

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2024

1

2

3

In Person Support Group  
Napanee Office 10:30am  
- Noon  
Coffee Social 1 - 3pm



4

5

6

7

8

9

10

Mixed Peer Group &  
Caregiver Chat  
10:00-Noon  
Memory Café 10-Noon  
NEW at Napanee Office

Men's Peer Group  
10:00am -Noon  
& 1:30- 3:00pm  
Caregiver Café -1:30pm  
ZOOM or in office  
NEW Caregiver of Parents  
Zoom Support Group  
6:30pm

Ladies' Peer Group  
10:00am -11:30am  
Gentle Exercises 1:30pm  
Zoom

Valentines Art Drop in for  
Clients & Caregivers  
10 - 12 -please register  
In Person Support Group  
Napanee Office 10:30am  
- Noon  
Coffee Social 1 - 3pm

11

Mixed Peer Group &  
Caregiver Chat  
10:00-Noon  
Musical Happy Hour with  
Max and Company 6:30pm  
ZOOM  
Memory Café 10-Noon  
NEW at Napanee Office

Men's Peer Group  
10:00am -Noon  
& 1:30- 3:00pm  
Caregiver Café -1:30pm  
ZOOM or in office  
Caregiver Evening Chat  
7:00pm - ZOOM

Ladies' Peer Group  
10:00am -11:30am  
Gentle Exercises 1:30pm  
Zoom

In Person Support Group  
Napanee Office 10:30am  
- Noon  
Coffee Social 1 - 3pm  
Movie at Kingsbridge  
6:15 - 9:15pm

18

Office Closed!  
  
·HAPPY FAMILY DAY·

Men's Peer Group  
10:00am -Noon  
& 1:30- 3:00pm  
Caregiver Café -1:30pm  
ZOOM or in office

Ladies' Peer Group  
10:00am -11:30am  
Gentle Exercises 1:30pm  
Zoom

In Person Support Group  
Napanee Office 10:30am - Noon  
Coffee Social 1 - 3pm  
Virtual Caregiver Group  
5:30 - 7:00pm NEW TIME!  
Zoom  
Trivia Night 6-8pm

25

Mixed Peer Group &  
Caregiver Chat  
10:00-Noon  
Musical Happy Hour with  
Max and Company 6:30pm  
ZOOM  
Memory Café 10-Noon  
NEW at Napanee Office

Men's Peer Group  
10:00am -Noon  
& 1:30- 3:00pm  
Caregiver Café -1:30pm  
ZOOM or in office

Ladies' Peer Group  
10:00am -11:30am  
Gentle Exercises 1:30pm  
Zoom  
PAINT Night  
\$30 per person

In Person Support Group  
Napanee Office 10:30am  
- Noon  
Coffee Social 1 - 3pm  
Falls Prevention Session  
10:30 to Noon

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