

2024



Dementia Hub

February

Events Calendar

Scan to RSVP or for more Info



LEGEND

- for Care Partners
- Dementia Friendly
- Community Wide
- for Professionals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Finding Meaning & Hope (10 week Caregiver Series) 1:00-2:30pm WEEK #3 *RSVP	2 Dementia Experience 10:00-11:30am Respite Available	3
4	5	6 Diabetes Education Class (DEEP) WK#6 10am-12p ***** Memory Cafe 1:00pm-2:30pm	7 Memory Cafe 9:30-11:00am	8 Finding Meaning & Hope (10 week Caregiver Series) 1:00-2:30pm WEEK #4 *RSVP	9 MONTHLY MINGLE Valentine Paint Swipe 2-3:30pm *RSVP required	10
11	12 A Matter of Balance 8 Week Workshop Week #1 10-12pm	13 Memory Cafe 1:00-2:30pm	14 Memory Cafe 9:30-11:00am <3 <3 <3 <3 <3 .	15 Finding Meaning & Hope (10 week Caregiver Series) 1:00-2:30pm WEEK #5 *RSVP	16 Dementia Basics Zoom 10-11am **** Moments Matter Choir Rehearsal Begins 1-2:30pm	17
18	19 A Matter of Balance Week #2 10-12pm Memory Screenings 1:00-3:00pm *RSVP required	20 Memory Cafe 1:00-2:30pm	21 Memory Cafe 9:30-11:00am	22 COPE Skills Workshop 10-11am Finding Meaning & Hope Week #6 1:00-2:30pm	23 Dementia Experience 10:00-11:30am Choir Rehearsal WK#2 1- 2:30pm	24
25	26 A Matter of Balance Week #3 10-12pm	27 Memory Cafe 1:00-2:30pm	28 Memory Cafe 9:30-11:00am	29 Finding Meaning & Hope (10 week Caregiver Series) 1:00-2:30pm WEEK #7 *RSVP		

Welcome to the Dementia Hub!

We're a community of people determined to find the JOY that each day can bring, despite this difficult diagnosis. At the Dementia Hub, you'll find support for you and your family as you walk through the dementia journey – helping you discover knowledge, love, beauty, and laughter along the way.

EVENT QUESTIONS?

Contact Terri:
Terri@oakwoodcreativecare.org
(480)625-3867

6915 E. Main Street
Mesa, Arizona 85207

(480)625-3867

www.oakwoodcreativecare.org

Memory Café

For people living with dementia and their care partner. Enjoy coffee and pastries, support groups, and dementia-friendly engagement classes.

Tues: Feb. 6 America's Rodeo; Feb. 13 Mardi Gras
Feb. 20 America's National Parks; Feb. 27 Love Songs

Weds: Feb. 7 Greeting Card Workshop; Feb. 14 Love Songs
Feb. 21 Floral Design & Drawing
Feb. 28 February Presidents

Dementia Experience

Briefly step into the shoes of a person living with dementia with this hands-on, experiential training. Please contact us to reserve a time.

Dementia Basics Training

Join this global movement and transform how you think, act, and talk about memory loss. Gain a critical understanding of dementia, its common types, and how to turn that understanding into action. After the free 1-hour session, you'll become a Dementia Friend in your community!

Monthly Mingle

Valentine Paint Swipe - Friday February 9th, 2:00-3:30pm

Come have some fun with your Hub friends! Laurel Smith from Family Home Care will be teaching us a new painting technique for some take home Valentine decor.

*RSVP required <3 <3 <3 <3 <3 <3 <3 <3 <3 <3

Welcome Sessions

There are several tools, resources, and support options available locally for families affected by dementia. Call to schedule a Welcome Session with a Hub Team Member at (480) 625-3867.

This Month's Highlights

2/1/24 1-2:30 pm Finding Meaning & Hope Series Continues Thursdays through March 21st. Participants regain hope and build resilience while facing the everyday challenges of loving someone with dementia. RSVP for Wait list or Virtual Option.

2/6/24 1-2:30 pm NEW Memory Cafe Option
Join us for our new Tuesday Afternoon Memory Cafes (or Wednesday mornings)

2/12/24 10-12pm New 8 Week Workshop Begins
A Matter of Balance- Do you have concerns about falling? Emphasis will be on reducing fear and improving strength, flexibility, and balance to prevent falls.

2/16/24 Moments Matter Choir Rehearsal Fridays 1-2:30pm (8 Weeks) Feb.16-April 5 with Performance on April 6. A fabulous Season of the 60s! Be sure to sign up with Jessica soon!

2/22/24 10:00-11:00am COPE Skills Workshop-
Join our wonderful Occupational Therapists to learn practical tips to use at home for difficult care challenges.

COPE Corner

COPE stands for "Care of Older People in their Environment". The COPE Program is for people living with dementia and their families, including those living alone or living with intellectual disabilities and dementia. The specially trained COPE team brings families unique holistic and medical skillsets to teach individualized strategies for care challenges at home. Call us to see if you qualify for this hybrid home-based program of up to 10 sessions: 480-625-3867