

KFL&A Alzheimer News



SAVE THE DATE

IG Wealth Management Walk for Alzheimer's

Saturday May 25th 10 am - 1pm

CaraCo Track and Field

1350 Gardiners Road Kingston

www.alzgiving.ca/Kingston2024

[Napanee Walk -May 11, 2024](#)

[John Parrot Centre 9am - Noon](#)

For more information, to sponsor the walk, volunteer or register a team contact Michelle Moore

Fundraising Coordinator 613-544-3078 ext 204 or fundraising@alzking.com



In Person Groups:

We are pleased to share that our in-person groups continue in Kingston 613-544-3078, Napanee 613-354-8937 Extension 7220 and Northbrook 613-827-6700. If you would like more information about groups in your area please call your local office. If you are a person living with or caring for someone with memory impairment note that you must register for groups in advance.

[The current schedule for the groups \(Registration Required to](#)

[attend\) at our Office is:](#)

Monday: 10:00am-Noon **Mixed Support Group**
with **Caregiver Chat** 10:00am till Noon

Tuesdays: 10:00am - Noon **Men's' Support Group**

Tuesday 1:30 pm to 3pm- **Men's Support Group**

Wednesdays: 10:00am -11:30am - **Ladies' Support Group**

[Both Online and in - Person:](#)

Caregiver Café every Tuesday from 1:30pm - 3:00pm - [ZOOM](#) also in person in the office

[Drop In Groups for Caregivers In Person:](#) -no registration required

Thursdays 10:30am -Noon -Napanee Office

Thursdays 1-3pm Memory Café -Drop In -Kingston office

[At the Request of Participants, the following Groups will continue to meet on Zoom:](#)

Musical Happy Hour with Max & Friends 2nd & 4th Mondays of each Monday **6:30pm**

Caregiver Evening Café 2nd Tuesday of the Month - 7:00pm - **ZOOM**

4th Thursday of the Month Virtual Caregivers Group 5:30 - 7:00pm **NEW TIME! Zoom**

Note* Zoom Links for handy reference or find them in your calendar!

NEW -Memory Café every Monday at the Napanee Office in person from 10 am to Noon

Also New Virtual Caregivers of Parents Support Group - First Tuesday of the Month via Zoom - [link here](#)

Please arrive no earlier than 15 minutes before group begins and all groups end at time noted.

Join us for a special showing:
Wednesday, May 8, 2024
Doors @ 6:30, Performance @ 7:30
Tickets \$25 per person

**A Fundraiser for the
Alzheimer's Society of KFL&A**

Domino Theatre
presents

TEN LOST YEARS



by
**Cedric Smith, George Luscombe,
and Jack Winter**

directed by
Martha Bailey



[Click HERE](#) or scan the QR Code for Tickets

Domino Theatre, 52 Church St. Kingston (Portsmouth Village)

Organized by the Masonic Association of Frontenac District



16TH FRONTENAC COMMUNITY SERVICES FAIR

Wednesday, May 8, 2024

Slush Puppie Place

11 a.m. – 2 p.m.

Free entry

Learn more about

- **Employment and Education**
- **Food and Clothing**
- **Housing and Shelter**
- **Counselling and so much more!**

