

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2024

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Mixed Peer Group & Caregiver Chat
10:00-Noon
Memory Café 10-Noon
Napanee Office

4

Men's Peer Group
10:00am -Noon
& 1:30- 3:00pm
Caregiver Café -1:30pm
ZOOM or in office
NEW Caregiver of Parents
Zoom 5:30pm

5

Ladies' Peer Group
10:00am -11:30am
Gentle Exercises 1:30pm
Zoom

6

In Person Support Group
Napanee Office 10:30am
- Noon
Coffee Social 1 - 3pm

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Don't forget to set all of your clocks one hour ahead!

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Mixed Peer Group & Caregiver Chat
10:00-Noon
Musical Happy Hour with Max and Company 6:30pm
ZOOM
Memory Café 10-Noon
Napanee Office

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Men's Peer Group
10:00am -Noon
& 1:30- 3:00pm
Caregiver Café -1:30pm
ZOOM or in office
Caregiver Evening Chat
7:00pm - ZOOM

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Ladies' Peer Group
10:00am -11:30am
Gentle Exercises 1:30pm
Zoom

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In Person Support Group
Napanee Office 10:30am
- Noon
Coffee Social 1 - 3pm

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Happy St. Patrick's Day

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Mixed Peer Group & Caregiver Chat
10:00-Noon
Memory Café 10-Noon
Napanee Office

18

Men's Peer Group
10:00am -Noon
& 1:30- 3:00pm
Caregiver Café -1:30pm
ZOOM or in office

19

Ladies' Peer Group
10:00am -11:30am
Gentle Exercises 1:30pm
Zoom

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In Person Support Group
Napanee Office 10:30am - Noon
Coffee Social 1 - 3pm
Bowling at Splittsville-see poster for Details

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Mixed Peer Group & Caregiver Chat
10:00-Noon
Musical Happy Hour with Max and Company 6:30pm
ZOOM
Memory Café 10-Noon
Napanee Office

25

Men's Peer Group
10:00am -Noon
& 1:30- 3:00pm
Caregiver Café -1:30pm
ZOOM or in office

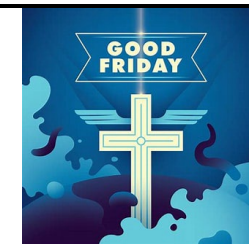
26

Ladies' Peer Group
10:00am -11:30am
Gentle Exercises 1:30pm
Zoom
Movie Night at Kingsbridge
6:15pm

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In Person Support Group
Napanee Office 10:30am - Noon
Coffee Social 1 - 3pm
Virtual Caregiver Group
5:30 - 7:00pm NEW TIME!
Zoom

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Office Closed

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Easter Sunday

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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