

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please dial 7220 in the Napanee office lobby to each us! 24- hour caregiver hotline 1-833-416-2273		10-11:30 am Coffee at Ellena's 16 Dundas St E, Napanee	2:00 pm Library program 25 River Rd, Napanee	10:00 am Village Green Support group 10:00-1:00pm First link clinic (by appointment) 1:00-3:00 pm Minds in Motion		
Daylight Saving Time Begins	Purim Begins	10-11:30 am Coffee at Ellena's 16 Dundas St E, Napanee 6:30 pm Friendly Round Table Support Group at the John Parrott Centre 309 Bridge St. Napanee	9:30 am-12:00 Cooking for 2 26 Dundas St W, Napanee Please register with Candice 613-544-3078	1:00-3:00 pm Minds in Motion Located at VON (12 Richmond Park Dr) Full		
		10-11:30 am Coffee at Ellena's 16 Dundas St E, Napanee CIBC speaker at 10am St. Patrick's Day	2:00 pm Library program 25 River Rd, Napanee	1:00-3:00 pm Minds in Motion Located at VON (12 Richmond Park Dr) Full		
		10-11:30 am Coffee at Ellena's 16 Dundas St E, Napanee	1:00 pm Travelogue to Ireland 26 Dundas St W, Napanee	1:00-3:00 pm Minds in Motion Located at VON (12 Richmond Park Dr) Full		Bus To Trillium Ridge Sugar Bush! Bus leaves from Kingston at 10:00am Should be at checkpoint Macdonalds, at 10:30. \$12 for meal, please bring with and pay at the venue.
		10-11:30 am Coffee at Ellena's 16 Dundas St E, Napanee	<p style="text-align: center;"> March 2020 Napanee and Area Alzheimer Society KFL&A 613-544-3078 cmcmullen@alzking.com </p>			

Programs are subject to change.