

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.

February 2020: the month of relationships. A time to rekindle interests and find new friendships and connections. 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



ANNOUNCEMENT!

Old Friends Club will be relaunching a **Sammamish location!** We need to have 6 to 7 club members signed up before we open our doors. Please help us spread the word and [contact us](#) for additional details.

425-681-9776 - welcome@oldfriendsclub.org

Be Sure to Catch...



Have you signed up for **ALZWA**? Alzheimer's Association Washington State Chapter is active and has events every month. [Sign up](#) for notices or [check out their site](#) to see the buzz.

Understanding Alzheimer's and Dementia

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

Thursday, February 13th

2pm - 3:30pm

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](#).



Advocacy Day

Washington State Capitol in Olympia

Tuesday, February 18th

10am -3:15pm

Join Alzheimer's advocates in Olympia as we press state legislators to fund better care and support and other priority recommendations in the Alzheimer's State Plan.

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 about Advocacy Day, contact Peter Newbould, Senior Public Policy Director, at pnewbould@alz.org or 206-529-3867. [Register online](#).





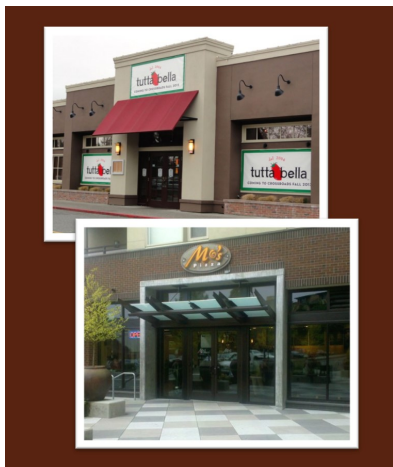


Free & Low-Cost Eastside Happenings for People with Memory Loss and Family Caregivers

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 February 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

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, 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, claudiac@cisc-seattle.org

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



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

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

[Donate](#)

*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

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welcome@olfriendsclub.org

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