THE CHRIS & SUZY DEWOLF FAMILY
INNOVATION CENTER
FOR AGING & DEMENTIA
of Mercy

Connections Events

January 2026

To request consideration for participation in the Connections Club or Living Your Best Life Group, contact Mary Ann Grobstich at *mgrobstich@mercycare.org* or call (319) 784-9200.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Connections Club** 10 a.m. to 1 p.m.	2 **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.
5	6 **Living Your Best Life** 10 to 11:30 a.m.	7 **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.	8 **Connections Club** 10 a.m. to 1 p.m.	9 **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.
12	13 **Living Your Best Life** 10 to 11:30 a.m.	14 **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.	15 **Connections Club** 10 a.m. to 1 p.m.	16 **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.
19	20 **Living Your Best Life** 10 to 11:30 a.m.	21 **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.	22 **Connections Club** 10 a.m. to 1 p.m.	23 **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.
26	27	28	29	30

See the reverse side for event descriptions

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9000 C Ave. NE | Cedar Rapids, IA 52302 | *www.dewolfinnovationcenter.org* | (319) 784-9200

Living Your Best Life & Connections Club

Connections Club is a volunteer-supported club for people living with early-stage dementia. It provides companionship, stimulating activities and respite for caregivers.

Living Your Best Life is a supportive group for people living with early-stage dementia. Participants meet other people living with a similar condition and share their experiences, concerns and questions, as well as discuss new ideas to live well. Each group focuses on navigating changes in daily life; family and social interactions; and planning for the future.

The DeWolf Innovation Center offers people living with dementia:

- **Connections Club**
- A group titled "**Living Your Best Life**"

The participants are selected for participation based on:

- Their interest and that of their care partner
- An assessment of needs to ensure that the needs can be met by volunteers
- Other members and their needs
- Volunteers available as facilitators or companions

Both the Family Caregivers Center and the DeWolf Innovation Center have always had a practice of making good matches. This is the situation with both the Connections Club and the Living Your Best Life groups.

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See the reverse side for calendar.