

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.

November brings in the holidays. This can be a fun but difficult time for many. So read on for dementia-friendly ways to 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...

Grape Jam: Happy Hour & Social

**Northwest Cellars Tasting Room, 11909 124th Ave,
Kirkland**

Saturday, November 2nd

2:00 - 4:00 pm

For people living with dementia and their partners. Join winemaker Bob Delf as he leads an exploration of winemaking, followed by a sing along with Bob on piano. Non alcoholic drinks and snacks will be available.

Free event. \$5 per glass of wine. Space is limited, please RSVP in person or via email to Barb Higgins barbarabdiggins@yahoo.com



Elderwise Watercolor-Plus Program

5026 196th Street SW, Lynwood

November Series - Monday the 4th, Monday the 18th

2:00 - 3:00pm

This program is a series of wet-on-wet watercolor painting sessions led by an Elderwise Facilitator. [These classes](#) provide opportunities for participants to engage, create, and explore in a supportive group; community engagement celebrating the participants' artwork; specifically designed for people living with memory loss and their care partners.

Free. Please register and wait to receive confirmation: Shannon Serier 425-290-1268, sserier@homage.org, or email Mollia at mollia@elderwise.org.



Re-Ignite the Mind with Improv & Play

Kirkland Performance Center, 350 Kirkland Avenue, Kirkland

Monday, November 25th

10:30-11:30am

Taproot Theatre's professional, Pam Nolte, will lead this improvisation class. This is designed to tap into the



creative abilities of individuals experiencing early stage memory loss with their care partners. No memory requirement.

Free. Refreshments provided at no cost. Please RSVP to JeffersonhouseED@koelschsenior.com by **November 20th**

Lifelong Recreation

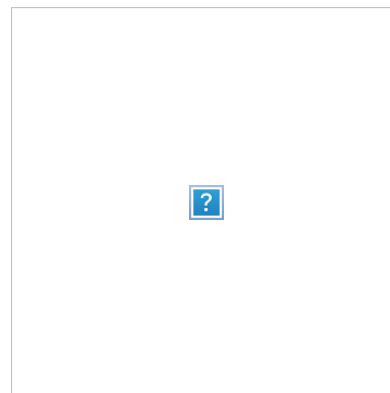
Events across the Seattle area

Now through December

10am - noon or 1:30 - 3:30

From art sessions, to park walks, to fun events, Seattle Parks & Recreation has dementia-friendly activities planned all through the season. [Click here to learn more.](#)

All programs are free. For more information, contact Cayce Cheairs, 206-615-0100, cayce.cheairs@seattle.gov



ESML Early Stage Memory Loss - Walking Group

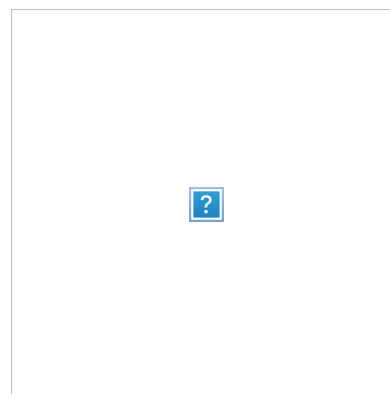
Various locations around Tacoma such as LeMay Car Museum, Point Defiance Zoo, Ruston Way Waterfront, Washington State History Museum

