Greenwood Senior Center Caregiver Programs

December 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	31	1	2 **Advanced Spousal Group** (online) 1-2:30pm	3 **Senior Morning @ Ladies Room Greenwood** 10-12pm	4 **Dealing with Dementia Workshop** (In-person) 10am-2pm	5
6	7	8	9 **ESML Spousal Group B** (online) 1-2:30pm	10 **ESML Spousal Group A** (online) 10:30-12:00pm	11	12
13	14	15 **Dementia Caregiver Group** (in-person) 10:30-12pm	16	17	18	19
20	21 **Intergenerational Holiday Party** 1-3pm	22 **Mid-Stage Spousal Group** (online) 10:30-12:00pm	23	24 **GSC CLOSED Winter Break**	25 **GSC CLOSED Winter Break**	26
27	28 **GSC CLOSED Winter Break**	29 **GSC CLOSED Winter Break**	30 **GSC CLOSED Winter Break**	31 **GSC CLOSED Winter Break**	January 1 **GSC CLOSED Winter Break**	2

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

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Program Descriptions

Dealing with Dementia Workshop (in-person): Workshop for those caring for someone living with dementia. Provides information and education on dementia, navigating behaviors, caring for yourself while caregiving, and more. Registration required. Email Kristeno@phinneycenter.org to register.

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.

Intergenerational Holiday Party (in-person): Join the PNA Village and the Greenwood Senior Center for a holiday party planned by students from Lincoln High School. Mix and mingle with local teens, share holiday cheer, and enjoy a fun intergenerational afternoon of connection and community. Your RSVP is appreciated at 206-789-1217 or village@phinneycenter.org.

Senior Morning @ Ladies Room (in-person): NOT a GSC program or caregiver-specific but a great opportunity to treat yourself if you identify as a woman. They have a strong interest in supporting caregivers of people living with dementia and those living with a diagnosis, if appropriate. More information on the flyer. You can find general information online at https://www.ladiesroom206.com/. Ladies Room Seattle Spa, 8538 1st Ave NW, Seattle, WA 98117.

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