

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2026



1

**Closed for the Holiday's**

New Year's Day

2

No Groups  
Office Open  
9:00 am - 4:30 pm

3

4

**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  
Napanee Office

5

**Men's Peer Group**  
10:00 am - 12:00 pm  
1:30 pm - 3:30 pm

Caregiver Café  
1:30 pm - 3:30 pm  
ZOOM or in-office

Caregiver of Parents  
Zoom 5:30 pm

6

**Ladies' Peer Group**  
10:00 am-11:30 am

7

Care Partner Support Group  
10:00 am - 12:00 pm  
Napanee Office

Kingston Drop-In Coffee Social  
1:00 pm – 3:00 pm

Caregiver Support Group  
10:00 am - 12:00 pm  
Kingston Office

8

9

10

11

**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  
Napanee Office

12

**Men's Peer Group**  
10:00 am - 12:00 pm  
1:30 pm - 3:30 pm

Caregiver Café  
1:30 pm - 3:30 pm  
ZOOM or in-office

Caregiver Evening Chat  
ZOOM 7:00 pm

13

**Ladies' Peer Group**  
10:00 am-11:30 am

14

Care Partner Support Group  
10:00 am - 12:00 pm  
Napanee Office

Kingston Drop-In Coffee Social  
1:00 pm – 3:00 pm

Caregiver Support Group  
10:00 am - 12:00 pm  
Kingston Office

15

16

**Frontenac's Night**  
7:00 pm  
Tickets for Sale  
email [mmoore@alzking.com](mailto:mmoore@alzking.com)

17

18

**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  
Napanee Office

Musical Happy Hour  
with Max and Wayne  
6:30 pm - 7:30 pm Zoom

19

**Men's Peer Group**  
10:00 am - 12:00 pm  
1:30 pm - 3:30 pm

Caregiver Café  
1:30 pm - 3:30 pm  
ZOOM or in-office

20

**Ladies' Peer Group**  
10:00 am-11:30 am

21

Care Partner Support Group  
10:00 am - 12:00 pm  
Napanee Office

Kingston Drop-In Coffee Social  
1:00 pm – 3:00 pm

Caregiver Support Group  
10:00 am - 12:00 pm  
Kingston Office

22

23

24

25

**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  
Napanee Office

Musical Happy Hour  
with Max and Wayne  
6:30 pm - 7:30 pm Zoom

26

**Men's Peer Group**  
10:00 am - 12:00 pm  
1:30 pm - 3:30 pm

Caregiver Café  
1:30 pm - 3:30 pm  
ZOOM or in-office

27

**Ladies' Peer Group**  
10:00 am-11:30 am

28

Caregiver Education Day -  
Napanee

Care Partner Support Group  
10:00 am - 12:00 pm  
Napanee Office

Kingston Drop-In Coffee Social  
1:00 pm – 3:00 pm

Caregiver Support Group  
10:00 am - 12:00 pm  
Kingston Office

29

30

31