







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>February 2025</b> Kingston: <b>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>						1
2	3	4	5	6	7	8
	<b>Mixed Peer Group</b> <b>Caregiver Support Group</b> 10:00-Noon <b>Memory Café</b> 10-Noon <b>Napanee Office</b>	<b>Men's Peer Group</b> 10:00am -Noon & 1:30- 3:00pm <b>Caregiver Café</b> -1:30pm <u>ZOOM</u> or in-office <b>Caregiver of Parents</b> <u>Zoom</u> 5:30 pm	<b>Ladies' Peer Group</b> 10:00 am -11:30 am	In-Person Support Group <b>Napanee Office</b> 10:30am – Noon <b>Drop In Kingston</b> 1 – 3 pm <b>Caregiver Support Group</b> 10 am Kingston Office		
9	10	11	12	13	14	15
	<b>Mixed Peer Group</b> <b>Caregiver Support Group</b> 10:00-Noon <b>Memory Café</b> 10-Noon <b>Napanee Office</b>	<b>Men's Peer Group</b> 10:00 am -Noon & 1:30- 3:00 pm <b>Caregiver Café</b> -1:30pm <u>ZOOM</u> or in-office <b>Caregiver Evening Chat</b> 7:00 pm	<b>Ladies' Peer Group</b> 10:00 am -11:30 am	In-Person Support Group <b>Napanee Office</b> 10:30am – Noon <b>Drop In Kingston</b> 1 – 3 pm <b>Caregiver Support Group</b> 10 am Kingston Office		
16	17	18	19	20	21	22
	 <b>FAMILY DAY</b> <b>OFFICE CLOSED</b> <b>Musical Happy Hour with Max and Wayne</b> 6:30 pm <u>ZOOM</u>	<b>Men's Peer Group</b> 10:00am-Noon & 1:30- 3:00 pm <b>Caregiver Café</b> -1:30pm <u>ZOOM</u> or in-office	<b>Ladies' Peer Group</b> 10:00 am -11:30 am	In-Person Support Group <b>Napanee Office</b> 10:30am – Noon <b>Drop In Kingston</b> 1 – 3 pm <b>Caregiver Support Group</b> 10 am Kingston Office	<b>NATIONAL CAREGIVERS DAY</b> 	
23	24	25	26	27	28	
	<b>Mixed Peer Group</b> <b>Caregiver Support Group</b> 10:00-Noon <b>Memory Café</b> 10-Noon <b>Napanee Office</b> <b>Musical Happy Hour with Max and Wayne</b> 6:30 pm <u>ZOOM</u>	<b>Men's Peer Group</b> 10:00am-Noon & 1:30- 3:00 pm <b>Caregiver Café</b> -1:30pm <u>ZOOM</u> or in-office	<b>Ladies' Peer Group</b> 10:00 am -11:30 am 	In-Person Support Group <b>Napanee Office</b> 10:30am – Noon <b>Drop In Kingston</b> 1 – 3 pm <b>Caregiver Support Group</b> 10 am Kingston Office		