

Shared by **Old Friends Club**

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Caregiver Connector

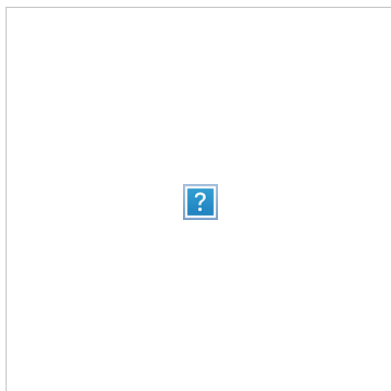
Let's create a community of support to keep families connected and engaged in life, even through the challenges of memory loss.

Here are some opportunities to build friendships, share the journey, and live with joy.



Free Fun Eastside Happenings for People with Memory Loss and Family Caregivers

More activities and resources coming soon as we build Momentia Eastside! For a look at what's already 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.

North Bellevue Community Center

4063 148th Ave NE, Bellevue



Ballroom Dance Lessons

Every Saturday, 10:30 to 11:15 a.m. at the Bellevue Arthur Murray Dance School, 13122 NE 20th Street, Suite 200, Bellevue



Sound of Swing Band

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!)

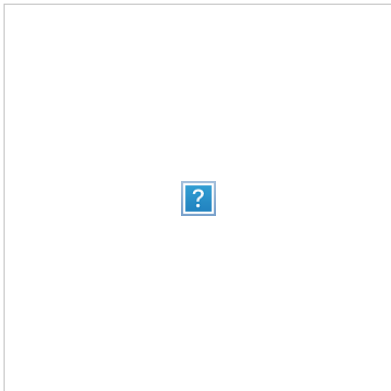
North Bellevue Community Center, 4063 148th Ave NE

Alzheimer's Cafe

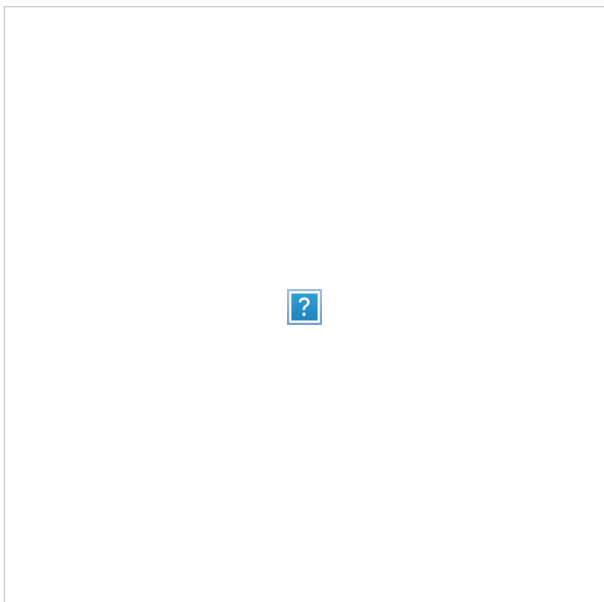
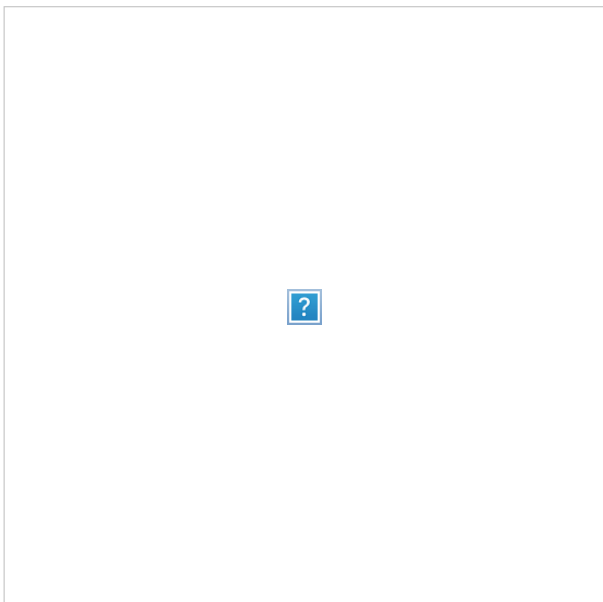
Fourth Tuesdays. 3 to 5 p.m.

Tutta Bella, Crossroads

15600 Northeast 8th Street, Bellevue



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.

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.

Bellevue – Second Wednesday, 1:30 p.m.

Carnation – Starting in September, day and time to be determined. Contact Kelly at Sno-Valley Senior Center, 425-333-4152, ext 7 for info.

Kirkland – Juanita Starting Soon
Second Thursday, 1 p.m.

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

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

Redmond - First Tuesday 1 p.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



***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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425-681-9776

<https://www.olderfriendsclub.org/contact-ofc>

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