

Greenwood Senior Center Caregiver Programs

November 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5 Advanced Spousal Group <i>Online</i> 1-2:30pm	6	7	8
9	10	11 ESML Spousal Support Group <i>Online</i> 10:30-12pm ----- ESML Spousal Support Group <i>Online</i> 1-2:30pm	12	13	14	15
16	17	18	19	20	21	22
23	Dementia Caregiver Support Group <i>In-Person</i> 10:30-12pm	Mid-Stage Spousal Support Group <i>Online</i> 10:30-12pm	26	27	28	29
30						

Program Descriptions

Email kristeno@phinneycenter.org for more information about any of these programs.

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End of Life Planning & Dementia with Worry Free Wednesdays: It is important to understand what end-of-life choices can be made in advance of the onset of dementia and losing the capacity to make decisions. In addition, it's important to give direction as to what measures you do or do not want taken to extend your life as your quality of life and cognitive ability declines. Join us for a presentation and Q&A. To register, email kristeno@phinneycenter.org

Powerful Tools for Caregivers (In-Person): Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else in a supportive environment that fosters community between caregivers. By taking care of your own health and well-being, you become a better caregiver. Limited space. 6-week class beginning October 3. To register, email kristeno@phinneycenter.org

Caregiver Retreat (In-Person): Join other caregivers for a day of reflection and rejuvenation. Jonathan Prescott, BCCC, will facilitate the retreat with a special poetry session with Carla Griswold. Register at [Caregiver Retreat 2025](#). Questions and support with the registration form, email kristeno@phinneycenter.org

Power of Community Fundraiser (In-Person @ Ballard Elks Club): Join us for an inspiring fundraiser luncheon with stunning views, nourishing food, and legacy makers past and present as we celebrate 45 years of the PNA's commitment to a stronger, more resilient community. More information and tickets [here](#).

Early-Stage Memory Loss Spousal Support Group (Online): Support group for spouses whose partners are living with Mild Cognitive Impairment to early-stage memory loss, including early-stage Alzheimer's. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, sharing a diagnosis with others, driving, safety, navigating changing relationships and responsibilities, among others.

Mid-Stage Memory Loss Spousal Support Group (Online): Support group for spouses whose partners are living with Mild Cognitive Impairment to early-stage memory loss, including early-stage Alzheimer's. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, talking about engaging partners as their dementia progresses, incontinence, changing safety concerns, and continuing to navigate changing relationships and responsibilities, among others.

Advanced Dementia Spousal Support Group (Online): Support group for spouses whose partners living with dementia have moved into a care facility. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. These may include, but are not limited to, the challenges of coordinating care, advocating for partners, considering level of care intervention, and adjusting to living without their partners in their homes.

Dementia Caregiver Support Group (In-Person): Support group for anyone who is a caregiver for someone living with dementia in any stage. This group provides a space for participants to bring their questions, concerns, frustrations to the group; and to hear from and support others. RSVP kristeno@phinneycenter.org

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