

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 heats up, find out what is new around town so you can 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

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, sserieshomage.org



NEW: Bellevue Spanish-Speaking Caregiver Support Group

Bellevue YMCA Conference Room, 14230 Bel Red Rd, Bellevue, WA 98007

First Fridays, 1-2:30pm

A safe place for Spanish-speaking unpaid family caregivers, their family and friends.

* Exchange practical information on caregiving problems and possible solutions

▣ *Talk through challenges & ways of coping

▣ *Share feelings, needs & concerns

▣ *Learn about resources available in the community

*Free and confidential

Free. For more information contact group Facilitator: Claudia Cruz, 425-598-5436, claudiac@cisc-seattle.org



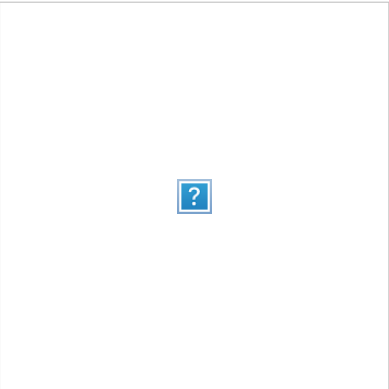
Healthy Living for Your Brain & Body

Bothell Library, 18215 98th Avenue NE, Bothell

Thursday, July 25th, 7-8:30pm

2-3:30pm

For centuries, we've know that the health of the brain and the body are conneced. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

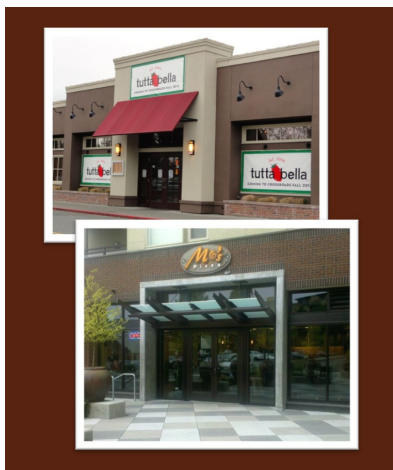


Free. For more information call 800-272-3900 for reservations

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** 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

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!
 Kirkland - Sammamish - Carnation - new: Bellevue
[425-681-9776](tel:425-681-9776), ext 1 | 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.



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

Contact Group Facilitator: Claudia Cruz, [425-598-5436](tel:425-598-5436), claudiac@cisc-seattle.org

Bellevue – NEW 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

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), 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.

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

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

OLD FRIENDS

 CLUB

***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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425-681-9776

www.olderfriendsclub.org/contact-ofc

welcome@olderfriendsclub.org

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