Fridays

10-11:30am

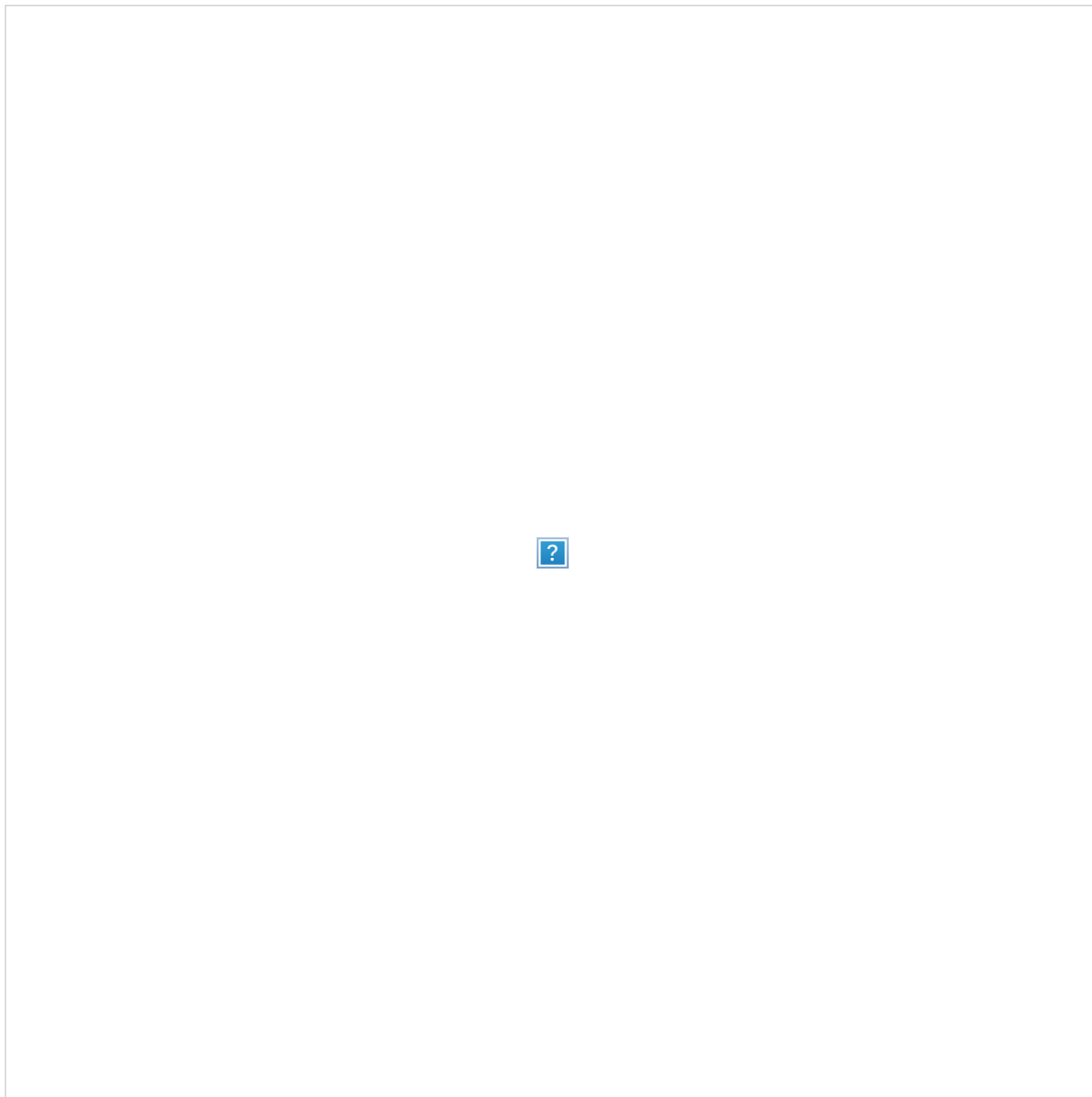
Looking to be more active? ESML Walks offer individuals living with mild memory loss an opportunity for light exercise and social connection while enjoying local attractions.

Walks are followed by coffee and conversation at a



local cafe.

Free. Care partners welcome and Pre-Registration is required. Contact for details and to register: Kenna Little, 206-529-3868 or kelittle@alz.org [More information here.](#)



Effective Communication Strategies

Bellevue YMCA, 14230 Bel-Red Road, Bellevue

Saturday December 14th

2:00 - 3:30 pm

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

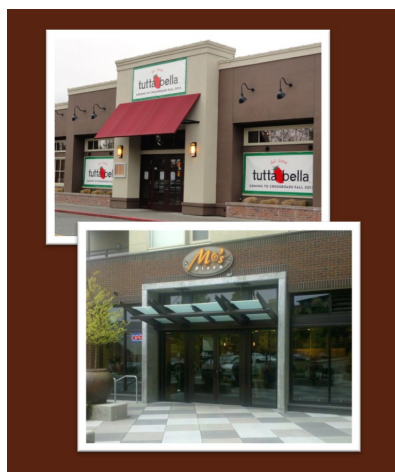
Free event. Reservations are not required but recommended: please call 1-900-272-3900 and visit [this link](#) for more details



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 November Calendar](#) and [sign-up to receive the quarterly calendar](#). See their full [Fall 2019 Momentia Booklet](#) here.



"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!



Bellevue - Carnation - Kirkland

[425-681-9776](tel:425-681-9776) | welcome@oldfriendsclub.org

Resources for Families Coping with Memory Loss

Do you know of a support group that we are missing from our list? Help spread the love by letting us know: contact welcome@oldfriendsclub.org or 425-681-9776



Are you a visual person? King County Caregiver Support Network has an option to search for networks by location. [Click here to access the map.](#)



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



Caregiver Support: Seattle Specialty Groups

Seattle – Long Distance Caregivers
Queen Anne- Second Saturday, 10:30 a.m.

Seattle – Bereavement 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

Bellevue – 1st Fridays, 1-2:30pm. Spanish Speaking Caregiver Support Group. Bellevue YMCA Conference Room, 14230 Bel-Red Road, for more info: Claudia Cruz [425-598-5436](tel:425-598-5436), claudiac@cisc-seattle.org

Bellevue – 2nd Wednesdays, 6-7pm at Patriots Glen, 1640 148th Ave SE. RSVP or questions: 425-373-1161.

Carnation – **Every 2nd & 4th Thursday.** 1 to 2:30 p.m.

Sno-Valley Senior Center, Carnation, Contact Kelly Fujiwara, [425.333.4125x7](tel:425.333.4125x7), 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 meeting: 206-275-7752

Redmond - First Tuesday, 1 p.m.

Renton - Fourth Tuesday, 5 p.m.

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
POBox 2472
Kirkland, WA 98083

