

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ARE YOU NEW TO THE 1 SOCIETY?</b> 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!	<b>Providence Care Support Group 2 – 3:30</b>	<b>Peer Support, Men's Group 3</b> 9-12 noon, The Waterford 471 Cataraqui Woods Dr. <b>Caregivers Café with Jan</b> 1:30 – 3 pm, Society Office	<b>Ladies Coffee Klatch 4</b> 10-12 pm Society Office <b>Caring in Facility</b> 10-11 am, Society Office <b>Men's Social Group</b> 1-4 pm Society Office	<b>Sounds For Life and Alzheimer Society Lunch and Learn at The Rosewood, 10:00 am – 1:30, rsvp with April at 613-389-1779</b> <b>Week #1 Soulful Singers Intergenerational Choir at Holy Cross 3:00</b>	<b>WK #8 CARERS, 9:30-12</b> Society Office (For Caregivers Only) <b>Friendly Friday at the "Chit Chat" Café, for caregivers and their loved one located in Frontenac Mall 1:00 – 3:00</b>	<b>Note:</b> 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 <a href="mailto:noreenpeters@cogeco.ca">noreenpeters@cogeco.ca</a> . Feel free to contact her if you have any questions about this group.
<b>SPRING FORWARD Today! 8</b>  Daylight Saving Time Begins	<b>Auxiliary Group 9</b> <b>10 – 12 Society Office</b> <b>Income Tax Help! Call reception for an appointment</b> Purim Begins	<b>"Circle of Friend's" Mixed Group 10</b> 1:30-3:30 pm, Society Office <b>Caregivers Café with Jan</b> 1:30 - 3 pm, Society Office <b>Friendly Round Table</b> 6:30 pm, John Parrott Centre 309 Bridge St. Napanee <b>Companions on a Journey</b> 7-9pm, Society Office	<b>TWIN GROUP 11</b> <b>Time to Engage,</b> 11-12 noon, Society Office <b>Ladies Social Group,</b> 1-4 pm, Society Office	<b>Week #2 Soulful Singers Intergenerational Choir at Holy Cross 3:00</b> <b>Intergenerational Games Night and Diner's club</b> 5:30 – 7:30, Society Office	<b>"Lunch &amp; A Show" at The Waterford, Feature "Mrs. Doubtfire" 12:00 Lunch, RSVP Friendly Friday at the "Chit Chat" Café, for caregivers and their loved one located in Frontenac Mall 1:00 – 3:00</b> <b>Income Tax Help! Call reception for an appointment</b>	<b>Note: "Lunch &amp; A Show" 14</b> at The Waterford 471 Cataraqui Woods Drive Friday Feb 7 <sup>th</sup> . Complete with a Movie Concession Stand. This Month's Feature is "Mrs. Doubtfire" RSVP At Society Office by Calling. Donations Welcome
<b>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</b> 15	<b>Income Tax Help! Call reception for an appointment</b> 16	<b>Peer Support, Men's Group 17</b> 9-12 noon, The Waterford 471 Cataraqui Woods Dr. <b>Caregivers Café with Jan</b> 1:30 – 3 pm, Society Office St. Patrick's Day	<b>Ladies Coffee Klatch 18</b> 10-12 pm Society Office <b>Men's Social Group</b> 1-4 pm Society Office <b>Caregiver Support</b> 2-3:30 pm, Sydenham Grace Centre <b>Women Who Care, Caregivers Support Group</b> 7pm, The Waterford	<b>Men's Group (for Caregivers), 10 - 11:30 am</b> Kingsdale Chateau, 520 Kingsdale <b>Happy First Day of Spring!</b> Spring Begins	<b>Friendly Friday at the "Chit Chat" Café, for caregivers and their loved one located in Frontenac Mall 1:00 – 3:00</b> 20 <b>Income Tax Help! Call reception for an appointment</b>	<b>Memory Café 21</b>  At Saint James Anglican Church from 1:30 - 3:30 2015, 10 Union St West All Are Welcome!
22	<b>Auxiliary Group 23</b> <b>10 – 12 Society Office</b> <b>Income Tax Help! Call reception for an appointment</b>	<b>TWIN GROUP 24</b> <b>"New Path" Coffee Club for caregivers and Persons with Dementia 10-11 am, Society Office</b> <b>"Circle Of Friends" Mixed Group, 1:30-3:30pm, Society</b> <b>Caregivers Café with Jan</b> 1:30 - 3 pm, Society Office <b>Caring &amp; Sharing</b> 4- 5:30 pm, Briargate 4567 Bath	<b>TWIN GROUP 25</b> <b>Coffee Club</b> 11:00 – 12:00 Royale Place 2485 Princess St <b>Ladies Social Group</b> 1-4 pm, Society Office	<b>Week #3 Soulful Singers Intergenerational Choir at Holy Cross Secondary School 3:00</b> 26	<b>Friendly Friday at the "Chit Chat" Café, for caregivers and their loved one located in Frontenac Mall 1:00 – 3:00</b> 27 <b>Income Tax Help! Call reception for an appointment</b> <b>Y.A.Y.A.H (Young and Young at Heart)</b> Tom's Place, 6 pm	<b>Bus to Trillium Ridge Sugar Shack for Tour and Taste. Lunch is \$12, Pay directly at the shack! Bus Departs Kingston at 10:00 am. Please Sign Up</b> 28
<b>LEGEND: 29</b> <b>Blue: Caregiver Support Groups</b> <b>Red: Groups for persons living with a diagnosis</b> <b>Green: Special Notice/Event</b>	<b>Income Tax Help! Call reception for an appointment</b> 30	31				

Executive Director, Vicki Poffley x 207, First Link Care Navigator, Danielle Weir x206, Client Services, Jan White x 202, Fundraising Co-ord, Lesley Kimble x CARERS Programs; Mary Kratzer x210, Programs, Candice McMullen x 208, Mari Vepsalainen x 209, Education Coord & Client Services, Wendy Harris x203 Lived Experience Vicky Willis, [vwillis@alzking.com](mailto:vwillis@alzking.com)