

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

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

*Registration Required for Minds in Motion – See Colton for Details



Welcome Back -OFFICE
Opens up –
Happy New Year!

5	6	7	8	9	10	11
	<p>Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office</p>	<p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in-office Caregiver of Parents Zoom 5:30 pm</p>	<p>Ladies' Peer Group 10:00 am -11:30 am</p>	<p>In-Person Support Group Napanee Office 10:30am – Noon Drop In Kingston 1 – 3 pm Caregiver Support Group 10 am Kingston Office</p>		
12	13	14	15	16	17	18
	<p>Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office</p>	<p>Men's Peer Group 10:00 am -Noon & 1:30- 3:00 pm Caregiver Café -1:30pm ZOOM or in-office Caregiver Evening Chat 7:00 pm</p>	<p>Ladies' Peer Group 10:00 am -11:30 am</p>	<p>In-Person Support Group Napanee Office 10:30am – Noon Drop In Kingston 1 – 3 pm Caregiver Support Group 10 am Kingston Office</p>		
19	20	21	22	23	24	25
	<p>Mixed Peer Group Caregiver Support Group 10:00-Noon Musical Happy Hour with Max and Wayne 6:30 pm ZOOM Memory Café 10-Noon Napanee Office</p>	<p>Men's Peer Group 10:00am-Noon & 1:30- 3:00 pm Caregiver Café -1:30pm ZOOM or in-office</p>	<p>Ladies' Peer Group 10:00 am -11:30 am</p>	<p>In-Person Support Group Napanee Office 10:30am – Noon Drop In Kingston 1 – 3 pm Caregiver Support Group 10 am Kingston Office</p>		
26	27	28	29	30	31	
	<p>Mixed Peer Group Caregiver Support Group 10:00-Noon Memory Café 10-Noon Napanee Office Musical Happy Hour with Max and Wayne 6:30 pm ZOOM</p>	<p>Men's Peer Group 10:00am-Noon & 1:30- 3:00 pm Caregiver Café -1:30pm ZOOM or in-office</p>	<p>Ladies' Peer Group 10:00 am -11:30 am Care Partner Education Day – Napanee 9 am – 3 pm <small>(please register-see flyer)</small></p>	<p>In-Person Support Group Napanee Office 10:30am – Noon Drop In Group Kingston 1 – 3 pm Caregiver Support Group 10 am Kingston Office</p>		