

OLD FRIENDS



Learn about Vashon's Newest Club!

The Vashon Senior Center and Vashon Care Network, in partnership with the Presbyterian Church, plan to launch the Vashon Island Old Friends Club, a community-based daytime program for adults living with dementia or cognitive decline. It will be a place for social engagement and friendship with well-managed, supervised care. While members enjoy time with friends, their caregivers get reliable, much-needed time to recharge and focus on self-care.

The program will initially be offered five hours a day, one day a week. Activities will include games, art, music, gentle exercise and a healthy lunch, all geared to individual needs. Participants will pay a fee to cover expenses.

Join us to learn more and consider possible respite time for you and your loved one. Wednesday, April 30, 7:00 – 8:00 pm at the Vashon Presbyterian Church, 17708 Vashon Highway, SW. or attend on Zoom: (<https://zoom.us/j/442169680>)

For more information, contact Carol Spangler, 206.708.3153, carolspangler80@gmail.com or Laretta Hyde, 206.794-7769, laurettahyde721@gmail.com