Free Transportation to and from the event offered by





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Slush Puppie Place
11 a.m. - 2 p.m.
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- Employment and Education
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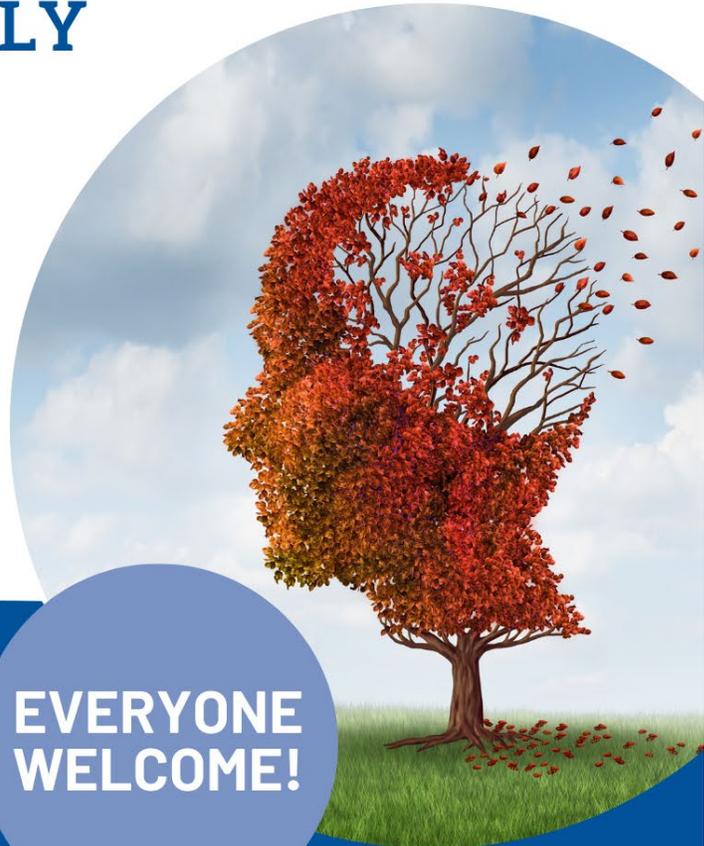
Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

DEMENTIA-FRIENDLY INFO SESSION

Let us help you better understand the everyday experiences of people living with dementia.

Learn how to better support those affected by dementia and create a more inclusive community.



EVERYONE WELCOME!

Thursday, May 23

1:00 pm - 3:00 pm

Land O Lakes
Emmanuel United Church 108 Addington Road 2, Northbrook Ontario K0H2G0

If you would like more information, please contact:

Pam Lemke
Phone: 613-827-6700
Email: plemke@alzking.com



Light refreshments will be served



Alzheimer Society
 KINGSTON, FRONTENAC,
 LENNOX & ADDINGTON

Dementia 101

Dementia 101 presented by:

Lorraine Ross, Alzheimer Society KFLA

In Partnership with Rob Fenwick, Councillor, Township Of Stone Mills

This Q & A session will allow participants to learn about Dementia and the services available in our community.

Light refreshments served, courtesy of Tim Horton's Napanee

UPCOMING SESSIONS

| | | |
|--|---|--|
| <p>WEDNESDAY MARCH 27TH 1:30PM Friends Meeting House 25 Huffman Road Moscow</p> | <p>WEDNESDAY JUNE 26TH – 7:00PM Multi-Purpose Room Stone Mills Rec. Centre #713 Addington Street Tamworth</p> | <p>WEDNESDAY NOVEMBER 27TH 1:30PM Newburgh Community Hall 2 Factory Street Newburgh</p> |
|--|---|--|

Thanks to Moscow United Church and Stone Mills Township for the generous use of these venues!

Kindly RSVP if you would like to attend.

Lorraine Ross ✉ lross@alzking.com ☎ 613-354-8937 ex 7220 🌐 www.alzheimer.ca/kfla



Are you supporting someone with Dementia/Memory Loss? We are here to help you!

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

We offer one on one support as well as:
Support groups
Activity programs
Online Exercise Programs
all at no cost to you.
All provided in a safe inclusive space.



