Greenwood Senior Center Caregiver Programs

November 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2	3	4 Advanced Spousal Group (*online)* 1-2:30pm	5	6	7
8	9	10 ESML Spousal Group A (*online*) 10:30-12pm ESML Spousal Group B *(online)* 1-2:30pm	11	12	13	14
15	16	17	18	19	20	21
22	23 Dementia Caregiver Group (*in-person)* 10:30-12pm	24 Mid-stage Spousal Group (*online*) 10:30-12pm	25	26 ***GSC Closed***	27 ***GSC Closed***	28
29	30	December 1	2	3	4 Dealing with Dementia (*in-person)* 10-2pm	5

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Program Descriptions

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 mid-stage dementia. This group provides a space for participants to bring their questions, concerns and frustrations to the group; and to hear from and support others. Topics may include, but are not limited to, talking about incontinence, changing safety concerns, wandering, mood changes, 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

Dealing with Dementia Workshop (In-Person): Do you need help in the following areas? Understanding dementia; Managing challenges; Handling stress; Finding time for you. Space is limited to 20 people. Pre-registration is required. Register by emailing kristeno@phinneycenter.org. This is being offered in partnership with the Seattle Public Library.