

Shared by **Old Friends Club**

To ensure delivery to your inbox, please add karen@oldfriendsclub.org to your address book.

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.

Fall 2018 is chock-full of 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.

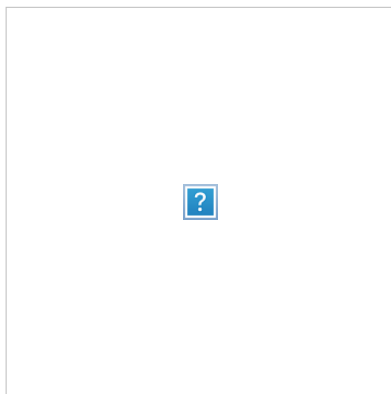


Free & Low Cost Eastside Happenings for People with Memory Loss and Family Caregivers

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, 10:30 to 11:15 a.m.

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



Alzheimer's Cafe

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.)

Tutta Bella, Bellevue

Fourth Tuesdays each month from 3 to 5 p.m.

Tutta Bella, Crossroads

15600 Northeast 8th Street, Bellevue

More information [here](#)

[New Location - McMenamin's](#)

First meeting: Tuesday October 16th, 3-5pm

Following meetings: 3rd Tuesday of every month

McMenamin's Anderson School, Bothell

18607 Bothell Way NE, Bothell

☆ Event Series Spotlight ☆



COLLECTIVE HARMONY

Increase your Wellness, Lift your Spirit, Make Music

MEET MEG Meg Harmon is a board- certified music



therapist that specializes in elder care. She's never met a human incapable of making music and deeply believes that *engaging* with music can bring hope, joy, and meaning to all stages of life.

FILL YOUR FALL WITH MUSIC!

MUSIC WITH MEG

A dementia friendly group designed to connect seniors and care partners in an hour of interactive music engagement. Participants will sing songs, play instruments, tell stories, and leave with a smile.

Oct 23rd & Nov 13th

10:45-11:45 at the Issaquah Senior Center | \$5

THE UKULELE*

In just a few weeks, seniors will learn to play the ukulele in a fun, success-oriented group that will work the brain, body, and fill the spirit. No prior musical experience needed, ukuleles provided.

Oct 17th, 24th, 31st & Nov 7th, 14th

10:30-11:30 at the Issaquah Senior Center | \$60 total

*Please register in advance with the Issaquah Senior Center

BELL CHOIR

This unique experience brings together older adults of all acuity to create a unified piece of music through singing and playing of bells. No prior musical experience required, drop ins welcome.

Oct 2nd & 16th, Nov 6th & 20th

10:45-11:45 at the Issaquah Senior Center | Free

🎵 & CAREGIVING

Curious how you can use music to better the lives of those you care for? Learn practical tips from an experienced professional.

Oct 18th at the Issaquah Library

Presentation, 3:45-5:15 PM

Workshop, 7-8:00 PM

COLLECTIVE HARMONY

meg@collectiveharmony.org | www.collectiveharmony.org | (509) 833-9114

ISSAQUAH SENIOR CENTER 75 NE Creek Way, Issaquah (425) 392-2381

ISSAQUAH LIBRARY | 10 W Sunset Way, Issaquah

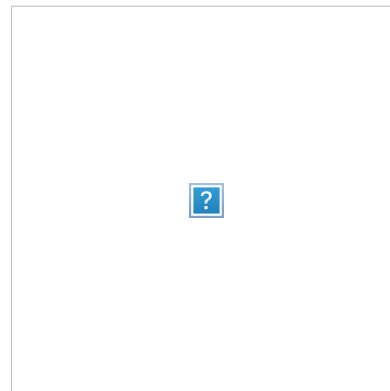
Be Sure to Catch...