613-354-8937 ext 7220 

www.alzheimer.ca/kfla 

26 Dundas Street West 
Napanee K7R 1Z4

Email: lross@alzking.com

Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Virtual Support Group for Caregivers of Parents

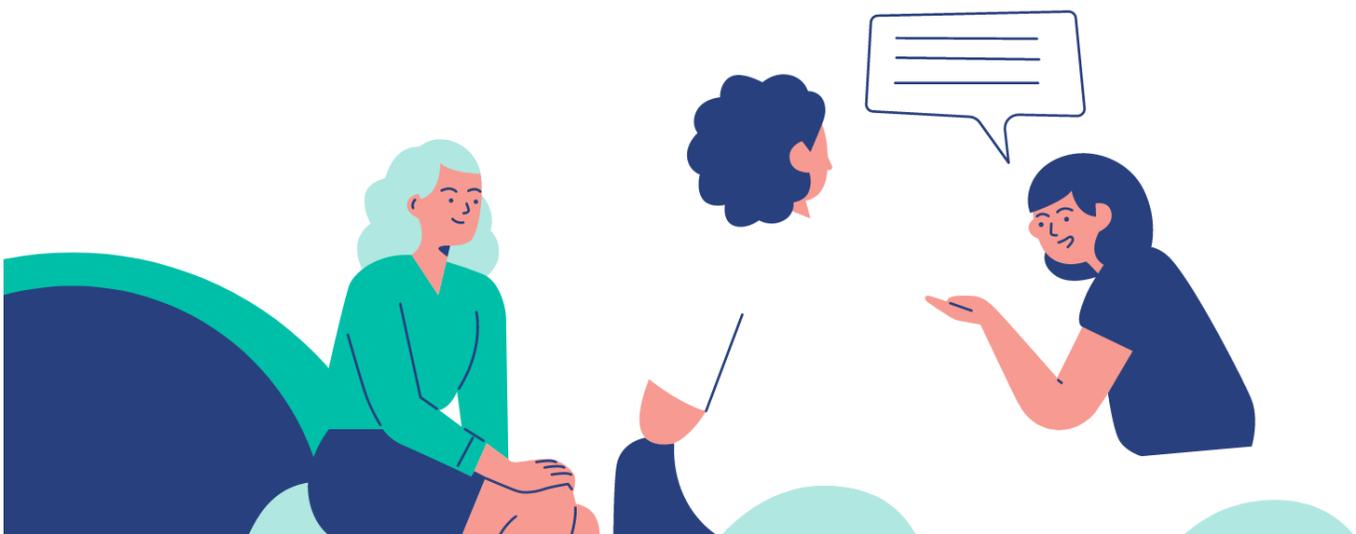
On the first Tuesday of every month.

**Children who are
caring for a parent
with dementia
will be able to
attend our virtual
support group via
Zoom once a
month**

**Tuesday's
5:30 pm to 7:00 pm
Via Zoom**

**For registration and
inquiries :**

613-354-8937 ex 7220
lross@alzking.com
Scan QR code



Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

Memory Cafe

A social program for people with dementia
and their caregivers featuring social
interaction, games, fun and laughter.

When: Every Monday
10:00 am -12:00 pm

Where: Napanee Alzheimer's Office, Napanee Area
Community Health Centres, 26 Dundas St.

Why: To offer families support, meet other people
and to have fun!

How to sign up?

Call 613-354-8937 ex 7220

Email lross@alzking.com

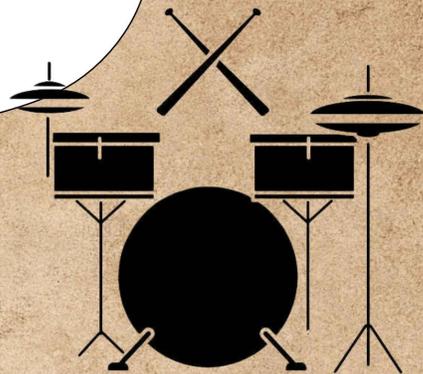
Scan QR Code





LIVE MUSIC VIA
**ZOOM
MUSIC
NIGHT**

MAX GLENN AND WAYNE WITH FRIENDS



**BEST
LIVE
MUSIC**

2nd and 4th Monday night of the Month (excluding Holidays)

6:30pm

<https://alzheimersociety.zoom.us/j/95805318149>

or click on the link in the Calendar

For more information contact the office at
613-544-3078 or email reception@alzking.com

