



MAY

2026

• Upcoming Events •

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>● Area Agency on Aging Hours</p> <p>Friday, 5/1 10:00 am - 3:00 pm By appointment only!</p>	<p>1 A Matter of Balance (pt. 5) 1:00 - 3:00 pm</p> <p>Mindful Beats 3:00 - 4:00 pm</p>	2
3	<p>4 Free Memory Screenings 11:00 - 12:00 pm</p> <p>Faith Based Book Discussion 1:00 - 2:00 pm</p>	<p>5 Memory Cafe 1:00 - 2:30 pm</p>	<p>6 Memory Cafe 9:30 - 11:00 am</p> <p>Chair Yoga 3:00 - 4:00 pm</p>	<p>7 Permission to Grieve 10:00 - 11:00 am</p>	<p>8 A Matter of Balance (pt. 6) 1:00 - 3:00 pm</p> <p>Mindful Beats 3:00 - 4:00 pm</p>	9
10	<p>11 Welcome Session 11:00 - 12:00 pm</p> <p>Faith Based Book Discussion 1:00 - 2:00 pm</p>	<p>12 Memory Cafe 1:00 - 2:30 pm</p>	<p>13 Memory Cafe 9:30 - 11:00 am</p> <p>Somatic Stress Release 1:00 - 2:00 pm</p>	<p>14 Sound Bath 11:00 - 12:00 pm</p> <p>Dementia Friendly Basics 1:00 - 2:00 pm</p>	<p>15 Mindful Beats 3:00 - 4:00 pm</p>	16
17	<p>18 Faith Based Book Discussion 1:00 - 2:00 pm</p> <p>Courageous Conversations 1:30 - 3:00 pm</p>	<p>19 Memory Cafe 1:00 - 2:30 pm</p>	<p>20 Memory Cafe 9:30 - 11:00 am</p>	<p>21 Dementia Experience 10:00 - 11:30 am</p> <p>Permission to Grieve 10:00 - 11:00 am</p>	<p>22 Mindful Beats 3:00 - 4:00 pm</p>	23
24	<p>25 MEMORIAL DAY!</p>	<p>26 Memory Cafe 1:00 - 2:30 pm</p>	<p>27 Memory Cafe 9:30 - 11:00 am</p>	<p>28 Living Well with Dementia 10:00 - 11:00 am</p> <p>Monthly Mingle 3:00 - 4:30 pm</p>	<p>29 Book Discussion: <i>The Energy Bus</i> 10:00 - 11:00 am</p> <p>Mindful Beats 3:00 - 4:00 pm</p>	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) 625-3867

MEMORY CAFE

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

Every Tuesday 1:00 - 2:30 pm, & Wednesday 9:30 - 11:00 am

DEMENTIA EXPERIENCE

Step into the shoes of a person living with dementia with this hands-on, experiential training. Contact us to reserve a time. Thursday, May 24, from 10:00 - 11:30 am.

Please RSVP. Space is limited!

DEMENTIA FRIENDLY BASICS TRAINING

Become a Dementia Friend in your community! Learn about dementia and how to make an impact in this free 1-hour session.

MONTHLY MINGLE

Come mix & mingle with us on Thursday, May 28! This event is open to all care partners and loved ones looking for a chance to connect with others who share a similar journey.

WELCOME SESSIONS

Join us on April 11, from 11:00 am - 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) 625-3867

THIS MONTH'S HIGHLIGHTS

Chair Yoga (5/6): Stretch and reset your mind & body with our friends from Yoga's Arc!

Free Memory Screenings (5/4 - RSVP ONLY): Come by for a quick & easy healthy brain check-up! This short evaluation tests memory and other thinking skills to help determine if a more formal evaluation could be a benefit to you or your loved one.

Mindful Beats (Friday at 3:00 PM): Join professional percussionist Simone Mancuso for a hands-on jam session that teaches the benefits of sound & rhythm for the mind & body.

A Matter of Balance (Friday 5/1 & 5/8 at 1:00 - 3:00 PM): Join professionals from AT Still University for an 8-week series about managing concerns about falls.

Faith Based Book Discussion (Every Monday at 1:00 PM): Take part in a weekly read through *A Praying Life* by Paul Miller. We will cover one chapter per week together.

Permission to Grieve (5/7 & 5/21): Everyone grieves differently. Join us for a care partner support group hosted by HOV for discussing all the different types of grief and ways to cope.

Sound Bath (5/14): Bye-bye, stress! Join Alex from Noble Hospice for a relaxing sound bath experience!

Courageous Conversations (5/18): Tackle the "courageous conversations" that make life easier – this session will focus on key estate-planning elements and often-overlooked decisions that can create stress for families if left unspoken. Hosted by Elaine Poker-Yount.

Living Well with Dementia (5/28): Don't just manage your condition – embrace life and all its possibilities! Join us for a FREE workshop designed to help those with mild to moderate cognitive changes rediscover joy, purpose, and connection post-diagnosis.

Book Discussion "The Energy Bus" (5/29): Let's dive into *The Energy Bus* by Jon Gordon, a 10-step guide to fuel your life, work, and team with positive energy.

HEALTHY LIVING & RESILIENCE SERIES:

With Amy McLean, Healthy Living Nurse Practitioner:

- **Somatic Stress Release (5/13):** Join us for our next installment of Somatic Stress Release and together, we'll uncover safe & practical ways to pinpoint and alleviate our stress levels.

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.