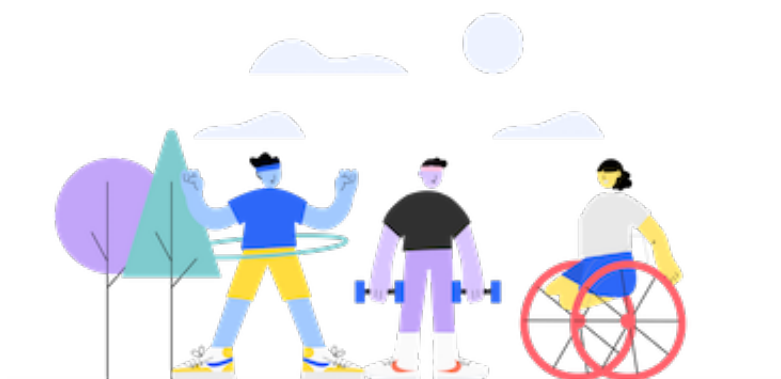


To ensure delivery to your inbox, please add welcome@oldfriendsclub.org to your address book.

OLD FRIENDS CLUB *Caregiver Connector*

April 2023 Edition: "Let's get moving!"



"Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active."

-["Benefits of Exercise"](#), National Institute on Aging

News From Old Friends Club

Caregiver Club Virtual Forum

April 2023 Topic:

Get Moving!



Mark your calendars

Date: April 25, 2023

Time: 5:00 PM

Join OFC and other caregivers as we share ideas and tips to get someone who is reluctant to exercise to be more active.



Mark your calendars! The first ever Caregiver Club virtual forum topic is coming. Join OFC and other caregivers on **April 25 at 5:00 pm online** to discuss tips and other ideas to get someone who is reluctant to exercise to be more active. This is an informal opportunity to chat with other caregivers around a theme.

This event will take place in the OFC online forum and is free to all. Forum registration takes just a moment!

Visit the forum here: <https://www.olderfriendsclub.org/caregiverclub>

We hope to see you there.

Check out some of the exercise resources below!

*/// Keep scrolling for caregiver resources *

Resource Highlights: Community Activities, Events & Support

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momentia walking group

Organized by Anacortes Kiwanis and Lighthouse Memory Care

When: Monday and
Wednesday

Time: 10:00am

Where: Guemes Channel
Trailhead

Who: All are welcome!



Momentia is a grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community.

**Questions? Contact
Kati
360-399-3235
DSM@lighthouseme
morycare.net**



MEMORY LOSS ZOO WALK

The Zoo Walk offers people with memory loss and their care partners the opportunity to stay active, socialize and build relationships with others in similar situations.

Come explore the animal exhibits and get some light exercise during a 45-minute walk around the zoo. Then gather for coffee and conversation at the zoo café after the walk!

Registration and pre-screening for the program are required.

WHEN: Monday and Wednesday mornings

WHERE: Woodland Park Zoo, Seattle

COST: Free! Zoo entry and parking passes are provided to attendees.

CONTACT TO LEARN MORE AND REGISTER:

Karen Thompson, Manager of Community Support
206.529.3875 | kcthompson@alz.org



Presented by:



[In-Person] Seattle Parks and Recreation Dementia-Friendly Recreation



Seattle Parks and Recreation

Invigorate body, brain and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths, mostly level with occasional hills. As public safety allows, the walk will end with a social gathering in a nearby cafe.

Cost: None, other than cafe purchases.

For information, screening and registration, please contact Tamara, Seattle Parks and Recreation's Dementia-Friendly Recreation Specialist:

tamara.keefe@seattle.gov or
206.615.0100.

[Learn more about Seattle Parks and Rec's Dementia-Friendly Recreation here.](#)



Your Senior Resource for LGBTQIA+ Aging
www.genprideseattle.org

[Virtual] GenPride: Strength and Balance Tuesdays

"Join us for this 40-minute movement-based class that integrates full-body strength, balance, and core-strengthening exercises. For more information on this program visit:

Exercises will focus on strengthening the major muscle groups of the body in vertical and horizontal positions for strength and challenging our static and dynamic balance. In this virtually-taught class, we will use our own body weight using a chair for balance for support and a mat to aid various core strengthening exercises. No equipment is necessary. Using a

chair or something else to help with your balance is not necessary if you have a more advanced fitness level.