Memory Cafe Drop In

Come join us Thursday 1:00 - 3:00pm
for casual conversation with our staff
and other persons living with a diagnosis

KFL&A Alzheimer Society Office
1200 Princess Street, Kingston ON



No appointment necessary
For more information please contact our office at
613-544-3078 or email reception@alzking.com

Alzheimer Society

KINGSTON, FRONTENAC,
LENOX & ADDINGTON

Alzheimer Society

KINGSTON, FRONTENAC,
LENOX & ADDINGTON

MINDS IN MOTION

Alzheimer's Society of KFLA is thrilled to announce Colton Sedore as our new Minds in Motion Coordinator!

The program will include: physical activity, mentally stimulating activities and healthy refreshments.



Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- increasing physical activity through gentle group exercise
- establishing new friendships with others who are living with similar experiences.
- engaging in fun, social activities

The person living with dementia benefits from:

- Improved balance, mobility, flexibility, and alertness.
- Increased confidence, and comfort with their circumstance.

The care partner benefits from:

- An opportunity to focus on their own health and have fun with their partner.
- Seeing the person they are caring for enjoying themselves.
- Mutual support and learning from other care partners.

All participants benefit from:

- Sharpened mental functioning, sometimes lasting two to three days.
- An increased sense of social participation.



TO LEARN MORE,
PLEASE CONTACT



Colton Sedore



613-544-3078 ex 209



recreation@alzking.com

Ask about Minds in Motion® volunteer opportunities!

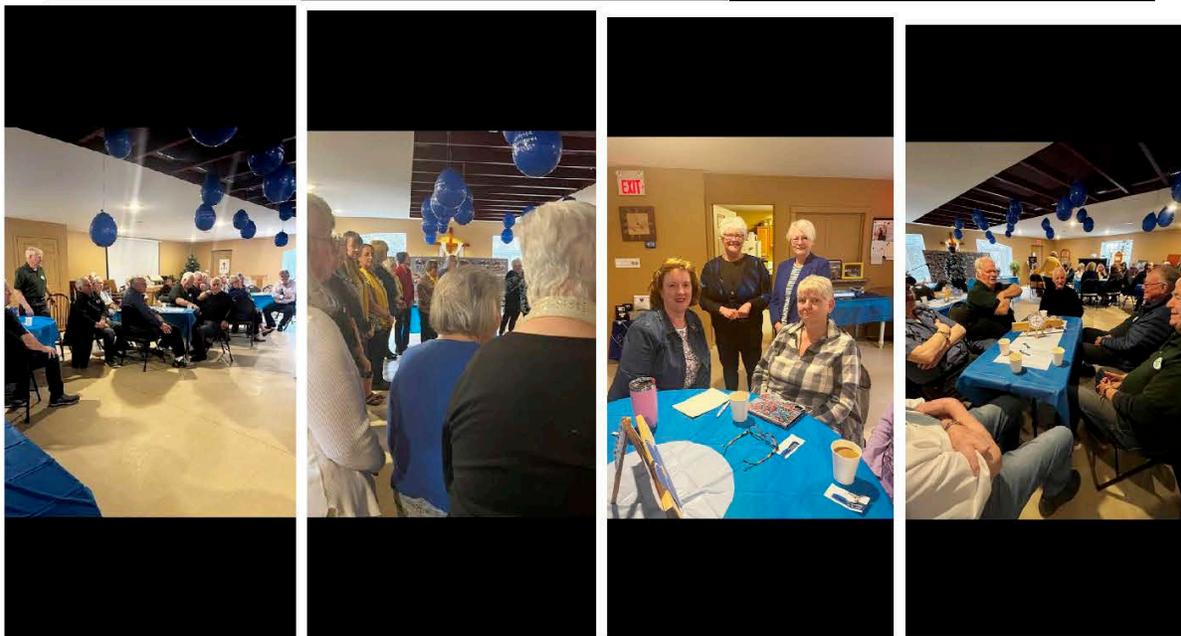
Northbrook Volunteer Appreciation Day!

