



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm	2 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u>	3 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u>	4 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm	5	6
7	8 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>	9 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>	10 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u>	11 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm	12 Yard Sale – Land O'Lakes Emmanuel United Church Northbrook	13
14	15 Mixed Peer Group Crossroads Church 10:00am – 1:00pm Caregiver Chat Crossroads Church 11:00-12:30pm	16 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u>	17 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u>	18 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1- 3:00pm BOWLING at Splittsville- please pre-register	19	20
21	22  Office Closed!	23 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u>	24 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u>	25 In Person Support Group Napanee Office 10:30am - Noon In Person Drop-in Group - Normandy Retirement 1-3pm NEW-In Person Caregiver Group in Office 6-8pm	26	27  WALK Day at Invista Centre Track
28	29 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>	30 Men's Peer Group Crossroads Church 10:30-12:30pm Caregiver Café -1:30pm <u>ZOOM</u>	31 Ladies' Peer Group Crossroads Church 11:00-12:30pm Gentle Exercises 1:30pm <u>Zoom</u>	May 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		