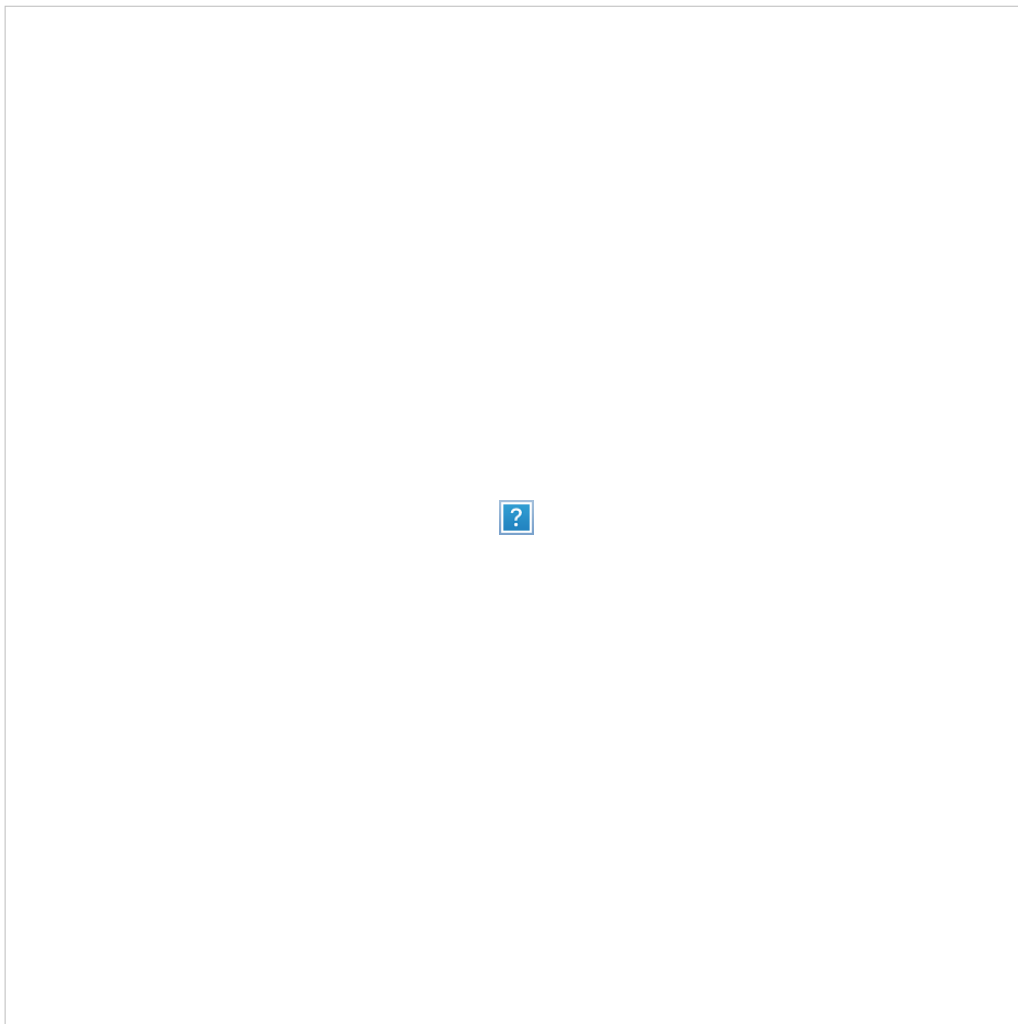


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At OFC, the moments bring a warm welcome, and a flow of laughter, conversation, music, some friendly teasing, and more laughter. These are the comforting creaks of settling in among friends. There's a simplicity to the Club happenings that brings a sense of purpose and satisfaction.

In these newsletters, we hope to offer a glimpse of the fellowship, joy, challenges, and triumphs we share at Old Friends Club.



Thank You for an "Awe"some 2018!

As we start off 2019 with renewed hopes and aspirations, we find ourselves in awe of the generosity of the many grantors, donors, volunteers, and supporters of Old Friends Club in 2018.

Your contributions have changed lives and we look forward to more opportunities to make that happen in 2019!

[Read more](#)



What can members expect on a typical day at the Old Friends Club?

Each of our Clubs offers a vibrant community ready to have fun in an inclusive and supportive atmosphere. We answer these three common questions about our program in our latest OFC blog post.

- What's a typical day at the club?
- Do you have any formal exercise program?
- My loved one doesn't do "" (crafts, drawing, cards, games, etc.)... is doing crafts and play games all you do?

[Learn more](#)



Perseverance eats "resistance" for breakfast

Her father's case is not that unusual. Coming to the club is a change to one's "routine", at first. Change can be difficult and trying new things can feel intimidating. But like any habit, once you start and then regularly repeat an action, the activity simply becomes routine.

[Read more](#)

A hand made quilt



Block by block, we build together

Our members are always benefiting from our program coordinators innovative projects ([Shooting for the Stars](#)) and not surprisingly, even our family caregivers contribute their creativity ideas and skills too.

[Read more](#)



Check out our new FAQ (Frequently Asked Question) page

We've added a FAQ to our website and we will continue to add more questions and answers over the next several months.

Please feel free to contact us at Welcome@oldfriendsclub.org or call us at 425-681-9776. We'd be happy to answer questions about our programs.

[Check out our FAQ](#)

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Questions? Contact us today 425-681-9776

Many thanks to our corporate sponsor Northwest Cellars and owner Bob Delf whose significant contributions and support keep OFC accessible to our local communities.

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