A celebration it was! We highlighted our volunteer accomplishments, special events and fundraising activities over the past year. And what a year it was!

A huge thank you to our caregiver speakers, Sue, Kevin and Lynne, your willingness to share your personal stories was most enlightening, heartfelt and a privilege for all of us to be apart of.

The food, collage of memories and friendship makes my heart happy.

We welcome this new year with open arms. The beach ball game had us all up and telling our secrets!



THANK YOU ALL for your AMAZING Support! We couldn't do what we do without YOU!

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

We are looking for Volunteers!

Helping seniors support each other

Are you a retired, active senior with free time and looking for a way to give back to the community and make a difference in people's lives?

We have the perfect opportunity for you!

We are currently searching for dedicated volunteers to join us in providing support for our group programs and drop-in activities.



Join Us Today!

Your time and effort will make a huge impact on the lives of those in need. Join us today and be a part of something truly meaningful!

For the details & more information please reach out our Volunteer Coordinator Michelle at:

☎ 613-544-3078 ex 204

✉ fundraising@alzking.com

Mother's Day Activities



Mother's Day is about honouring the women who helped shape our lives. While this day holds significance for many, it can also be an excellent opportunity for sharing time and making memories with the ones you love. Help make this Mother's Day special for your mom or the person you love with some special activities:

1. Baking/Recipe Sharing

Our sense of smell can trigger strong emotions and happy memories from the past. Some aromas easily recreated for sensory stimulation include:

- Baking cookies
- Any cooking/baking using cinnamon (hot cross buns, apple pies, Suisse rolls, hot chocolate).
- Turnips or cabbage. These vegetables are not so popular now but used to be a staple in many houses in times gone by.
- Popcorn
- Garlic bread

The act of baking, specifically bread or loaves which require kneading, provides an excellent source of sensory stimulation through touch, smell, and of course, taste when the product is complete. While baking may be a simple activity, it does require concentration and with the added component of family recipes it can stimulate memories.

Recipe sharing is also a simple activity which encourages family involvement, cognitive and sensory stimulation.

- If possible, reach out to the family members of residents to receive a family recipe.
- Compile these recipes into a book and give to other family members.

2. Card for lost loved ones

Mother's Day brings about many emotions, specifically for those who have lost their mother or child. Honour them this Mother's Day by creating cards for lost loved ones.

- Cut out love heart shapes from coloured paper.
- Have those who have lost a mother, child or influential woman in their life, write a letter to them (or write on the cards for them if they find this difficult).
- Seal this in an envelope and use some ribbon to hang the notes in a tree in the garden or a nice place inside.

The act of writing a letter to a loved one who has passed can be powerful.

3. Gardening

Gardening has long been regarded as beneficial for physical and mental health of clients for a number of reasons, including:

- Exercise
- Opportunity to get outdoors
- Decrease stress and anxiety
- Helps find purpose and self-worth
- Engages the senses: touch, sight, smell

Ensure there is plenty of cool water and shade available and make sure to time it appropriately so it will be enjoyed by all.

4. Scrapbooking

Scrapbooking offers a form of reminiscence therapy. Reminiscence therapy assists in stimulating remote memories which don't deteriorate as quickly as short term memories.

Some tips to including this activity:

- Reach out to family members to collect photographs from different time points for scrapbooking.
- Work with together to determine a theme for the book and the order of photographs.
- Label the photographs.
- Encourage story telling about the photographs as the activity continues.

5. Pampering activities

Everyone enjoys some pampering every now and then. Massage offers many health benefits.

Massage can help reduce stress hormones, stimulate the lymphatic system, improve circulation and reduce muscle tension.

Hand massages provide relaxation and can improve finger and wrist motion and enhance circulation.

- Set up a pampering station with dim lighting, soft music, lotions and nail polishes.
- Offer hand/feet and shoulder massages, remember that elderly skin can be frail; gentle strokes and relaxing massage oil (200 ml sweet almond oil and 15 drops of lavender or geranium - shake well).
- Ask which polish they prefer and gently paint finger and toe nails.



