

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2023

Kingston: Events Red: Person Living with a Diagnosis

Blue: Groups for Caregivers

Green: Special Events

Purple: Napanee Groups

Orange: All Welcome Caregivers and Persons Living with a Diagnosis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group -Normandy Retirement	2	3
4	5 Mixed Peer Group Crossroads Church 10:00am - 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm	6 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM	7 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	8 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group -Normandy Retirement	9	10
11	12 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 - ZOOM	13 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM Caregiver Evening Chat 7:00pm - ZOOM	14 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	15 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1:00-3:00pm BOWLING at Splittsville- please pre-register Men's Caregiver Group Zoom	16	17
18	19 Mixed Peer Group Crossroads Church 10:00am - 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm	20 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM	21 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	22 IN PERSON POP UP WALK NAPANEE (See poster) In Person Support Group Napanee Office 10:30am - Noon Drop-in Group -Normandy Retirement 1:00 -3:00pm NEW-In Person Caregiver Group Providence Village 6-8pm	23	24
25	26 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 - ZOOM	27 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm ZOOM	28 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm Zoom	29 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm	30	