

Sunday

Monday

Tuesday

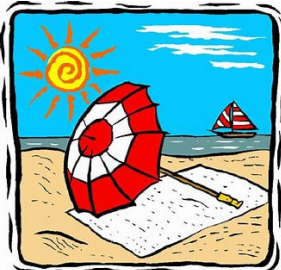
Wednesday

Thursday

Friday

Saturday

# August 2023

		1	2	3	4	5
		Caregiver Café - 1:30pm <u>ZOOM</u> NO In Person Activities - we're Moving!!!!	NO In Person Activities - we're Moving!!!!	In Person Support Group Napane Office 10:30am - Noon NO In Person Activities - we're Moving!!!!	NO In Person Activities - we're Moving!!!!	
6	7 Civic Holiday Office Closed 	8 Men's Peer Group 10:00am-Noon Caregiver Café - 1:30pm <u>ZOOM</u> Caregiver Evening Chat 7:00pm - <u>ZOOM</u>	9 Ladies' Peer Group 10:00am -Noon Gentle Exercises 1:30pm <u>Zoom</u>	10 In Person Support Group Napane Office 10:30am - Noon	11	12
All in Person groups will now be held at our Office Location 1200 Princess Street- Providence Village Please note the new times!						
13	14 Mixed Peer Group 10:00am – Noon Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u>	15 Men's Peer Group 10:00am -Noon Caregiver Café - 1:30pm <u>ZOOM</u>	16 Ladies' Peer Group 10:00am -Noon Gentle Exercises 1:30pm <u>Zoom</u>	17 In Person Support Group Napane Office 10:30am - Noon Men's Caregiver Group 10:00am <u>Zoom</u>	18	19
20	21 Mixed Peer Group 10:00am – Noon Caregiver Chat 11:00-Noon	22 Men's Peer Group 10:00am -Noon Caregiver Café - 1:30pm <u>ZOOM</u>	23 Ladies' Peer Group 10:00am -Noon Gentle Exercises 1:30pm <u>Zoom</u>	24 In Person Support Group Napane Office 10:30am - Noon NEW-In Person Caregiver Group Providence Village 6-8pm	25	26
27	28 Mixed Peer Group 10:00am – 1:00pm Caregiver Chat 11:00-Noon Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u>	29 Men's Peer Group 10:00am -Noon Caregiver Café - 1:30pm <u>ZOOM</u>	30 Ladies' Peer Group 10:00am -Noon Gentle Exercises 1:30pm <u>Zoom</u>	31 In Person Support Group Napane Office 10:30am - Noon	Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napane Groups Orange: All Welcome Caregivers and Persons Living with a Diagnosis	