Alzheimer Society

K I N G S T O N , F R O N T E N A C ,
L E N N O X & A D D I N G T O N



If you are a business and want to contribute, there are several ways you can help:

- You can offer a discount on your products or services.
- You can host a contest or event to raise awareness and funds for the Alzheimer's Society.
- You can offer a special promotion and donate a portion of the proceeds to the Alzheimer's Society.
- You can provide a special service to support the cause.
- You can also put out a donation collection container to encourage people to donate to the Alzheimer's Society.



You can fundraise in many ways!

Would you be interested in hosting a fundraiser with your coworkers, family, or friends? Or with a group or an organization that you belong to?•

- Coffee break/tea party
- Bake sale
- Book club
- A special Dinner / Luncheon / Breakfast event
- Game / Trivia night / Card Party
- Sporting, exercise event
- Karaoke
- Silent auction / Raffle 50/50
- Contest or Challenge
- Paint, craft event
- Offer Lessons in cooking, music, dance



Gift Giving!

Are you planning to celebrate a special occasion such as a birthday, wedding, or anniversary?

- Host a tribute in honour of a loved one or in memory of
- Instead of gifts, encourage family and friends to donate to the Alzheimer Society.
- Create a challenge for yourself that friends and family can sponsor.

Contact fundraising@alzking.com 613-544-3078 ext 204



Alzheimer Society

KINGSTON, FRONTENAC,
LENOX & ADDINGTON

WALK FOR ALZHEIMER'S

SPONSORED BY THE JOHN PARROTT CENTRE

Napanee



Saturday, May 11th, 2024
9:00 am - Noon
309 Bridge St W, Napanee



<https://www.canadahelps.org/en/charities/alzheimer-society-of-kingston/p2p/Napanee2024>

Sponsor * Participate * Donate * Volunteer
Event Contact: Michelle Moore fundraising@alzking.com 613-544-3078 ex 204



IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Alzheimer Society

Kingston

Saturday, May 25th, 2024
10:00 am - 1:00 pm
Caraco Track N' Field
1350 Gardiners Rd, Kingston
www.alzgiving.ca/Kingston2024



Sponsor * Participate * Donate * Volunteer
 Event Contact: Michelle Moore fundraising@alzking.com 613-544-3078 ex 204

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

ALZHEIMER'S APPAREL IS NOW AVAILABLE!!

Shop our online merch store and help support our mission!

https://usimiapparel.com/Alzheimer_Society/shop/home

\$10.00 per item will be donated to the Alzheimer Society of KFL&A.

For Inquires email fundraising@alzking.com



1200 Princess Street, Kingston, ON, K7M 3C9
Phone: 613-544-3078
Email: ask@alzking.com
Website: www.alzheimer.ca/kfla
Facebook: facebook.com/alzheimerKingston

Help for Today. Hope for Tomorrow...®



Lived Experience Network South East Ontario

Who we are

The Lived Experience Network South East Ontario is an open community of older adults and families/care partners living with dementia, complex mental health, substance use or other neurological disorders, sharing their lived experiences, advise and input with the medical community and with each other.

Our goal

Exchanging Knowledge, Partnering for Change.

Lived Experience Network South East Ontario members can engage in both regular group and individual conversations, acting as a "knowledge bank", in hopes of enhancing services across the region. Input and suggestions for change will be shared with healthcare professionals who provide, plan and evaluate services in the community, hospitals, long term and primary care.

Lived Experience Facilitator

Sharon Osvald, our Lived Experience Facilitator, was the first Facilitator and part of the launch of the Lived Experience Network

South East Ontario from 2013-2018, drawing on her ten years of lived experiences supporting her mother through dementia in the home, hospital and long-term care. In the past five years, Sharon has gained experience working for the Alzheimer Society and she continues to work part time at an Adult Day Program.

