

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.

January 2020: the start of a new decade. A time for reflection, planning, and new beginnings. 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...

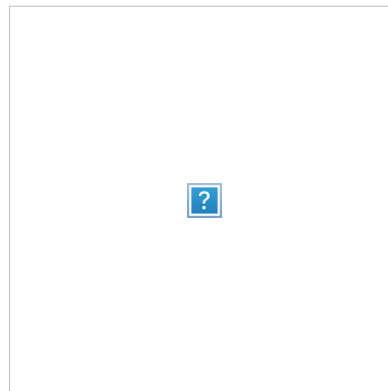
Know the Ten Warning Signs

Bellevue YMCA, 4230 Bel-Red Rd, Bellevue, 98007

Thursday, January 9th

2pm - 3:30pm

What is the difference between typical age-related memory changes and Alzheimer's disease? How do I need to be concerned about myself or a loved one? What steps should I take if I think there might be a problem? This class will answer these questions and more. We will discuss the 10 Warning Signs of Alzheimer's, why early detection is important, and how Alzheimer's is diagnosed. We will also touch briefly on risk factors for Alzheimer's and related dementias as well as the role of genetics in Alzheimer's disease.



For this free event, reservations are not required, but recommended. Please call 1-800-272-3900 or [visit this site](#).

Understanding Alzheimer's and Other Dementias

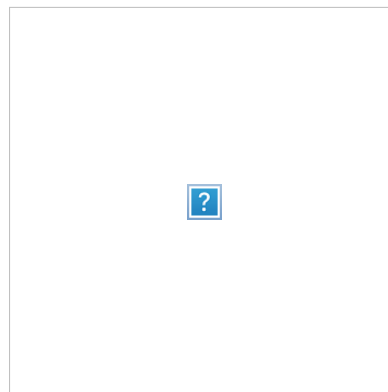
**Lynnwood Senior Center, 19000 44th Ave W,
Lynnwood 98036**

Friday, January 10th

1pm - 2pm

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

For this free event, reservations are not required, but recommended. Please call 1-800-272-3900 or [visit this site](#).



Conversations about Dementia

**Open Door for the Multicultural Center: 24437
Russell Rd Set 110, Kent 98032**

Saturday, January 11th

10am - 11:30am

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

For this free event, reservations are not required, but recommended. Please call 1-800-272-3900 or [visit this site](#).



Understanding Alzheimer's and Dementia

**Coal Creek YMCA, 13750 Newcastle Gold Club Rd,
newcastle 98059**

Tuesday, January 14th

11:30am - 1pm

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

For this free event, reservations are not required, but recommended. Please call 1-800-272-3900 or [visit this site](#).



