

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.

February: a month to celebrate all our relationships - friends, family, and caregivers.

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



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

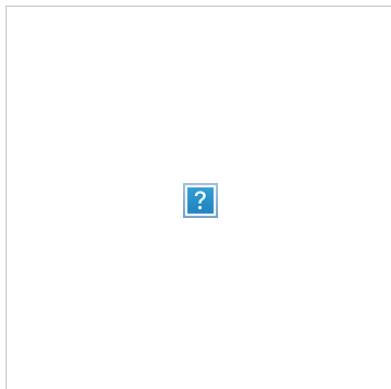
More activities and resources are being added on the Eastside. Keep scrolling to see them all!

For a look at what else is happening around King County, check out the [Momentia](#) and [sign up to](#)



receive the quarterly calendar.

Here is a link to the [Momentia Winter 2019 Booklet](#).



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)**

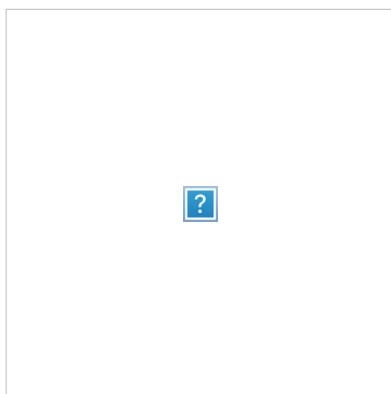
Bellevue Arthur Murray Dance School, 13122 NE 20th Street, Suite 200, Bellevue



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



Music Mends Minds - Mercer Island

Third Tuesday, 2:30 to 3:30 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.

Congregational Church
4545 Island Crest Way, 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

Be Sure to Catch...



“Powerful Tools for Caregivers”

A six-week evidence-based program that provides unpaid family caregivers with the skills and confidence needed to better care for themselves while caring for others.

Caregivers will develop a wealth of self-care tools to reduce personal stress, communicate their needs effectively in challenging situations, deal with difficult emotions, and make tough caregiving decisions. Participants also receive a copy of *The Caregiver Helpbook*, developed specifically for the class.

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier 'us'!”

Participants are asked to attend all six classes. Space is limited and pre-registration is required. **Please contact Lisa Bakke, 206-861-8790 or lbakke@jfsseattle.org.**

Wednesdays, February 13–March 20, 2019, 1:00 – 3:00 p.m.

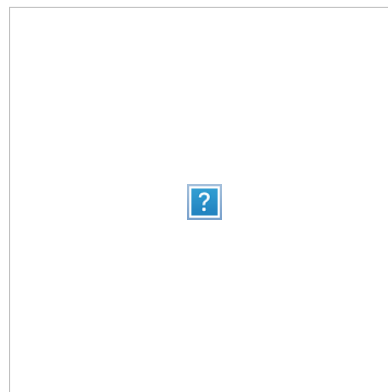
Herzl-Ner Tamid Congregation - 3700 East Mercer Way, Mercer Island, WA 98040

This free class series, presented in partnership by Powerful Tools for Caregivers & Jewish Family Service is graciously hosted by *Herzl-Ner Tamid Conservative Congregation*. **All are welcome**

Discovery 2019 - Alzheimer's Regional Conference

Washington State Convention Center - 705 Pike Street, 6th Floor, Seattle

As the Discovery Conference Advisory Council, we chose these of resilience around which to build the program for this year's conference. Resilience is a process through which individuals demonstrate positive adaptation despite challenges and changes, such as a diagnosis of Alzheimer's or other dementia.



Discovery Conference is your full-day opportunity to immerse yourself in learning, connecting, growing, and Discovery.

For tickets and pricing please visit the [conference web page](#) or call 206-529-3874

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.



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.

Bellevue – Third Monday, 3 p.m.

Bellevue – Second Wednesday, 1:30 p.m.

Carnation – Twice a month on Tuesdays. 1 to 2:30 p.m.

Sno-Valley Senior Center, Carnation

Contact Kelly Fujiwara, 425.333.4125x7, kellyf@soundgenerations.org

Kirkland – Juanita Starting Soon
Second Thursday, 1 p.m.

Kirkland – Rose Hill - Third Tuesday 1 p.m.

Issaquah - Third Saturday, 10:30 a.m.

Redmond - First Tuesday 1 p.m

Bellevue - First Thursdays 10:30am,
Spanish Speaking Caregiver Support.
Lake Hills Library Meeting Room, 15590
Lake Hills Blvd, Bellevue, WA 98007.
Contact Group Facilitator: Claudia Cruz,
425-598-5436, claudiac@cisc-seattle.org

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 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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