

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# February 2020

Executive Director, Vicki Poffley x 207, **First Link Care Navigator**, Danielle Weir x206, **Client Care**, Jan White x 202, **Fundraising Co-ord**, Lesley Kimble x 204, **CARERS Programs**; Mary Kratzer x210, **Program Co-ord**, Candice McMullen x 208, Mari Vepsalainen x 209, **Lived Experience**, Vicky Willis, vwillis@alzking.com

24- hour caregiver hotline  
1-833-416-2273

**ARE YOU NEW TO THE SOCIETY?** Please Contact our First Link Care Navigator Danielle Weir 613-544-3078 x 206 And she will help connect you with the appropriate programs, resources activities and staff!

Groundhog Day

**Providence Care Support Group**  
2 – 3:30

**Peer Support, Men's Group**  
9-12 noon, The Waterford  
471 Cataraqui Woods Dr.  
**Caregivers Café with Jan**  
1:30 – 3 pm, Society Office

**Ladies Coffee Klatch**  
10-12 pm  
Society Office  
**Caring in Facility**  
10-11 am, Society Office  
**Men's Social Group**  
1-4 pm Society Office

**WK #1 CARERS, 9:30-12**  
Society Office, TWIN GROUP  
**CARERS RESPITE, 9:30 - 12**  
**Intergenerational Diner's Club & Games Night**  
with Queens Students  
5:30 – 7:30 Society Office  
(Please RSVP with Reception)

**WK #5 CARERS, 9:30-12**  
Society Office (For Caregivers Only)  
**Friendly Friday at the "Chit Chat" Café, for caregivers and their loved one located in Frontenac Mall**  
1:00 – 3:00  
**"Lunch & A Show" The Waterford Feature "Viewers Choice"**  
12:00 Lunch, RSVP

Note: The Friendly Friday Group for caregivers and their loved ones, meets at the Chit Chat Café on Fridays at 1-3 at The Frontenac Mall. Coordinator for this group is Noreen Peters. Her Email is [noreenpeters@cogeco.ca](mailto:noreenpeters@cogeco.ca). Feel free to contact her if you have any questions about this group.

**Carers**  
Educational program for caregiver's call 613-544-3078 ext.210 to register with Mary Kratzer, MSW., RSW

**Auxiliary Group**  
10 – 12 Society Office

**"Circle of Friend's" Mixed Group**  
1:30-3:30 pm, Society Office  
**Caregivers Café with Jan**  
1:30 - 3 pm, Society Office  
**Friendly Round Table**  
6:30 pm, John Parrott Centre  
309 Bridge St. Napanee  
**Companions on a Journey**  
7-9pm, Society Office

**TWIN GROUP Time to Engage,**  
11-12 noon, Society Office  
**Income Tax Workshop**  
2:00 – 3:30, Location TBA  
**Please Register at the office**  
**Ladies Social Group,**  
1-4 pm, Society Office

**WK #2 CARERS, 9:30-12**  
Society Office, TWIN GROUP  
**CARERS RESPITE, 9:30 - 12**  
**Valentine's Dinner Dance**  
5 pm Tickets \$15 pp  
560 Legion, 734 Montreal St.  
Please Register at Reception  
**Men's Group**  
(for Caregivers), 10 - 11:30 am  
Kingsdale Chateau  
520 Kingsdale Avenue

**WK #6 CARERS, 9:30-12**  
Society Office (For Caregivers Only)  
**Friendly Friday at the "Chit Chat" Café, for caregivers and their loved one located in Frontenac Mall**  
1:00 – 3:00

Valentine's Day

Note: "Lunch & A Show" at The Waterford 471 Cataraqui Woods Drive Friday Feb 7<sup>th</sup>. Complete with a Movie Concession Stand. This Months Feature is Viewers Choice! RSVP At Society Office by Calling. Donations Welcome All are welcome to attend

PLEASE NOTE TIME CHANGE FOR CIRCLE OF FRIENDS GROUP ON 2<sup>nd</sup> and 4<sup>th</sup> Tuesday Of the month. New time is 1:30 – 3:30

Happy Family Day!  
  
Presidents' Day (US)

**Peer Support, Men's Group**  
9-12 noon, The Waterford  
471 Cataraqui Woods Dr.  
**Caregivers Café with Jan**  
1:30 – 3 pm, Society Office

**Ladies Coffee Klatch**  
10-12 pm  
Society Office  
**Men's Social Group**  
1-4 pm Society Office  
**Caregiver Support**  
2-3:30 pm, Sydenham  
Grace Centre  
**Women Who Care, Caregivers Support Group**  
7pm, The Waterford

**WK #3 CARERS, 9:30-12**  
Society Office  
TWIN GROUP  
**CARERS RESPITE, 9:30 - 12**

**WK #7 CARERS, 9:30-12**  
Society Office (For Caregivers Only)  
**Friendly Friday at the "Chit Chat" Café, for caregivers and their loved one located in Frontenac Mall**  
1:00 – 3:00

Note: Valentine's Dinner Dance is open to family and friends. Please RSVP at the office. \$15 Ticket per person will include a lovely three course dinner, Water, Coffee and Tea, other beverages are available for purchase at the Legion Bar. Dinner 5:00 , Dancing 6:00 to Custom DJ's Music by Kim and Daryl.

LEGEND:  
**Blue: Caregiver Support Groups**  
**Red: Groups for persons living with a diagnosis**  
**Green: Special Notice/Event**

**Interactive Lunch out at Paradiso Pizza – Chef Demonstration and make your own Pizza 10:00 am**  
887 Division St. For Caregivers and Persons Living With a Dementia Diagnosis. Please RSVP at the Office

**TWIN GROUP "New Path" Coffee Club for caregivers and Persons with Dementia 10-11 am, Society Office**  
**"Circle Of Friends" Mixed Group, 1:30-3:30pm, Society Caregivers Café with Jan**  
1:30 - 3 pm, Society Office  
**Caring & Sharing**  
4- 5:30 pm, Briargate 4567 Bath

Mardi Gras

**TWIN GROUP Coffee Club**  
11:00 – 12:00 Royale Place  
2485 Princess St  
**Ladies Social Group**  
1-4 pm, Society Office

Ash Wednesday

**WK #4 CARERS, 9:30-12**  
Society Office  
TWIN GROUP  
**CARERS RESPITE, 9:30 - 12**  
**Training for Students at Holy Cross for Intergenerational Choir**  
3:00 – 3:45  
**Arbour Heights Caregivers Group**  
2- 3:30

**WK #8 CARERS, 9:30-12**  
Society Office (For Caregivers Only)  
**Friendly Friday at the "Chit Chat" Café, for caregivers and their loved one located in Frontenac Mall**  
1:00 – 3:00  
**Y.A.Y.A.H (Young and Young at Heart)**  
Tom's Place, 6 pm

Note: Coming in March is the Intergenerational Choir at Holy Cross Secondary School on Thursdays at 3:00. Open to Caregivers and individuals with a dementia diagnosis. Please RSVP and as Reception for a registration Form. 10 week program with concert in May.

Leap Day