

Shared by Old Friends Club

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Brought to you by:



Caregiver Connector

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

2018 is almost over with a whole New Year upon us: now is the time 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.



☆ Holiday Tips ☆

Everyone could use a little extra support during the Holidays.

Click here to read:

[Holiday Tips for Caregivers, or anyone with aging parents](#)

This article comes courtesy of the [Brookdale National Group Respite Program](#)

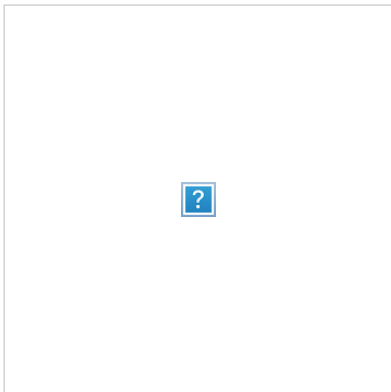


Free & Low Cost Eastside Happenings for People with Memory Loss and Family Caregivers

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)**

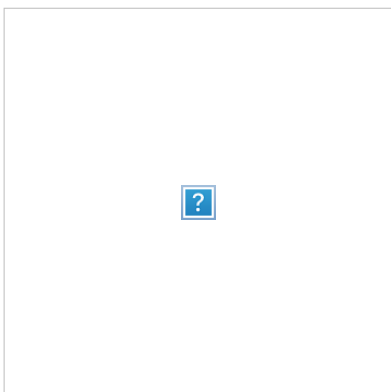
Bellevue Arthur Murray Dance School, 13122 NE 20th Street, Suite 200, Bellevue



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 - new: Bellevue
425-681-9776, ext 1 | welcome@oldfriendsclub.org

Be Sure to Catch...

Frontotemporal Dementia

Verdant Community Wellness Center

Tuesday, December 11th, 10:30am - 3pm

Free event includes an overview of FTD, research updates, community resources, living with FTD panel, arts and creativity showcase, and lunch.

4710 196th St SW, Lynnwood 98036

[Register by Dec 7th here](#)

More information contact Mari Becker at UW MBWC: mbecker2@uw.edu, 206-744-2017

Meet and Greet Monday, Dec 10, 5-7pm at Cortina Restaurant - contact Joanne at jlinerud@theaftd.org



December Westside Fun

Camp Long

Saturday, December 15th, 10:30am-noon

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!

5200 35th Ave SW, Seattle 98126

For more info please contact Cayce 206-615-0100, cayce.cheairs@seattle.gov



Holiday Concert and Singalong

Greenwood Senior Center

Saturday, December 15th, 2pm - 4pm

It will be worth crossing the lake for this fun-draiser: The *OK Chorale* and the GSC's own *All Present Song Circle* (an ESML-friendly community choir) will be singing a collection of holiday and winter favorites, guaranteed to put you in a festive mood! All proceeds will benefit early stage memory loss programs. Feel

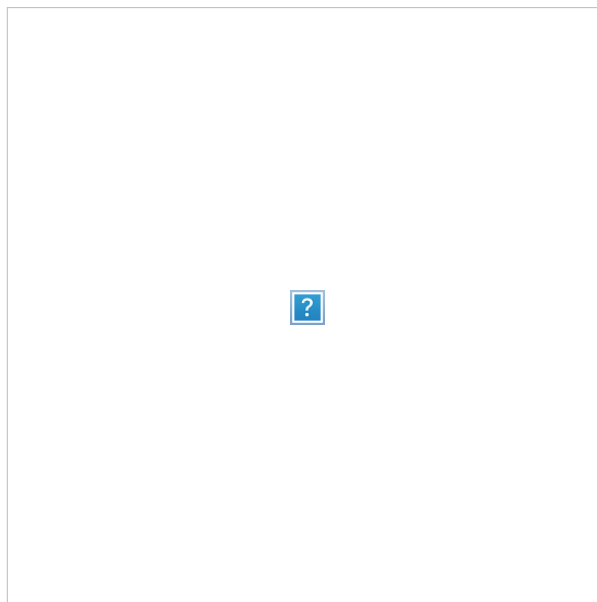
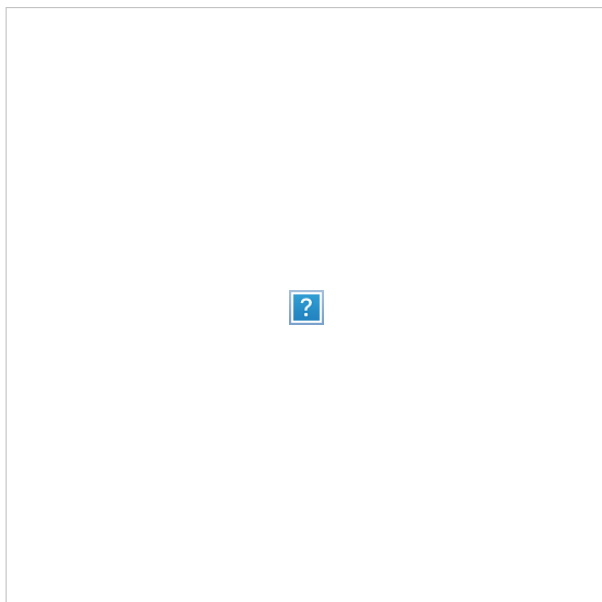


free to bring cookies to share with others, and bring your appetite! \$10 suggested donation

525 N 85th Street, Seattle, 98103

[More information 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

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.

Contact Kelly Fujiwara, 425.333.4125x7,
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.

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

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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