

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2026

1 Tu B'Shevat Begins	2 Groundhog Day	3 Men's Peer Group 10:00 am - 12:00 pm 1:30 pm - 3:00 pm Caregiver Café 1:30 pm - 3:00 pm ZOOM or in-office Caregiver of Parents Zoom 5:30 pm	4 Ladies' Peer Group 10:00 am-11:30 am	5 Care Partner Support Group Napaneer Office 10:00 am-12:00 pm Coffee Social: Kingston Office Sip and Shuffle Cards 1:00-3:00 pm Caregiver Support Group Kingston Office 10:00 am - 12:00 pm	6	7
8	9	10 Men's Peer Group 10:00 am - 12:00 pm 1:30 pm - 3:00 pm Caregiver Café 1:30 pm - 3:00 pm ZOOM or in-office Caregiver Evening Chat ZOOM 7:00 pm	11 Ladies' Peer Group 10:00 am-11:30 am	12 Care Partner Support Group Napaneer Office 10:00 am-12:00 pm Coffee Social: Kingston Office Valentine Card Social 1:00-3:00 pm Caregiver Support Group Kingston Office 10:00 am - 12:00 pm	13	14 Valentine's Day
15	16  Office Closed No groups	17 Men's Peer Group 10:00 am - 12:00 pm 1:30 pm - 3:00 pm Caregiver Café 1:30 pm - 3:00 pm ZOOM or in-office	18 Ladies' Peer Group 10:00 am-11:30 am	19 Care Partner Support Group Napaneer Office 10:00 am-12:00 pm Coffee Social: Kingston Office Winter Guided Painting 1:00-3:00 pm Caregiver Support Group Kingston Office 10:00 am - 12:00 pm Kingston Office	20	21
22	23 Mixed Peer Group 10:00 am - 12:00 pm Caregiver Support Group 10:00 am - 12:00 pm Memory Café 1:00 pm - 3:00 pm Napaneer Office Musical Happy Hour with Max and Wayne 6:30 pm - 7:30 pm Zoom	24 Men's Peer Group 10:00 am - 12:00 pm 1:30 pm - 3:00 pm Caregiver Café 1:30 pm - 3:00 pm ZOOM or in-office	25 Ladies' Peer Group 10:00 am-11:30 am	26 Care Partner Support Group Napaneer Office 10:00 am-12:00 pm Coffee Social: Kingston Office Armchair Travel to France 1:00-3:00 pm Caregiver Support Group Kingston Office 10:00 am - 12:00 pm	27	28

**SIGN UP →**

First Link Learning Series for Caregivers - Thursday, February 12, 19, 26 and March 5th  
Contact [reception@alzking.com](mailto:reception@alzking.com) or call 613-544-3078