Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2023 KFL&A Calendar			Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	In Person Support Group Napanee Office 10:30am - Noon  Coffee Social 1 - 3pm	3	Clocks go Back 1 Hour before Bed
Decling with Dementia  Talking  Interest Service and unbeat play that follows on intergenerational journey of accounty as Board and loga struggles with language and their longing for respect and dignty.  Sunday, HOVENIBER 5, 2:30 pm The Spine & Sydenham St.  GAA to  Evaluate St. Sunday, HOVENIBER 5, 2:30 pm The Spine & Sydenham St.  GAA to  AND ATTACHMENT OF THE ST.  ATTACHMENT OF THE ST	Mixed Peer Group & Caregiver Chat 10:00-Noon	7 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office	Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom	In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm	10	REMEMBRANCE DAY  WE WILL REMEMBER THEM  LEST WE FORGET!
12	Mixed Peer Group & Caregiver Chat 10:00-Noon  Musical Happy Hour with Max and Company 6:30pm - ZOOM	Men's Peer Group 10:00am-Noon NEW Men's Group 1:30-3:00pm Caregiver Café -1:30pm ZOOM or in office Caregiver Evening Chat 7:00pm - ZOOM	Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom	In Person Support Group 16 Napanee Office 10:30am - Noon Men's Caregiver Group10:00am Zoom Coffee Social 1- 3pm  MOVIE Night at Kingsbridge 6:30pm Registration Required		18
19	Mixed Peer Group & Caregiver Chat 10:00-Noon	Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office	Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom	In Person Support Group 23 Napanee Office10:30am - Noon Coffee Social 1- 3pm In Person/ Virtual Caregiver Group 5:30 - 7:00pm NEW TIME! Zoom	24	25
26	Mixed Peer Group & Caregiver Chat 10:00-Noon  Musical Happy Hour with Max and Company 6:30pm - ZOOM	Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm ZOOM or in office	Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm Zoom	In Person Support Group Napanee Office 10:30am - Noon  Coffee Social 1 - 3pm	Kingston: Events Red: F with a Diagnosis Blue: Groups for Care Green: Special Events Purple: Napanee Orange: All Welcome Ca Living with a Diagnosis	givers