Conversations about Dementia

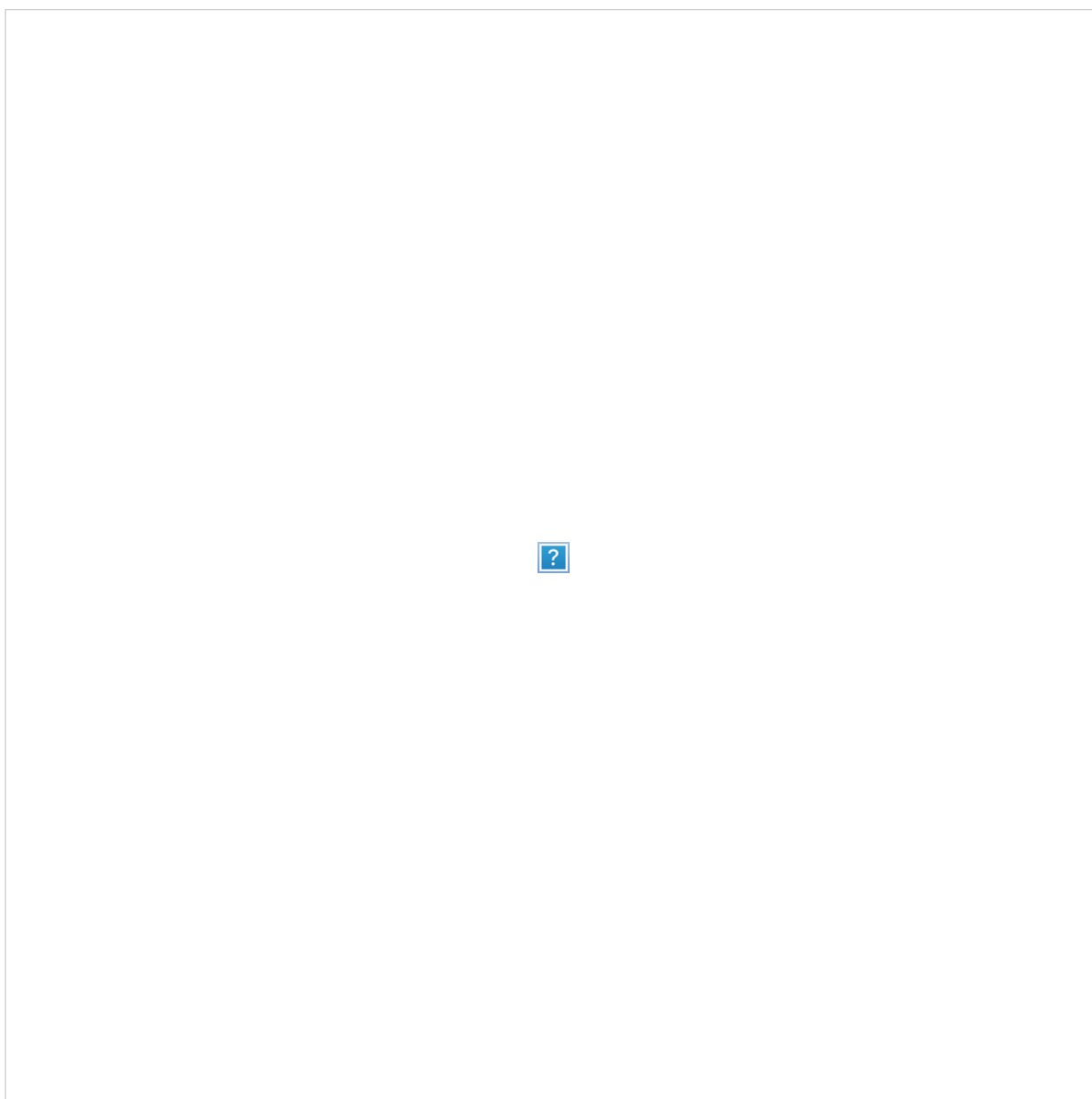
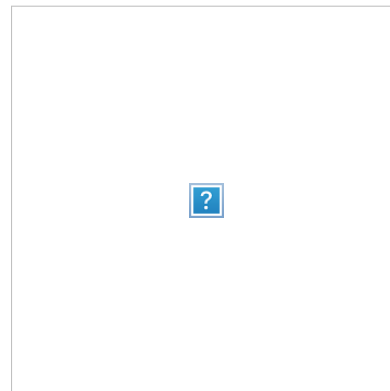
**Wallingford Community Senior Center, 4649
Sunnyside Ave N Ste 140, Seattle 98103**

Monday, January 27th

1pm - 2:30pm

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

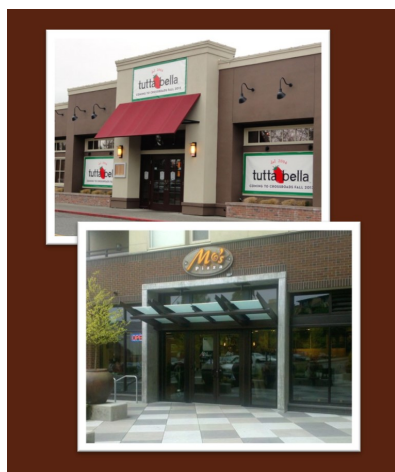
For this free event, reservations are not required, but recommended. Please call 1-800-272-3900 or [visit this site](#).



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 January Calendar](#) 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

[Resumes January 4th](#)



Arthur Murray
DANCE SCHOOLS
alzheimer's
association

Most Saturdays, **12 to 12:45 p.m. (new time!)**

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

Call before attending: 425-747-6611

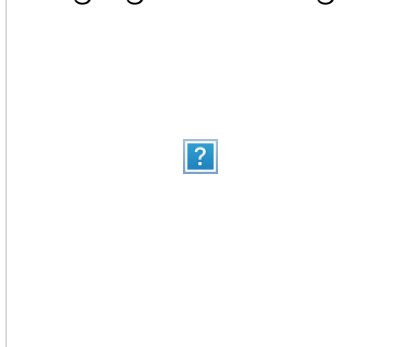


Sounds of Swing - Bellevue

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 | 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 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

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.

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

[More Groups Listed Here](https://alzwa.org) – alzwa.org

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

Sno-Valley Senior Center, Carnation, Contact Kelly Fujiwara, 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.

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

www.olderfriendsclub.org/contact-ofc

welcome@olderfriendsclub.org

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