


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 Office reopens Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	3 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	4 In Person Support Group Napaneer Office 10:30am - Noon Coffee Social 1 - 3pm	5	6
7	8 Mixed Peer Group & Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm <u>ZOOM</u>	9 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office Caregiver Evening Chat 7:00pm - <u>ZOOM</u>	10 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	11 In Person Support Group Napaneer Office 10:30am - Noon Coffee Social 1 - 3pm	12	13
14	15 Mixed Peer Group & Caregiver Chat 10:00-Noon	16 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	17 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	18 In Person Support Group Napaneer Office 10:30am - Noon Coffee Social 1 - 3pm	19  7:00pm at the Leons Centre \$19 a Ticket	20
21	22 Mixed Peer Group & Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm <u>ZOOM</u>	23 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	24 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	25 In Person Support Group Napaneer Office 10:30am - Noon Coffee Social 1 - 3pm Virtual Caregiver Group 5:30 - 7:00pm NEW TIME! <u>Zoom</u>	26	27
28	29 Mixed Peer Group & Caregiver Chat 10:00-Noon Caregiver Education Day Napaneer - see poster for details	30 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	31 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napaneer Orange: All Welcome Caregivers and Persons Living with a Diagnosis		