

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Mixed Peer Group</b> <b>Caregiver Support Group</b> 10:00-Noon <b>Musical Happy Hour with Max and Wayne 6:30 pm</b> <u>ZOOM</u> <b>Memory Café 10-Noon</b> Napanee Office	3 <b>Men's Peer Group</b> 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in-office Caregiver of Parents <u>Zoom</u> 5:30 pm	4 <b>Ladies' Peer Group</b> 10:00 am -11:30 am  <b>Mind in Motion *</b> 1-3 pm	5 In-Person Support Group Napanee Office 10:30am - Noon <b>Memory Café Kingston</b> 1 - 3 pm Caregiver Support Group 10 am Kingston Office <b>Minds in Motion* 10am-Noon</b>	6	7
8	9 <b>Caregiver Support Group</b> 10:00-Noon  <b>Napanee Christmas Open House 10 am-Noon</b> (all are welcome to attend)	10 <b>Caregiver Evening Chat</b> <u>7:00 pm</u>	11 <b>Mind in Motion *</b> 1-3 pm	12 <b>Minds in Motion* 10am-Noon</b> <b>Christmas Open House</b> 1 - 3 pm in Office All Welcome! 	13	14
15	16 <b>Musical Happy Hour with Max and Wayne 6:30 pm</b> <u>ZOOM</u>	17	18	19	20	21
22	23	24 Office closes at Noon -see you back January 2nd Happy Holidays to All	25  Christmas Day	26  Boxing Day	27 Office Closed	28
29	30 Office Closed	1  New Year's Eve	<b>Kingston: Events Red:</b> Person Living with a Diagnosis <b>Blue:</b> Groups for Caregivers <b>Green:</b> Special Events <b>Purple:</b> Napanee <b>Orange:</b> All Welcome Caregivers and Persons Living with a Diagnosis <b>*Registration Required for Minds in Motion – See Colton for Details</b>			