



# JUNE

2026

## • Upcoming Events •

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
.	<b>1</b> Free Memory Screenings 11:00 - 12:00 pm  Faith Based Book Discussion 1:00 - 2:00 pm	<b>2</b>  Memory Cafe 1:00 - 2:30 pm	<b>3</b> Memory Cafe 9:30 - 11:00 am  Chair Yoga 3:00 - 4:00 pm	<b>4</b> Living Well w/ Dementia 10:00 - 11:00 am  Permission to Grieve 10:00 - 11:00 am	<b>5</b>  Mindful Beats 12:00 - 1:00 pm	<b>6</b>
7	<b>8</b> Welcome Session 10:00 am - 12:00 pm  Faith Based Book Discussion 1:00 - 2:00 pm	<b>9</b>  Memory Cafe 1:00 - 2:30 pm	<b>10</b> Memory Cafe 9:30 - 11:00 am  <b>Somatic Stress Release</b> <b>1:00 - 2:00 pm</b>	<b>11</b> Living Well w/ Dementia 10:00 - 11:00 am  Dementia Friendly Basics 1:00 - 2:00 pm	<b>12</b>  Mindful Beats 12:00 - 1:00 pm	<b>13</b>
14	<b>15</b>  Faith Based Book Discussion 1:00 - 2:00 pm	<b>16</b>  Memory Cafe 1:00 - 2:30 pm	<b>17</b> Memory Cafe 9:30 - 11:00 am  <b>DICE Training</b> <b>1:30 - 2:30 pm</b>	<b>18</b> Dementia Experience 10:00 - 11:30 am  Living Well w/ Dementia 10:00 - 11:00 am  Permission to Grieve 10:00 - 11:00 am	<b>19</b>  Mindful Beats 12:00 - 1:00 pm	<b>20</b>
<b>21</b>  <b>FATHER'S DAY!</b>	<b>22</b>  Faith Based Book Discussion 1:00 - 2:00 pm	<b>23</b> Immersive Sound Experience 11:00 - 12:00 pm  Memory Cafe 1:00 - 2:30 pm	<b>24</b>  Memory Cafe 9:30 - 11:00 am	<b>25</b>  Living Well w/ Dementia 10:00 - 11:00 am	<b>26</b> Mindful Beats 12:00 - 1:00 pm  Monthly Mingle 3:00 - 4:30 pm	<b>27</b>
28	<b>29</b>  Faith Based Book Discussion 1:00 - 2:00 pm	<b>30</b>  Memory Cafe 1:00 - 2:30 pm	.	.	.	.

# 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

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## DEMENTIA EXPERIENCE

Step into the shoes of a person living with dementia with this hands-on, experiential training. Contact us to reserve a space. Thursday, June 18, from 10:00 - 11:30 am.

**Please RSVP. Space is limited!**

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## 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.

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## MONTHLY MINGLE

Come mix & mingle with us on Friday, June 26! This event is open to all care partners and loved ones looking for a chance to connect with others who share a similar journey.

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## WELCOME SESSIONS

Join us on Monday, June 8, 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

**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.

**Free Memory Screenings** (6/1 - 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.

**Chair Yoga** (6/3): Stretch and reset your mind & body with our friends from Yoga's Arc!

**Mindful Beats \*NEW TIME\*** (Every Friday at 12:00 PM:) Join professional percussionist Simone Mancuso for a hands-on jam session that teaches the benefits of sound & rhythm for the mind & body.

**Permission to Grieve** (6/4 & 6/18): Everyone grieves differently. Join us for a care partner support group hosted by Heart of Healing Hospice for discussing all the different types of grief and ways to cope.

**Immersive Sound Experience** (6/23): Bye-bye, stress! Join Alex from Noble Hospice for a relaxing sound bath experience!

**Living Well with Dementia** (Every Thursday, 6/4 - 6/25): Don't just manage your condition – embrace life and all its possibilities! Join us for a FREE weekly workshop designed to help those with mild to moderate cognitive changes rediscover joy, purpose, and connection post-diagnosis.

### HEALTHY LIVING & RESILIENCE SERIES:

*With Amy McLean, Healthy Living Nurse Practitioner:*

- **Somatic Stress Release** (6/10): 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.
- **DICE Training** (6/17): Take part in a FREE empowering educational session introducing the DICE Model, a proven framework that helps caregivers and professionals make sense of behavioral and emotional changes.

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## 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 [deanna@oakwoodcreativecare.org](mailto:deanna@oakwoodcreativecare.org), or stop by the COPE Outpatient Clinic at the Hub for more details.