

To ensure delivery to your inbox, please add karen@oldfriendsclub.org to your address book.

OFC Caregiver Exchange



While the clubs continue to hibernate, check out the following activities and caregiver resources (as well as something to make you smile) below!

To see the full calendar of activities and resources, check out the OFC Caregiver Calendar on our website.

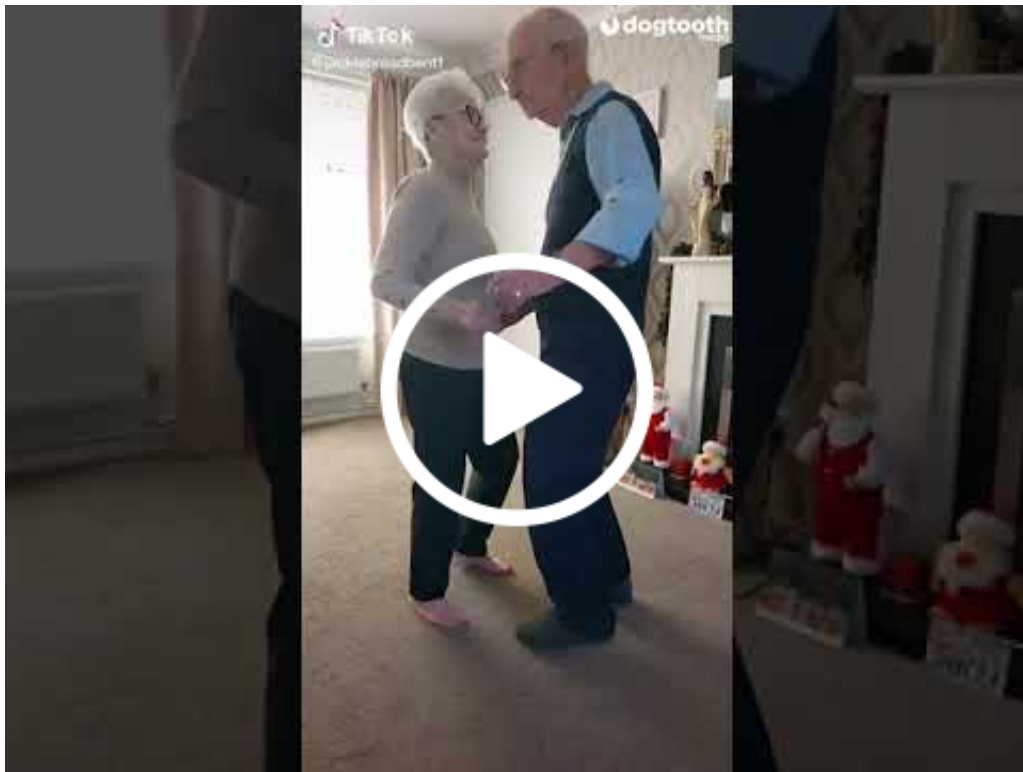
Caregiver Calendar

To add your organization's events, please contact Katie! Thank you!

katie@oldfriendsclub.org

Dancing TikTok Couple

Check out this fun video compilation of this talented couple dancing to different songs! It's sure to bring a smile to your face.



Seattle Aquarium Live Cams

The Seattle Aquarium may be closed, but their live cams are still up and running! You can see what the seals and sea otters are up to at the aquarium through their website.

[Seattle Aquarium Live Cam >>](#)



Z-Improv Class

Early stage memory loss classes through Zoom Improv "Z-Improv" are available through the Taproot Theatre Company.

These classes are held virtually on the second Monday of every month (until July 2021). Sign up today to

have some fun and socialization!

[Learn More Here >>](#)



A Walk in the Park

A simple 10-minute walk outside has many health benefits.

"Getting outdoors doesn't boost only your physical capabilities. It also enhances your mental and emotional well-being by giving your brain a break and improving your mood."

"Finally, taking a walk in the park can help you feel connected to the world as a whole and feel part of something bigger than your community."

[Discover More >>](#)

Mid-Month Caregiver Resources

A continuation of OFC's *Caregiver Connector* Newsletter

MAPS-MCRC Presents


Mindful Tuesdays, 6 PM

January 19th

Setting Healthy Boundaries


January 26

MAPS - MCRC PRESENTS



MINDFUL TUESDAYS

WITH SHAYKH YASSIR FAZAGA



WEBINAR


Workshop Dates:

Jan. 19th
Setting Healthy Boundaries

Jan. 26th
Building Healthy Relationships

Feb. 2nd
Navigating Cultural Norms in the United States


TUNE IN EACH TUES. AT 6PM



LET'S DISCUSS WHAT IS IMPORTANT TO YOU

The MAPS-MCRC community clinic is offering weekly webinars on:

- ▶ How to address and balance personal wellness amidst these stressful times
- ▶ Tips and preventative ways of handling our daily responsibilities
- ▶ Helping you manage your lives better



Shaykh Yassir Fazaga
Licensed Marriage & Family Therapist

Let's *prioritize ourselves for a change!*

Streaming live on MAPS FB page
Join the Webinar at: www.us02web.zoom.us/j/81767907761
WWW.FACEBOOK.COM/MAPSREDMOND.ORG/LIVE/


Building Healthy Relationships

February 2

Navigating Cultural Norms in the United States

"Let's prioritize ourselves for a change!"

[Learn More >>](#)



UW Medicine
MEMORY & BRAIN WELLNESS CENTER

Wellness Wednesdays

Topic: Living with Alzheimer's Younger Onset

Part 1: January 20, 1:00 PM

Part 2: January 27, 1:00 PM

[Learn More >>](#)



WASHINGTON POISON CENTER
(800) 222 1222

Educational Presentations with WA Poison Center

-Cannabis 101: Current Evidence + Considerations for Older Adults

January 27, 10:00 AM-11:30 AM

-Medication Management: A Training for Older Adults

January 28, 1:30-2:30 PM

-Opioid Prescriptions: Keeping Yourself and your Loved Ones Safe

February 10, 5:30 - 6:30 PM

Please visit our website for details on how to register. Registration is free and open to the public.

[Learn more + Register »](#)



Help with Alzheimer's is within your reach.

AFA
ALZHEIMER'S FOUNDATION OF AMERICA

866-232-8484
www.alzfdn.org

Do you know of any virtual groups or activities we should highlight?

Please let us know!



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

Questions? Call us (425)681-9776, [send us an email](#), or write us:

P.O. Box 2472, Kirkland, WA 98083

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