

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.**

**With the start of Summer comes new events and get-togethers - see how you can connect, learn, and share.**

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

Field of sunflowers



## Be Sure to Catch...

### **AFA Education America Tour**

**Columbia Tower Club - Columbia Center 75th Floor,  
701 5th Ave, Seattle, WA 98104**

**Thursday, June 13th, 9am-1:30pm**

Alzheimer's Foundation of America's - AFA - Education  
America Tour provides information regarding

Alzheimer's disease, brain health, and dementia caregiving. All conferences are free and open to the public. Have the opportunity to interact with Alzheimer's experts, ask questions, network, and obtain a free memory screening.

Free. Get more information and to register [here](#).



## Understanding and Responding to Dementia-Related Behavior

**Bellevue YMCA, 14230 Bel Red Rd, Bellevue, WA 98007**

**Thursday, June 13th, 2-3:30pm**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However some can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, and more.

Free. For more information and to register [click here](#).



## Dementia Education

**Bellevue YMCA, 14230 Bel Red Rd, Bellevue, WA 98007**

**June 13th, 20th, 27th (then back again in September)**

**2-3:30pm**

Understanding and Responding to Dementia-Related Behavior, Diabetes: Supplementing Management, Understanding Medicare, ...and more.



Free but required registration. [For more information click here.](#)

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## The Art of Alzheimer's

**The Gardens at Town Square, 933 111th Ave NE,  
Bellevue WA 98004**

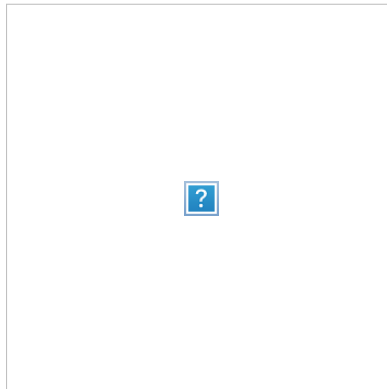
**Wednesday, June 19th, 3-4:30pm**

The Art of Alzheimer's celebrates the creativity and vitality of persons living with memory loss and dementia, and the power of the creative arts to enrich and empower their lives within a dementia friendly community. Reception includes artist demo and door prize, live music. (Exhibition is on display until October 13th.)

Free. Complimentary valet parking.

RSVP at 425-688-1900 by June 16th.

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Poster for giving care taking care conference



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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.](#)





**"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.

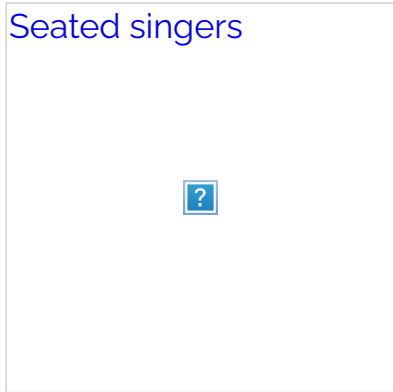
**Bellevue** - Every 4th Tuesday 3-5 p.m.

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)

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## Don't Miss...June 5th

## Poster for giving care taking care conference



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**Also on June 5th**





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***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, [425.333.4125x7](tel:425.333.4125x7), [kellyf@soundgenerations.org](mailto:kellyf@soundgenerations.org)

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

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

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

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



## 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)

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@olderfriendsclub.org](mailto:welcome@olderfriendsclub.org)



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Old Friends Club  
POBox 2472  
Kirkland, WA 98083

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