

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# December 2023 KFL&A Calendar

						1	2			
3	<b>Mixed Peer Group &amp; Caregiver Chat</b> 10:00-Noon Musical Happy Hour with Max and Company 6:30pm <u>ZOOM</u>	4	<b>Men's Peer Group</b> 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	5	<b>Ladies' Peer Group</b> 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	6	<b>In Person Support Group</b> Napanee Office 10:30am - Noon Coffee Social 1 - 3pm	7	8	9
10	<b>Mixed Peer Group &amp; Caregiver Chat</b> 10:00-Noon	11	<b>Open House</b> 1:30 to 3:30pm- all Welcome Caregiver Evening Chat 7:00pm - <u>ZOOM</u>	12	<b>Ladies' Peer Group</b> 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	13	<b>In Person Support Group</b> Napanee Office 10:30am - Noon Coffee Social 1 - 3pm Movie Night 6:15pm at Kingsbridge	14	15	16
17	<b>Mixed Peer Group &amp; Caregiver Chat</b> 10:00-Noon Musical Happy Hour with Max and Company 6:30pm <u>ZOOM</u>	18	<b>Men's Peer Group</b> 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	19	<b>Ladies' Peer Group</b> 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	20	<b>In Person Support Group</b> Napanee Office 10:30am - Noon Men's Caregiver Group 10:00am <u>Zoom</u> Coffee Social 1- 3pm Virtual Caregiver Group 5:30 - 7:00pm NEW TIME! <u>Zoom</u>	21	22	23
24	 Office is Closed	25	26	27	28	29	30			
31	 <p> <b>Kingston: Events Red:</b> Person Living with a Diagnosis  <b>Blue:</b> Groups for Caregivers  <b>Green:</b> Special Events  <b>Purple:</b> Napanee  <b>Orange:</b> All Welcome Caregivers and Persons Living with a Diagnosis         </p>									