Online Tuesdays at 3:45pm – 4:25 pm"

[Register here.](#)

Re-Ignite the Mind with Improv



**Tue. Apr. 18 • Free
12:45-1:45 p.m. GSC**

Come be in the moment and laugh with others while getting a mental boost! Professional artists from Taproot Theatre lead this one-time improv class. For those with ESML & their care partners.



RSVP & face masks required.

RSVP: 206-297-0875



**525 N 85th St.
Seattle, WA**



[In Person] Improv! Taproot Theatre at Greenwood Senior Center

Two upcoming dates:

-April 11th from 12:45-1:45 pm (and continuing to occur on the second Tuesday of every month)

-April 18th, 12:45-1:45 pm

RSVP here.

Learn more about Greenwood Senior Center's memory programs here.

Dementia-Inclusive WORKSHOP SERIES

Edmonds Center for the Arts' award-winning Dementia-Inclusive Series is a line-up of free, creative, social enrichment programs for people experiencing memory loss, their care partners, families, and friends.

Launched in 2015, the series has been developed collaboratively with the feedback and support of senior services organizations, eldercare and memory care professionals, and arts groups in the Puget Sound region.

ECA is committed to providing a space where community members experiencing memory loss feel welcome and valued; where their creative contributions are celebrated; and where joyful quality time can be spent with families and care partners.

ECA is partnering with SilverKite Community Arts and the University of Washington to perform an evaluation of the Spring 2023 Dementia-Inclusive Workshop Series. Each workshop in the six-week series will be facilitated by a different community partner organization, and each will be evaluated for its effectiveness, both to improve future programming at ECA and to further research in the arts-in-health field.



2023 Dementia-Inclusive Workshop Schedule

SATURDAY MORNINGS | FREE ADMISSION

APRIL 15	Rock of Ages Sing Along & Music Bingo with Life on Music 11:00 AM	MAY 6	Birds of the Pacific Northwest with Ed Catalyst 11:00 AM
APRIL 22	Re-ignite The Mind with Improv! with Taproot Theatre 11:00 AM	MAY 13	Cascadia Art Museum Art Walk* *Meet at Cascadia Art Museum 9:30 AM
APRIL 29	Storytelling Through Hula with SilverKite Community Arts 11:00 AM	MAY 20	Meet Me at the Movies with Frye Art Museum 11:00 AM



Learn More & Register by calling our Box Office, or visit us online:
(425) 275-9595
www.EC4ARTS.org



All workshops, except for the Art Walk, take place at Edmonds Center for the Arts in our accessible Gymnasium space. Entry is on the east side of the building on 6th Avenue. A map of the location can be found on our website.

Hazel Miller FOUNDATION ECA's Dementia-Inclusive Series is presented with generous support from the Hazel Miller Foundation.

EDMONDS CENTER FOR THE ARTS | 410 4TH AVE NORTH, EDMONDS WA 98020

[In Person] "Storytelling Through Hula" - Edmonds Center for the Arts with SilverKite Community Arts

April 29, 11:00 AM, Free Admission

[Check out other events and learn more here.](#)

Visit the [Community Resources](#) page on OFC's website to discover more caregiver resources.

[View More Resources Here](#)



Old Friends Club empowers communities to cultivate joy in the lives of adults with dementia and nourish the wellbeing of family caregivers.

www.olderfriendsclub.org

[Support OFC with a Gift Today](#)

We accept PayPal, Venmo, and Mail-In Check.

Other ways to support OFC:

- **King County Giving Program**, Unique Code: 10814 (*For King County employees - please contact your HR department*)
- **Fred Meyer Community Rewards**, ID Number: KM9981 ([Enroll here if you have a Fred Meyer Rewards Card.](#))
- **Forward this newsletter** to someone who may benefit from it
- **Follow OFC on Social Media**- share and like our posts if you enjoy them!



Thank you for your support!

-Questions? Contact us today: (425)681-9776

welcome@oldfriendsclub.org

-For past issues of OFC's newsletters, [please visit our archive.](#)

-Was this newsletter forwarded to you? [Subscribe here](#) to be on our list (we promise we won't spam you or share your information).

-Do you have a resource you'd like to share in our next newsletter or on our website under resources?
Email katie@oldfriendsclub.org

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