



## Greenwood Senior Center Caregiver Programs June 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
31	1	2	3 <b>Advanced Spousal Group</b> <i>Online</i> <b>1-2:30pm</b>	4	5	6
7	8	9 <b>ESML Spousal Group A</b> <i>Online</i> <b>10:30-12pm</b>  <b>ESML Spousal Group B</b> <i>Online</i> <b>1-2:30pm</b>	10	11	12	13
14	15	16	17 <b>Dementia Resource Fair</b> <i>In-Person</i> <b>2-4pm</b>	18	19	20
21	22 <b>Dementia Caregiver Group</b> <i>In-Person</i> <b>10:30-12pm</b>	23 <b>Mid-Stage Spousal Group</b> <i>Online</i> <b>10:30-12pm</b>	24	25	26	27
28	29	30	July 1	2	3 <b>NO Programs</b>  GSC CLOSED  4 <sup>th</sup> OF JULY OBSERVANCE	4

Email [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org) to sign up for any of these programs.



# Greenwood Senior Center Caregiver Programs

## Program Descriptions

**Dementia Resource Fair (in-person):** Come browse and speak with vendors to see how they can support those living with dementia and care partners. Vendors will include social enrichment programs, adult day programs, senior housing advisors, and geriatric care managers, among others! To register, call (206) 297-0875.

**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 any stage of dementia. 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](mailto:kristeno@phinneycenter.org)

Email [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org) to sign up for any of these programs.