesday, 1

### Caregiver Support: Seattle Specialty Groups

**Seattle – Long Distance Caregivers**  
Queen Anne- Second Saturday, 10:30 a.m.

**Seattle – Bereavement** Third Wednesday, 2:30 p.m.

**Seattle – For Chinese Speaking Caregivers** First Thursday, 10 a.m.

**Seattle – Frontotemporal Dementia** For Caregivers. Third Saturday, 10:30 am

**Seattle – Lewy Body Dementia** For caregivers of those with Lewy Body Dementia. Fourth Wednesday, 6:30 p.m.

**Seattle LGBT Caregivers** – Second Tuesday, 6:30 p.m.

**Seattle – Men's Coffee Group** For Male Spouses. Third Thursday, 10 a.m.

**More Groups Listed Here** – [alzwa.org](http://alzwa.org)

p.m.

**Issaquah** - Third Wednesday, 12:30 p.m.

**Issaquah** - Third Saturday, 10:30 a.m.

**New! Mercer Island** - First Wednesday, 2:30-4 p.m. Mercer Island Community & Events Center, call Betsy Zuber before your first meeting: 206-275-7752

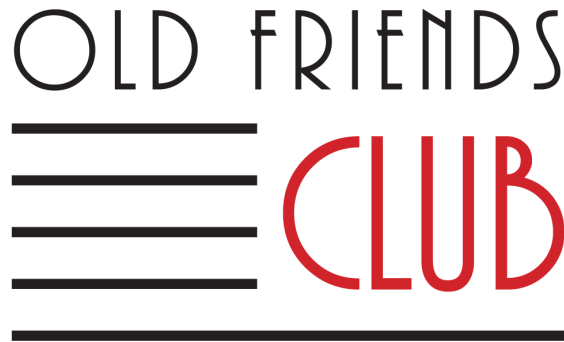
**Redmond** - First Tuesday, 1 p.m.

**Renton** - Fourth Tuesday, 5 p.m.

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Have a group or upcoming event you'd like us to highlight? Please contact us below...

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*Old Friends Club offers social activities and friendship  
for people living with memory loss,  
and respite and support for family caregivers.*



FOLLOW US

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**Questions? Contact us today**

425-681-9776

[www.olderfriendsclub.org/contact-ofc](http://www.olderfriendsclub.org/contact-ofc)



[welcome@oldfriendsclub.org](mailto:welcome@oldfriendsclub.org)

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**iContact**  
TRY IT FOR FREE ▶