the hub
AT OAKWOOD CREATIVE CARE
Chandler

# NOVEMBER 2026

## • Upcoming Events •

(R) = Respite Available!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1 | 2<br>Living Well w/ Dementia<br>10:30 - 11:30 am (RSVP) | 3 | 4<br>Surviving the Holidays<br>11:30 am - 12:30 pm<br>(RSVP) (R) | 5<br>Memory Cafe<br>9:30 - 11:00 am | 6<br>Somatic Sound Healing<br>2:00 - 3:00 pm<br>(RSVP) (R) | 7 |
| 8 | 9<br>Living Well w/ Dementia<br>10:30 - 11:30 am (RSVP) | 10 | 11<br>More Than a Bathroom Issue<br>10:30 am - 11:30 am<br>(RSVP) (R) | 12<br>Memory Cafe<br>9:30 - 11:00 am | 13<br>Free Memory Screening<br>1:00 - 2:00 pm<br>(RSVP) (R) | 14 |
| 15 | 16<br>Dementia Basics Training<br>10:30 - 11:30 am<br>(RSVP) (R) | 17<br>Dementia Experience<br>1:00 - 2:00 pm<br>(RSVP) (R) | 18 | 19<br>Memory Cafe<br>9:30 - 11:00 am | 20<br>Somatic Sound Healing<br>2:00 - 3:00 pm<br>(RSVP) (R) | 21 |
| 22 | 23<br>Memory Cafe:<br>Thankful Together<br>9:30 - 11:00 am | 24 | 25 | 26<br>HAPPY THANKSGIVING! | 27 | 28 |
| 29 | 30<br>Mix & Mingle<br>3:00 - 4:00 pm<br>(RSVP) (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) 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

Come learn about local tools, resources, and support options for families affected by dementia.

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

## MIX & MINGLE

Connect with fellow care partners, loved ones, and friends from The Hub during our monthly Mix & Mingle! This event is always free and *always* open to everyone!

Friday, October 23, 3:00 - 4:00 PM

## MEMORY CAFE: THANKFUL TOGETHER

Join us at The Hub the week of Thanksgiving for a special Memory Cafe experience! Come in for pastries and coffee, and stay for our caregiver support groups.

Monday, November 23rd
9:30 - 11:00 am

## THIS MONTH'S HIGHLIGHTS

**Living Well with Dementia** (Mondays): Don't just manage your condition—embrace life and all its possibilities! Join us for a FREE weekly workshop designed to help individuals rediscover joy, purpose, and connection post-diagnosis.

**Surviving the Holidays** (11/4): The holidays are the most festive time of the year, but they can also be the most stressful. Join us for a presentation & discussion about how to navigate the holidays while caring for a loved one.

**Somatic Sound Healing** (11/6 & 11/20): Led by Jennifer Nielsen of Zen Resonance Healing. As a Registered Nurse and Healing Arts Practitioner, Jennifer focuses on nervous system regulation through frequency, movement, and meditation.

**Free Memory Screening** (11/13): RSVP today for a quick healthy-brain check-up!

**Dementia Basics Training** (11/16): Gain a better understanding of dementia, what it is, and what it can look like with Mandy McConahay, our GUIDE Model Care Navigator.

**Dementia Experience** (11/17): Gain a first-hand understanding of life with dementia by through this free, hands-on experiential training that puts you right in their shoes.

**More Than a Bathroom Issue** (11/11): Join Amy McLean, Healthy Living Nurse Practitioner, for a discussion on "More Than a Bathroom Issue: How Constipation and Incontinence Affect Behavior, Comfort, and Care."

## 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.