

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023 KFL&A Calendar



Clocks go Back 1 Hour before Bed



5

Mixed Peer Group & Caregiver Chat
10:00-Noon

6

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

7

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

8

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

9

10



11

12

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

13

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**

14

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

15

In Person Support Group
Napanee Office 10:30am - Noon
Men's Caregiver Group 10:00am Zoom
Coffee Social 1- 3pm
MOVIE Night at Kingsbridge
6:30pm Registration Required

16

17

18

19

Mixed Peer Group & Caregiver Chat
10:00-Noon

20

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

21

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

22

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

23

24

25

26

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

27

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

28

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

29

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

30

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