Sharon is excited to be returning to her role as the Lived Experience Facilitator and understands from both a lived experience and professional perspective how great the needs are in this community.

Get involved

Online: Visit livedexperiencenetworkseo.ca for info about how to join one of our regular Advisory Zoom Lived Experience chats.

Phone or email: Contact Sharon via phone or email your own personal lived experience story and suggestions for change.

Contact

To phone Sharon Osvald, email a request for her to phone you back OR leave a message at the Alzheimer Society of KFLA office at: 1-800-266-7516 or 343-645-6240
Email: sosvald@alzking.com

Lived Experience Network South East Ontario is a partnership between Providence Care Seniors Mental Health and the Alzheimer Societies of SE Ontario. Website: livedexperiencenetworkseo.ca

Lived Experience Network South East Ontario Advisory Zoom Chats



We invite you to join the Advisory Lived Experience Network Zoom chat/conversation for May 2024.

Advisory Lived Experience Network Chats/Meetings via Zoom provide a way for health care system leaders, who plan, assess, and provide services to older adults in SE Ontario, to receive advice and observations from people who are living or have lived the dementia journey, for the purpose of improving the system of care.

Sharon Osvald is excited to facilitate these Advisory conversations with you and the Lived Experience Network South East Ontario.

Dates & Times:

To accommodate as many people as possible, we have set up two dates in May to discuss the same topic. One is in the evening, and one is in during the day.

May 13th Evening Zoom Chat – 6:00-7:30pm

May 27th Daytime Zoom Chat – 1-2:30pm.

Zoom Link and Info:

Join Zoom Meeting

<https://us06web.zoom.us/j/89041106004>

Meeting ID: 890 4110 6004

If you are unable to attend online, but wish to phone in, Please Dial one of the below numbers. You will be asked to enter the Meeting ID # 890 4110 6004

- 1 647 374 4685 or 1 647 558 0588

If you experience technical difficulties when trying to join either of these Zoom meetings, please email Kim at schrybuk@providencecare.ca or call 613-285-4802 for support.

May 2024 Advisory Lived Experience Network Zoom Chat Topic:

“Everyone, regardless of age, has the need to be loved and belong to a community. May's discussion topic "Love and Belonging" comes from Providence Care Seniors Mental Health Outreach Team. Being loved and feeling a part of a community can positively impact our overall health and well being throughout our life, just like the need for shelter and food. As a person gets older, their need for love and belonging becomes more important to their well being and quality of life. For people living with Dementia, it is critically important to identify how a person's need for love and belonging will be met and supported by their care partners and care givers.

Come prepared to share your input and suggestions on how to broach this topic and navigate the different scenarios that arise for 1. A person living with dementia or similar diagnoses, in a long-term care home setting, seeking out physical intimacy. 2. Couples living together at home or separated, who are experiencing the loss of physical intimacy with their care partners.

When and how are the best ways to present information to families about these sensitive topics and what strategies and supports have helped you to deal with similar issues?”

Please let us know if you can come and what date you plan to attend. Come out to our next chat. You can contact Sharon Osvald at sosvald@alzking.com or by phone Mondays or Fridays at 343-645-6240 if you have any questions or concerns. Agenda to follow later.

With thanks,

Sharon Osvald, Lived Experience Facilitator
Providence Care Seniors Mental Health
in partnership with
the Alzheimer Societies of SE Ontario
Phone: 343-645-6240
Email: sosvald@alzking.com
www.livedexperiencenetworkseo.ca

Exchanging Knowledge, Partnering for Change

Land Acknowledgement

The Alzheimer Society Kingston, Frontenac, Lennox and Addington acknowledges that our work takes place on the traditional territories of the Algonquin, Anishinaabe, Haudenosaunee and Huron-Wendat and is home to Shabot Obaadjiwan First Nation, one of ten communities that make up the Algonquins of Ontario. We acknowledge the Mohawks of the Bay of Quinte and recognize that our region is home to First Nations, Métis, and Inuit from across Turtle Island, as well as Indigenous Peoples from other areas of the world.