Carnation Caregiver Support Group

Twice a month on Tuesdays. 1 to 2:30 p.m. Beginning Tue, September 25th

Sno-Valley Senior Center, Carnation

Contact Kelly Fujiwara, 425.333.4125x7, kellyf@soundgenerations.org

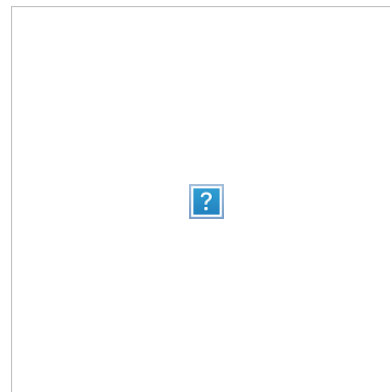


Keys to Dementia Series

Part 2 - Financial Issues - Thur Oct 25th, 2-3:30pm

Free classes offered by Overlake Medical Center

Meets at Bellevue Family YMCA, [Register here](#)



Alzheimer's Cafe

New Location - Bothell

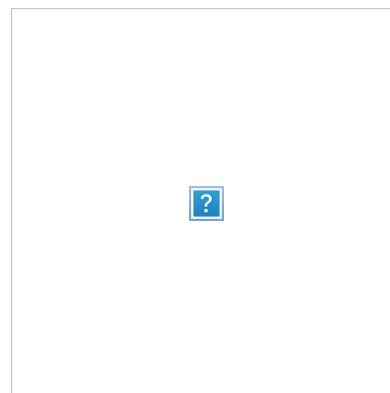
First meeting: Tuesday October 16th, 3-5pm

Following meetings: 3rd Tuesday of every month

McMenamin's Anderson School

18607 Bothell Way NE, Bothell

For questions or to register call Heather, 425.485.9797

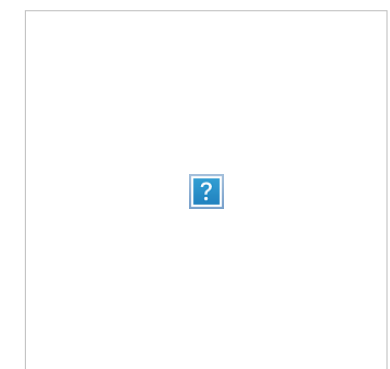


Redmond Senior Center Wellness Fair

Friday, October 26th, 10am-2pm

An interactive showcase of new and interesting products and services for older adults.

Redmond Senior Center, 8703 160th Ave, NE, Redmond



Caregiver Education and Support

KCLS, your King County Library, is offering free community resources, strategies and self-care tips to support you in your caregiving journey!

Classes vary by location and include the following:

- Let's Move More To Feel Better
- Coping with Losses
- Music and Caregiving
- Reducing Guilt and Overwhelm
- Caregiver Burnout
- Tools to Lower Stress

Issaquah Library, Thursday, October 18

Shoreline Library, Saturday, October 27

Renton Library, Monday, October 29

Peter Kirk Senior Center, Monday, November 5. (For info on this event, or to register, call the Peter Kirk Senior Center at 425.587.3360)

Learn more about these workshops and others on the [KCLS website](#).

Questions? Call Wendy Pender 425.369.3285



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 – **NEW!** Twice a month on Tuesdays. 1 to 2:30 p.m. Starting Tue, September 25th

Sno-Valley Senior Center, Carnation

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.



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.

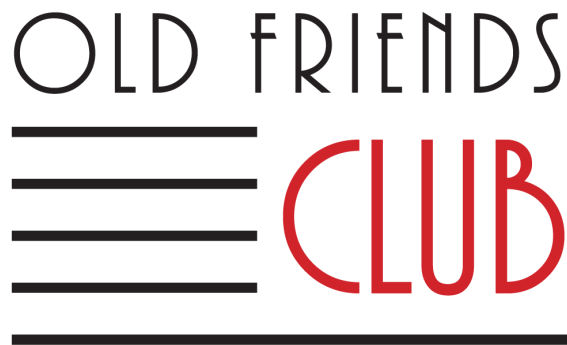
Seattle LGBT Caregivers – Second
Tuesday, 6:30 p.m.

Seattle – Men's Coffee Group For Male Spouses. Third Thursday, 10 a.m.

More Groups Listed Here – alzwa.org

Redmond - First Tuesday 1 p.m

Have a group or upcoming event you'd like us to highlight? Please contact us below...



*Old Friends Club offers social activities and friendship
for people living with memory loss,
and respite and support for family caregivers.*



FOLLOW US

Questions? Contact us today

425-681-9776

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

welcome@oldfriendsclub.org

Manage Your Subscription

This message was sent to **email@example.com** from **chris@oldfriendsclub.org**

Old Friends Club
POBox 2472
Kirkland, WA 98083

