

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.

As Summer charges on, enjoy these dementia-friendly ways to stay cool, 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...

Elderwise Watercolor-Plus Program

5026 196th Street SW, Lynnwood

* TWO MORE DAYS IN AUGUST! 5th & 19th*

1st and 3rd Mondays, 2-3pm through the Summer

This program is a series of wet-on-wet watercolor

painting sessions led by an Elderwise facilitator. Specially designed for people living with memory loss and their care partners.

Free. Get more information and to register [here](#) or contact Shannon Serier at 425-290-1268, sserierhomage.org



Lunch & Learn: Falls

Highland Covenant Church, 15002 NE BelRed Rd, Bellevue

Wednesday, August 14th, 11:30am - 1:30pm

Learn valuable ways to prevent falls and be a part of a study to determine the best way to help a loved one prevent themselves from falling.

Free. Must register to attend: info@FallScape.org or call 206-317-3173



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 August 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.



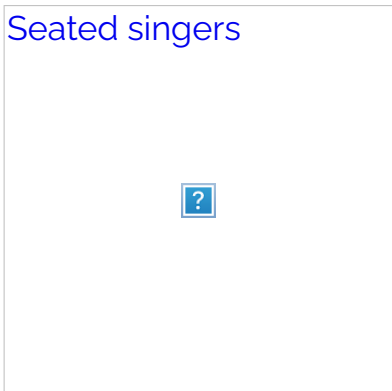
Bellevue - Every 4th Tuesday 3-5 p.m.

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

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

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

Congregation of singers



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 - Sammamish

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



Resources for Families Coping with Memory Loss



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

Bellevue – New to this List: 2nd Wednesdays, 6-7pm at Patriots Glen, 1640 148th Ave SE. RSVP or questions: [425-373-1161](tel: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),



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

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.***



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Questions? Contact us today

425-681-9776

www.oudfriendsclub.org/contact-ofc

welcome@oudfriendsclub.org



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