the hub
AT OAKWOOD CREATIVE CARE

NOVEMBER

• Upcoming Events •

2026

(R) = Respite Available!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Living Well with Dementia 10:00 - 11:00 am (RSVP)	3 Memory Cafe 1:00 - 2:30 pm (R)	4 Memory Cafe 9:30 - 11:00 am (R) Free Memory Screenings 1:00 - 2:00 pm (RSVP) (R)	5 Permission to Grieve 10:00 - 11:00 am (R)	6 Choir Practice 1:30 - 3:00 pm (RSVP)	7
8	9 Chair Yoga 10:00 - 11:00 am (RSVP) (R) Living Well with Dementia 10:00 - 11:00 am (RSVP)	10 Memory Cafe 1:00 - 2:30 pm (R)	11 Memory Cafe 9:30 - 11:00 am (R)	12 Dementia Experience 10:00 - 11:30 am (RSVP) (R) Dementia Friendly Basics 10:00 - 11:00 am (RSVP) (R)	13 Welcome Session 11:00 am - 12:00 pm (RSVP) (R) Choir Practice 1:30 - 3:00 pm (RSVP)	14 Stand by Me Choir Performance 11:00 - 12:00 pm (RSVP)
15	16 Living Well with Dementia 10:00 - 11:00 am (RSVP)	17 Memory Cafe 1:00 - 2:30 pm (R)	18 Memory Cafe 9:30 - 11:00 am (R) Communication That Connects 1:00 - 2:00 pm (R)	19 Permission to Grieve 10:00 - 11:00 am (R) Area Agency on Aging 10:00 am - 3:00 pm(RSVP) (R)	20 Monthly Mingle 3:00 - 4:30 pm (RSVP)	21
22	23 Living Well with Dementia 10:00 - 11:00 am (RSVP)	24 Memory Cafe 1:00 - 2:30 pm (R)	25 Memory Cafe 9:30 - 11:00 am (R)	26 HAPPY THANKSGIVING!	27	28
29	30 Living Well with Dementia 10:00 - 11:00 am (RSVP) Navigating the Healthcare System 1:00 - 2:30 pm (R)	.	.	.	.	.

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 space. Thursday, November 12, 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 Friday, November 20! This event is open to all care partners and loved ones looking for a chance to connect with others who share a similar journey. This month, we'll be getting creative with Thanksgiving leftovers!

WELCOME SESSIONS

Join us on Friday, November 13, 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

Permission to Grieve (11/5 & 11/19): 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. Respite available.

Living Well with Dementia (Every Monday): Join us for a free workshop designed specifically for adults living with mild to moderate cognitive changes.

Chair Yoga (11/9 - Please RSVP): Stretch and reset your mind & body with our friends from Yoga's Arc!

Free Memory Screenings (11/4 - 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.

Communication That Connects (11/18 - Please RSVP): Take part in a health-based presentation and discussion about the power of communication in everyday care journeys.

Area Agency on Aging (11/19 - Appointments Only!): Looking for resources and support options tailored specifically to your family's needs. Come meet with the Area Agency on Aging at The Hub!

Navigating the Healthcare System (11/30): Have questions about healthcare? Join Bobbie Boyd with Heart of Healing Hospice & Andrea Grech with Always Best Care for an educational presentation & discussion.

MOMENTS MATTER CHOIR

The Moments Matter Choir is back for another show-stopping season! Join us on **Saturday, November 14, at 11:00 AM** at the Leisure World Ballroom for their grand performance! Our choir members will be gracing us with their musical talents and a journey through all your favorite 60s hit melodies.

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, or stop by the COPE Outpatient Clinic at the Hub for more details.