

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Powerful Tools for Caregivers Workshop 6 week Course 1-3pm Registration Required Week 1	4 "Forget Me Not Club" 10:00 – 11:30 At the Sharbot Lake Retirement & Retreat	5 "Golden Girls" Volunteer Visiting at Pine Meadow Nursing Home 10:00-11:30	6 Old Pharts" Volunteer/ Education Group 10:00 – 11:30 Alzheimer Society Office at The Lions Hall in Northbrook	7 <b>Please Note</b> Sharbot Lake Retirement & Retreat is located at 14244 Road 38, Sharbot Lake
8  Daylight Saving Time Begins	9 Purim Begins	10 Powerful Tools for Caregivers Workshop Registration Required Week 2	11	12 "Golden Girls" Volunteer Visiting at Pine Meadow Nursing Home 10:00-11:30	13 Old Pharts" Volunteer/ Education Group 10:00 – 11:30 Pine Meadow Nursing Home	14 <b>Please Note</b> To attend Groups in North Brook please Contact Coordinator Pam Lemke At 613-544-3078 x 207 or email her at plemke@alzking.com
15	16	17 Powerful Tools for Caregivers Workshop Registration Required Week 3  St. Patrick's Day	18 "Forget Me Not Club" 10:00 – 11:30 At the Sharbot Lake Retirement & Retreat	19  Spring Begins	20	21 <b>Please Note</b> Northbrook Lions Hall is the home of the Alzheimer Society Office And is located at 12 Firehall Road Northbrook
22 Legend: Blue:Caregiver Support Red: Groups for persons living with a diagnosis	23	24 Powerful Tools for Caregivers Workshop Registration Required Week 4	25	26	27	28 <b>Please Note</b> Sharbot Lake and Northbrook Clients welcome to participate in Programs offered in Kingston. If interested please contact x 209 Mari Vepsalainen
29 Green: Special Event	30	31 Powerful Tools For Caregivers Workshop Registration Required Week 5				