

• Upcoming Events •

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
.	1 Memory Cafe 9:30 - 11:00 am	2 Mindful Beats 10:00 - 11:00 am
3	4 Dementia Friendly Basics 10:00 - 11:00 am RSVP Also available online	5	6 Caregiver Circle of Strength 10:00 - 11:00 am In Person or Online	7 Memory Cafe 9:30 - 11:00 am	8 Mindful Beats 10:00 - 11:00 am	9
10	11 Dementia Experience 10:00 - 11:30 am (RSVP)	12 Devotions with Richie - Book of Psalms 10:15 - 11:00 am	13 Book Club 2:00 - 3:00 pm RSVP	14 Memory Cafe 9:30 - 11:00 am	15 Mindful Beats 10:00 - 11:00 am	16
17	18 Free Memory Screen 10:00 - 2:00 pm (RSVP)	19 Chair Tai Chi 3:00 - 4:00 pm	20 Caregiver Circle of Strength 10:00 - 11:00 am In Person or Online Somatic Stress Release 1:00 - 2:00 pm	21 Memory Cafe 9:30 - 11:00 am	22 Mindful Beats 10:00 - 11:00 am	23
24	25 MEMORIAL DAY!	26 Mix & Mingle 3:00 - 4:00 pm RSVP	27 Welcome Session 10:00 - 12:00 pm RSVP	28 Memory Cafe 9:30 - 11:00 am	29 Mindful Beats 10:00 - 11:00 am	30

Welcome!

We're a community of people who are determined to find the JOY that is possible in each day – despite having a difficult diagnosis. At The Oakwood Hub, you'll find support for yourself and your family as you navigate the dementia journey, helping you discover knowledge, love, beauty, and laughter along the way.

Event Questions?

We're here to help! Give us a call today:

(480) 788-2969

MEMORY CAFE

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

Every Thursday, from 9:30 - 11:00 am

WELCOME SESSIONS

Join us on Wednesday, May 27, from 10:00 - 12:00 pm and learn about local tools, resources, and support options for families affected by dementia.

Call to schedule a Hub Welcome Session at
(480) 788-2969

FREE MEMORY SCREENING

Come by for a quick & easy healthy brain check-up! This short evaluation takes just a few minutes and tests memory and other thinking skills to help determine if a more formal evaluation could be a benefit to you or your loved one.

DEMENTIA EXPERIENCE

Step into the shoes of a person living with dementia with this hands-on, experiential training. Contact us to reserve a time. Monday, May 11, from 10:00 - 11:30 am.

Please RSVP. Space is limited!

THIS MONTH'S HIGHLIGHTS

***Caregiver Circle of Strength** (5/6 & 5/20): Board-Certified Health Coach Alika will be here to dedicate an hour to focusing on you. Connect with others, take time to breathe, and celebrate moments of gratitude with fellow caregivers. ***Respite available or tune in online via ZOOM!**

To join, follow this link: <https://bit.ly/3OKsWi0>

Mindful Beats (Every Friday at 10:00 AM): Join professional percussionist Simone Mancuso for a musical jam session!

Devotions with Richie (5/12): Join us for a mid-morning devotional session with Richie! Together, we'll discuss some passages from the Book of Psalms.

Book Club Discussion (5/13): This is where care partner support group meets book club! Join us for a discussion of our read through "The Gift" by Edith Eger. **Respite available!**

Chair Tai Chi (5/19): Stretch & move your muscles with Chair Tai Chi, an easily modifiable and accessible exercise fit for every person.

Mix & Mingle (5/26): Come connect with fellow care partners and loved ones who share a similar journey! This event is open to everyone! We'll have fruity drinks on the menu, plus plenty of time to mix, mingle, and share some JOY,

HEALTHY LIVING & RESILIENCE SERIES:

With Amy McLean, Healthy Living Nurse Practitioner:

Somatic Stress Release (5/20): Stress lives in every part of your body, but it doesn't have to! Caregivers are invited to come learn different techniques for identifying stress, then relieving it in a healthy & safe way.

COPE CORNER

Oakwood Creative Care is the first in Arizona to offer the COPE program (Care of Older People In their Environment): highly customized support through home sessions for families living with dementia. Address common challenges and caregiver concerns. COPE is covered by Medicare Part B, some other insurances, private pay, and local funding options to support you and your family. Call (480)361-9791, email marykay@oakwoodcreativecare.org, or stop by the COPE Outpatient Clinic at the Hub for more details.