



## About Old Friends Club

*The mission of Old Friends Club is to empower communities to cultivate joy in the lives of adults with cognitive challenges and nourish the well-being of family caregivers.*

Old Friends Club is a community-based social respite program that works to provide reliable, scheduled relief to those caring for a friend or family member living with dementia. Our Club is a place of friendship and belonging for those living with dementia, where we share life together through conversation, music, art, games, exercise, and a meal. While they enjoy the Club, caregivers have reliable respite – practical chunks of time to recharge and tend to other needs.

A typical five-hour program at the Old Friends Club includes:

- Low-impact social time to encourage group engagement and support
- Light physical activities
- Art and other creative projects
- Group-oriented games and other forms of cognitive stimulation
- Lunch, snacks, and light refreshments throughout the day

Other events may also appear in our programming, including guest performers from around our area, including musicians, presenters, and more, as well as some activities facilitated by those groups. Programming is constantly reviewed and updated to make sure it is aligned with the interests and passions of the members.

## Who are these programs for?

While the need for respite endures throughout the progression of a diagnosis, Old Friends Club does not provide medical services, health monitoring, or medication assistance and is designed as a social model. This means that members need to be able to self-administer medications, participate in a small-group setting, and be able to self-toilet or wear adult undergarments.

## Program Basics

- Our program is currently offered two a week Tuesdays and Thursdays. Five hours per day, 9:30-2:30.
- Membership is capped at 12 members with two staff members and up to 5 supporting program volunteers.
- To ensure that scheduled respite is not prevented by an already-full program for the day, program membership is maintained on a monthly-basis, ensuring that your loved one's spot is always saved.
- Program fees are based on an all-inclusive rate of \$425/month for one session a week. Two days a week when space is available is \$795/month.
  - Program fees are prorated for partial months for new members.

- Flat rate membership fees include funds for program supplies/activity costs as well as a daily lunch and snacks.
- If you carry Long Term Care Insurance, check with the provider to see if day program services are a covered benefit.
- Please inquire about scholarship fund if cost is a barrier.

## Current Program Information

### Camano Center Program

Tuesdays and Thursdays 9:30 - 2:30,

Camano Center, 606 Arrowhead Road, Camano Island, WA

## How to Join

Fill out the Initial Inquiry Form and submit it along with your contact information to start the registration process. If you are interested in a visit prior to completing an inquiry form, just call us at the Camano Center to set up a time to visit on a Thursday when our club is scheduled to meet.

1. Fill out an [INITIAL INQUIRY FORM](#)

Your form may also be sent to us via email ([info@camanocenter.org](mailto:info@camanocenter.org)), or mailed (606 Arrowhead Road,

Camano Island, WA 98282)

2. Camano Center's program staff will contact you to continue the application process.

**Have other questions about our social respite program? Give us a call!  
360-387-0222**