

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2023

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2

Mixed Peer Group
Crossroads Church
10:00am – 1:00pm
Caregiver Chat
Crossroads Church
11:30-12:30pm

3

Men's Peer Group
Crossroads Church
10:30-12:30pm
Caregiver Café -1:30pm
ZOOM

4

Ladies' Peer Group
Crossroads Church
11:00-12:30pm
Gentle Exercises 1:30pm
Zoom

5

In Person Support Group
Napanee Office 10:30am
- Noon
In Person Drop-in Group -
Normandy Retirement
1- 3:00pm

6



Office Closed

7

8



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10

Men's Peer Group
Crossroads Church
10:30-12:30pm
Caregiver Café -1:30pm
ZOOM
Caregiver Evening Chat
7:00pm - ZOOM

11

Ladies' Peer Group
Crossroads Church
11:00-12:30pm
Gentle Exercises 1:30pm
Zoom

12

In Person Support Group
Napanee Office 10:30am
- Noon
In Person Drop-in Group -
Normandy Retirement
1- 3:00pm

13

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16

Mixed Peer Group
Crossroads Church
10:00am-1:00pm
Caregiver Chat
Crossroads Church
11:30-12:30pm

17

Men's Peer Group
Crossroads Church
10:30-12:30pm
Caregiver Café -1:30pm
ZOOM

18

Ladies' Peer Group
Crossroads Church
11:00-12:30pm
Gentle Exercises 1:30pm
Zoom

19

Men's Caregiver Group Zoom
10am
In Person Support Group
Napanee Office 10:30am -
Noon
In Person Drop-in Group -
Normandy Retirement
1- 3:00pm

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23

Mixed Peer Group
Crossroads Church
10:00am-1:00pm
Caregiver Chat
Crossroads Church
11:30-12:30pm
Musical Happy Hour with
Max and Company
6:30pm - ZOOM

24

Men's Peer Group
Crossroads Church
10:30-12:30pm
Caregiver Café -1:30pm
ZOOM

25

Ladies' Peer Group
Crossroads Church
11:00-12:30pm
Gentle Exercises 1:30pm
Zoom

26

In Person Support Group
Napanee Office 10:30am
- Noon
In Person Drop-in Group -
Normandy Retirement
1- 3:00pm

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Kingston: Events Red: Person Living with a Diagnosis
Blue: Groups for Caregivers
Green: Special Events
Purple: Napanee Groups
Orange: All Welcome Caregivers and Persons Living with a Diagnosis