

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.

March 2020: the month of Spring and a time of growth. Read on for dementia-friendly ways to connect and share, grow and learn.

Please share with those you know who are affected by Alzheimer's or other dementia.

Field of sunflowers



ANNOUNCEMENT!

Old Friends Club will be launching a

NORTH SEATTLE location!

More information to follow on days, times, and exact location. Please help us spread the word and [contact us](#) for additional details and to get on the wait list.

425-681-9776 - welcome@oldfriendsclub.org

We are also **accepting applicants for all of our programs:**

Sammamish/Issaquah - Bellevue - Carnation - Kirkland

Contact Michelle Maeda at caregiversupport@oldfriendsclub.org 425.681.9776, X1

Be Sure to Catch...

FREE: The Dementia Whisperer

FOUR locations! Space is limited, please RSVP.

Compassionate Communication

Tue, March 17th 12 – 1:30

Aegis Gardens Newcastle
13056 SE 76th St,
Newcastle -RSVP 425-
272-5152

Thur, March 19th 11:30 – 1

Aegis Living Rodgers Park
2900 3rd Ave W Seattle -
RSVP 206-708-2045



Navigating the Dementia Journey

Tue, March 17th 6 – 7:30p

Aegis Living Issaquah 780 NW Juniper St, Issaquah - RSVP 425-434-9814

Wed, March 18th 12– 1:30

Aegis Living Callahan House 15100 First Ave NE Shoreline - RSVP 206-231-5412

Powerful Tools for Caregivers

Bellevue YMCA, 14230 Bel-Red Rd, Bellevue, 98007

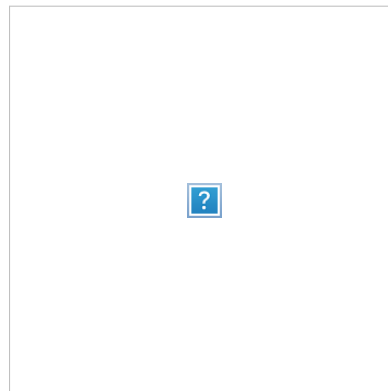
Thursdays, March 19th - April 23 (6 weeks)

1pm -2:45pm

Gain confidence and support to better care for your loved one - and yourself. Led by trained facilitators from Westminster Chapel and Bellevue YMCA, this 6-week course provides curriculum and guidance to address specific caregiver issues.

Registrants receive issue training and lunch before their teams visit Senators and Representatives in the afternoon. Transportation fro King, Snohomish, and Pierce counties provided.

For questions, contact Cheri Pamer, 425-830-0902 or cpamer@seattleyymca.org. **Registration required:** overlakehospital.org/classes



NOTE: Old Friends Club is providing **no-care cost** for the day, during the 6-week workshop. Must meet eligibility requirements. Contact Old Friends Club for more information: 425-681-9776 or welcome@oldfriendsclub.org

Earth Day Garden Walk

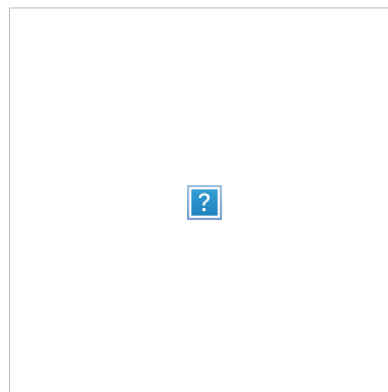
Bellevue Botanical Garden, 12001 Main Street, Bellevue, 98005

Wednesday, April 22nd

12:30-2:30pm

The North Bellevue Community Center is excited to welcome you to join us for a walk through the Bellevue Botanical Gardens in celebration of Earth Day. This is a docent-led garden walk followed by an art project, led by an experienced instructor, to celebrate nature and its beauty. People with all levels of mobility and cognition are welcome.

For this free event, reservations are required, [sign up here](#), oracle 425-452-7681.





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 March 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.

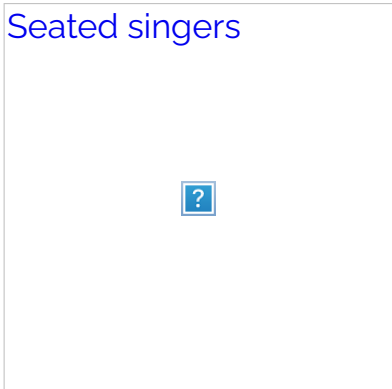
Bellevue - Every 4th Tuesday 3-5 p.m.

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

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 - and TWO NEW locations coming soon! **Sammamish and North Seattle**

[425-681-9776](tel: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 – 2nd Wednesdays, 6-7pm at Patriots Glen, 1640 148th Ave SE. RSVP or questions: 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, 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



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.

Renton - Fourth Tuesday, 5 p.m.

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



Donate

*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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