

Shared by **Old Friends Club**

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Brought to you by:



Caregiver Connector

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

**A New Year's Resolution:
build friendships, share the journey, and live with joy.**

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



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

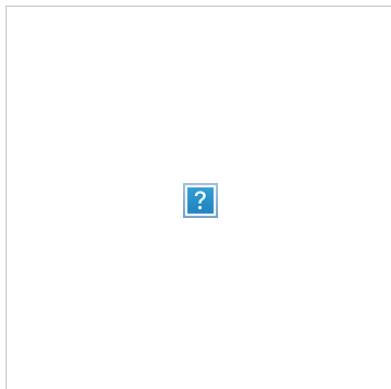
More activities and resources are being added on the Eastside. Keep scrolling to see them all!

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.](#)



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)**

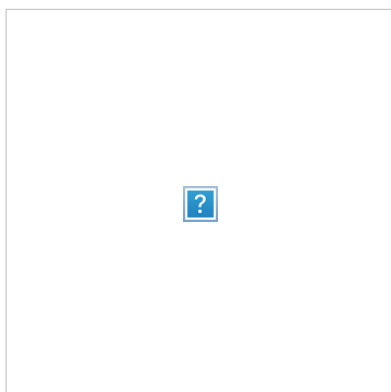
Bellevue Arthur Murray Dance School, 13122 NE 20th Street, Suite 200, Bellevue



Sounds of Swing - Bellevue

Tuesdays, 2 to 4 p.m. On the 1st, 3rd, and 4th Tuesdays, come listen to the band rehearse. On 2nd Tuesdays, bring your dancing shoes!

North Bellevue Community Center
4063 148th Ave NE, Bellevue



Music Mends Minds - Mercer Island

Third Tuesday, 2:30 to 3:30 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.

Congregational Church
4545 Island Crest Way, 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](tel:425-681-9776), ext 1 | welcome@oldfriendsclub.org

Be Sure to Catch...



This monthly support group will provide the opportunity to learn about resources and to discuss the challenges of long distance caregiving. Participants will share difficult feelings and concerns and talk through ways of coping with them. Self-care, setting boundaries and sharing the care with other family members will be discussed. Meets at Greenwood Senior Center, Third Mondays, 7-8:30pm.

Facilitated by Lisa Bakke, Geriatric Mental Health Specialist, the Family Caregiver Support Coordinator at Jewish Family Service. She holds a Master's Degree in Psychology from Antioch University Seattle and heartily enjoys teaching and facilitating support groups of various kinds. Her own journey loving and losing her mom to Alzheimer's informs and guides the works she does with family caregivers throughout King County .

Greenwood Senior Center - 525 N 85th Street, Seattle.

www.phinneycenter.org/gsc RSVP: [206.297.0875](tel:206.297.0875)

Yoga for Mood, Mind, and Memory

Greenwood Senior Center - 525 N 85th St, Seattle

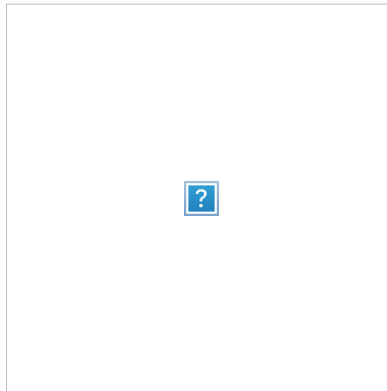
Fridays in January

Free event specially tailored for those with memory loss as well as caregivers and other community

members.

[See the flyer here](#)

RSVP [206-297-0875](tel:206-297-0875)



here:now - Arts Engagement for Adults Living with Dementia

Frye Art Museum - 704 Terry Ave, Seattle

here:now is an arts engagement program for adults living with dementia and their care partners to enjoy a creative and relaxing time together in a supportive setting. The free program offers opportunities to enjoy conversation, works of art, and new experiences in the Frye galleries and art studio.



Space is limited and registration is required.

For more information or to register, call [206-432-8265](tel:206-432-8265) or email herenow@fryemuseum.org

Resources for Families Coping with Memory Loss



**Caregiver Support:
Eastside Groups**



**Caregiver Support:
Seattle Specialty 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.

Carnation – Twice a month on Tuesdays. 1 to 2:30 p.m.

Sno-Valley Senior Center, Carnation

Contact Kelly Fujiwara, 425.333.4125x7, kellyf@soundgenerations.org

Kirkland – Juanita Starting Soon
Second Thursday, 1 p.m.

Kirkland – Rose Hill - Third Tuesday 1 p.m.

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

Redmond - First Tuesday 1 p.m

Bellevue - First Thursdays 10:30am,
Spanish Speaking Caregiver Support.
Lake Hills Library Meeting Room, 15590
Lake Hills Blvd, Bellevue, WA 98007.
Contact Group Facilitator: Claudia Cruz,
425-598-5436, claudiac@cisc-seattle.org

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

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

OLD FRIENDS CLUB

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



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Questions? Contact us today

425-681-9776

www.olderfriendsclub.org/contact-ofc

welcome@olderfriendsclub.org

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Old Friends Club
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Kirkland, WA 98083