Staff Directory Main Number 613-544-3078 (unless otherwise indicated below)

Executive Director Ext. 207

Kim Parkinson, Administrative Assistant Ext. 201 reception@alzking.com

Sarah Winkelman, Client Service Manager -1st Link Navigator Ext. 210 swinkelman@alzking.com

Krystian Martin, 1st Link Care Navigator Ext. 206 kmartin@alzking.com

Michelle Moore, Fundraising Coordinator Ext. 204 fundraising@alzking.com

Colton Sedore, Recreation Coordinator Ext. 209 recreation@alzking.com

Program Coordinator Ext. 202

Sharon Osvald Lived Experience Coordinator 343- 645-6240 sosvlad@alzking.com

Jan White, Client Services Coordinator 613-329-7078 Ext 212 jwhite@alzking.com

Pam Lemke, Northbrook Client Services Coordinator 613-327-6700 plemke@alzking.com

Lorraine Ross Education and Support Services Napanee Office 613-354-8937 ex 7220 lross@alzking.com

Did you know... the KFL&A Alzheimer Society has 3 locations to help our clients and caregivers find support and programs?

Kingston: (Main Office)

1200 Princess Street -Providence Care Village

Kingston, Ontario K7M 3C9

Phone # 613-544-3078 Fax: 613-544-6320

Email: reception@alzking.com

Napanee:

Napanee Area Community Health Centre (2nd Floor)

26 Dundas Street West

Napanee Ontario K7R 1H5

Phone # 613-354-8937 ex 7220 Fax: 613-544-6320

Email: lross@alzking.com

Northbrook:

The Emmanuel United Church

108 Addington Road, Northbrook Ontario K0H 2G0

Phone # 613-827-6700 Fax: 613-544-6320

Email: plemke@alzking.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| <p>May 2024</p> <p>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</p> | <p>5</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon Memory Café 10-Noon Napanee Office</p> | <p>6</p> <p>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</p> | <p>7</p> <p>Ladies' Peer Group 10:00am -11:30am</p> | <p>8</p> <p>Ladies' Peer Group 10:00am -11:30am</p> | <p>9</p> <p>In Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm</p> | <p>10</p> <p>Napanee Walk for Alzheimer's John Parrot Centre 9 am – Noon All welcome!!</p> |
| <p>11</p> <p>Happy Mother's Day </p> | <p>12</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm ZOOM Memory Café 10-Noon Napanee Office</p> | <p>13</p> <p>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</p> | <p>14</p> <p>Ladies' Peer Group 10:00am -11:30am</p> | <p>15</p> <p>Ladies' Peer Group 10:00am -11:30am</p> | <p>16</p> <p>In Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm</p> | <p>17</p> |
| <p>18</p> | <p>19</p> <p>Victoria Day Office is Closed!</p> | <p>20</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office</p> | <p>21</p> <p>Ladies' Peer Group 10:00am -11:30am</p> | <p>22</p> <p>Ladies' Peer Group 10:00am -11:30am</p> | <p>23</p> <p>In Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm Virtual Caregiver Group 5:30 - 7:00pm NEW TIME! Zoom</p> | <p>24</p> <p>Office is Closed - Gearing up for the Walk!!</p> |
| <p>25</p> <p>IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S Alzheimer Society Walk Today! Kingston</p> | <p>26</p> <p>Mixed Peer Group & Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company 6:30pm ZOOM Memory Café 10-Noon Napanee Office</p> | <p>27</p> <p>Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office</p> | <p>28</p> <p>Ladies' Peer Group 10:00am -11:30am</p> | <p>29</p> <p>Ladies' Peer Group 10:00am -11:30am</p> | <p>30</p> <p>In Person Support Group Napanee Office 10:30am - Noon Memory Café Kingston 1 - 3pm</p> | <p>31</p> |