

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.**

**Fall 2018 is underway so jump on in to the opportunities to build friendships, share the journey, and live with joy.**

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



**NEW LOCATION!**

**Old Friends Club is open in Bellevue!**

**Meeting at Holy Cross Lutheran Church**

**Tuesdays, Thursdays, and Fridays from 10am to 3pm**

**\*\* NOW ENROLLING \*\***

## Join us for an OPEN HOUSE on Thursday, November 15th, from 3-6pm

Holy Cross Lutheran Church, 4315 129th Place SE, Bellevue 98006

Call 425.681.9776 for more information

### ☆ Alzheimer's Cafes ☆

Alzheimer's Cafe's are fun outings for people who are living or caring for someone with Alzheimer's or other dementia.

Come to socialize in a relaxed setting with a supportive, accepting group. Enjoy a meal and entertainment.

Free (except for cost of food purchase.)

#### Every 2nd Wednesday

3:00 – 4:30 p.m.

Mo's Pizza

2630 77th Avenue SE,  
Mercer Island, WA  
98040

Info: Carolyn Kelso,  
206.356.0271

#### Every 3rd Tuesday

3:00 - 5:00pm

Thorndike Room in the  
Woodshop Restaurant

McMenamin's Anderson  
School

18607 Bothell Way NE,  
Bothell, WA 98011

Info: Heather Steele,  
425.485.9797,  
hsteele@seattlemca.org

#### Every 4th Tuesday

3:00 - 5:00pm

Tutta Bella Neapolitan  
Pizzeria - Crossroads

15600 NE 8th St, Suite J1,  
Bellevue, WA 98008

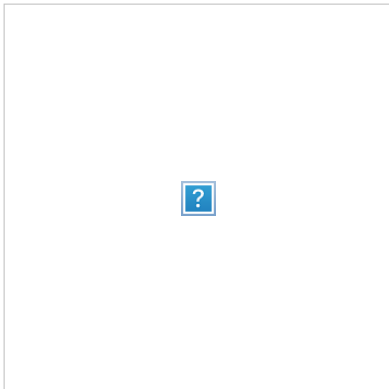
Info: Cheri Pamer,  
425.830.0902,  
cpamer@seattlemca.org

## 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 website](#) and [sign up to receive the quarterly calendar](#).





### 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)**

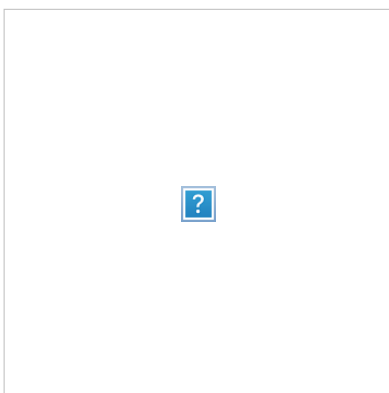
Bellevue Arthur Murray Dance School, 13122 NE 20th Street, Suite 200, Bellevue



### 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



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

### West Seattle Momentia Group

A free monthly event for community members with memory loss and their family and friends at Camp



Long. Enjoy community, tasty treats, and a different creative activity each month, including music, movement, improv, art, bingo, and more!

We are part of the larger grassroots Momentia movement - a group to bring together those with memory loss or dementia and their friends, loved ones, their community. See <http://www.momentiasattle.org/> for more information. Our goal is to unite West Seattle-ites and provide a virtual meeting place to support live interactions and other dementia-friendly activities.

For more info please contact Cayce 206-615-0100, [cayce.cheairs@seattle.gov](mailto:cayce.cheairs@seattle.gov)

## Be Sure to Catch...

### Dementia-Inclusive Series: Edmonds

#### Edmonds Center for the Arts

4th season of creative and social enrichment programs for people living with memory loss, their families, friends, and care partners

410 Fourth Ave North, Edmonds, WA 98020

425.275.9595, [www.ec4arts.org](http://www.ec4arts.org)



### Snohomish Family Caregiver Conference

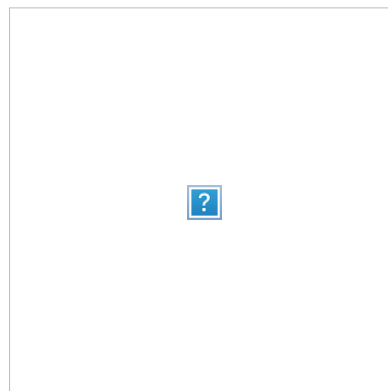
#### Everett Community College

Saturday, December 1st, 9am - 2:45pm

This free conference for family caregivers provides tools and encouragement for those caring for a loved one with Alzheimer's or dementia

2000 Tower Street, Everett, WA 98201

[Register here](#)



## *Resources for Families Coping with Memory Loss*



## Caregiver Support Groups Eastside

**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](mailto: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.

## 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)

**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

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

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

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Old Friends Club  
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Kirkland, WA 98083

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