


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">March 2023</p> <p>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</p>			<p align="center">1 Ladies' Peer Group Crossroads Church 11:00-12:30pm</p>	<p align="center">2 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p align="center">3</p>	<p align="center">4</p>
<p align="center">5</p>	<p align="center">6 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat Crossroads Church 11:30-12:30pm</p>	<p align="center">7 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u></p>	<p align="center">8 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 10:30am <u>Zoom</u></p>	<p align="center">9 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p align="center">10 Please have your registration in for the St Patrick's Day Dance by today!</p>	<p align="center">11</p>
 <p align="center">2</p>	<p align="center">13 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat 11:30-12:30pm Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u></p>	<p align="center">14 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u></p>	<p align="center">15 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 10:30am <u>Zoom</u></p>	<p align="center">16 Men's Caregiver Group Zoom 10am In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm Dance 5-8 -560 Legion</p>	<p align="center">17</p>	<p align="center">18</p>
<p align="center">19</p>	<p align="center">20 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat Crossroads Church 11:30-12:30pm</p>	<p align="center">21 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u></p>	<p align="center">22 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 10:30am <u>Zoom</u></p>	<p align="center">23 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p align="center">24</p>	<p align="center">25</p>
<p align="center">26</p>	<p align="center">27 Mixed Peer Group Crossroads Church 9:30 – 12:30pm Caregiver Chat Crossroads Church 11:30-12:30pm Musical Happy Hour with Max and Company 6:30pm - <u>ZOOM</u></p>	<p align="center">28 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u></p>	<p align="center">29 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 10:30am <u>Zoom</u></p>	<p align="center">30 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm</p>	<p align="center">31</p>	