

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2023 KFL&A Alzheimer Society



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| | | | | | | | 1 |
| 2 | 3 Canada Day Holiday Observed Office Closed No Activities | 4 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u> | 5 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u> | 6 In Person Support Group Napanee Office 10:30am - Noon | 7 | 8 | |
| 9 | 10 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u> | 11 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u> Caregiver Evening Chat 7:00pm - <u>ZOOM</u> | 12 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u> | 13 In Person Support Group Napanee Office 10:30am - Noon | 14 | 15 | |
| 16 | 17 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm | 18 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u> | 19 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u> | 20 In Person Support Group Napanee Office 10:30am - Noon Men's Caregiver Group 10:00am <u>Zoom</u> | 21 | 22 | |
| 23 | 24 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u> | 25 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u> | 26 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u> | 27 In Person Support Group Napanee Office 10:30am - Noon NEW-In Person Caregiver Group Providence Village 6-8pm | 28 | 29 | |
| 30 | 31 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm | <p>Kingston: Events</p> <p>Red: Person Living with a Diagnosis</p> <p>Blue: Groups for Caregivers</p> <p>Green: Special Events</p> <p>Purple: Napanee Groups</p> <p>Orange: All Welcome Caregivers and Persons Living with a Diagnosis</p> | | | | | |