

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.

December: the celebration of the all of 2019. A time to join hands and give thanks. 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



Be Sure to Catch...

Making Art Together

Edmonds Center for the Arts, 410 Fourth Avenue
NorthEdmonds

Monday, December 2nd

11:30am - 1pm



In this collaboration between Edmonds Center for the Arts, University of Washington Bothell (UWB), and Silver Kite Community Arts, persons with dementia, care partners and first year UWB students will engage in intergenerations arts workshops facilitated by Silver Kite. Focusing on the theme of "new beginnings," adult participants will inspire and partner in the development of an original theatre production performed by students! Elders will also develop a performance, story, or artwork to share with students at the end of the session.

To reserve space online: www.ec4arts.org. You can also contact Katie Newbaum, Education Coordinator, at Katie@ec4arts.org or 425.275.9485

Elderwise Watercolor-Plus Program

5026 196th Street SW, Lynwood

December Series - Monday the 2nd, Monday the 16th

2:00 - 3:00pm

This program is a series of wet-on-wet watercolor painting sessions led by an Elderwise Facilitator. [These classes](#) provide opportunities for participants to engage, create, and explore in a supportive group; community engagement celebrating the participants' artwork; specifically designed for people living with memory loss and their care partners.

Free. Please register and wait to receive confirmation: Shannon Serier 425-290-1268, sserier@homage.org, or email Mollia at mollia@elderwise.org.



Lifelong Recreation

Events across the Seattle area

Through December

10am - noon or 1:30 - 3:30

From art sessions, to park walks, to fun events, Seattle Parks & Recreation has dementia-friendly activities planned all through the season. [Click here to learn more.](#)

All programs are free. For more information, contact Cayce Cheairs, 206-615-0100, cayce.cheairs@seattle.gov

**Effective Communication Strategies**

Bellevue YMCA, 14230 Bel-Red Road, Bellevue

Saturday December 14th

2:00 - 3:30 pm

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Free event. Reservations are not required but recommended: please call 1-900-272-3900 and visit [this link](#) for more details

**Effective Communication Strategies**

Senior Center of West Seattle, 4217 SW Oregon StreetSeattle

Mondays in December

1:00 - 2:30 pm

Get your ukulele on every Monday when you join this drop-in group to strum a few tunes or simply sing along with the strummers.



This ukulele and sing-along group is open to all levels of ukulele players and singers.

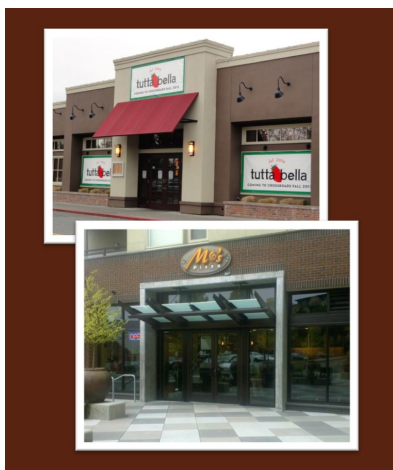
Cost: \$1/members \$2/non-members

Before heading out you may want to contact the front desk at the West Seattle Senior Center to confirm that the group is meeting. For example occasionally the Center is closed on holidays. The phone number to call is: 206.932.4044, ext. #1.

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 December Calendar](#) and [sign-up to receive the quarterly calendar](#). See their full [Fall 2019 Momentia Booklet](#) here.



"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

Community Chorus - Bellevue

First Fridays, 10:30 to 11:45 a.m. New singers welcome.

Seated singers



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!



Bellevue - Carnation - Kirkland

[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



Caregiver Support: Seattle Specialty Groups

Seattle – Long Distance Caregivers
Queen Anne- Second Saturday, 10:30 a.m.

Seattle – Bereavement 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 – 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](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.

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

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.*

FOLLOW US



Questions? Contact us today

425-681-9776

www.oldfriendsclub.org/contact-ofc

welcome@oldfriendsclub.org

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