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

Connections Events

November 2025

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
3	4 **Living Your Best Life** 10 to 11:30 a.m.	**5** **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.	**6** **Connections Club** 10 a.m. to 1 p.m.	**7** **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.
10	**11** **Living Your Best Life** 10 to 11:30 a.m.	**12** **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.	**13** **Connections Club** 10 a.m. to 1 p.m.	**14** **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.
17	**18** **Living Your Best Life** 10 to 11:30 a.m.	**19** **Living Your Best Life** will not meet. **Connections Club** will not meet.	**20** **Connections Club** 10 a.m. to 1 p.m.	**21** **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** 10 a.m. to 1 p.m.
24	**25** **Living Your Best Life** 10 to 11:30 a.m.	**26** **Living Your Best Life** 10 to 11:30 a.m. **Connections Club** will not meet.	**27** **Office Closed** Happy Thanksgiving	**28** **Office Closed.** **Living Your Best Life** will not meet **Connections Club** will not meet.

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.