

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

To Access Programs simply right click on the program, and you will be linked to zoom!

Minds in motion with Sarnia and Mari is Back!! Mondays . Thursdays will be by registration!

Minds in Motion 7
10am

Men's Peer Group 8
9:00 am
Caregiver Cafe
1:30 pm
Caregiver Evening Chat
7:00

Ladies Peer Support Group 9
9:00 am
Circle Of Friends
1:30 pm

Minds in Motion 10
10am
Musical Memories
2:00 pm
(Mari V, Love Songs)

Friendly Fridays at the Chit Chat 11
1:00
Armchair Travelogue

Minds in Motion 14
10am
Christmas In February Drive through 1:30-3:30 At The Office!
Musical Happy Hour with Max and Wayne
6:30
Valentine's Day

Men's Peer Group 15
9:00 am
Caregiver Cafe
1:30 pm

Ladies Peer Support Group 16
9:00 am
Circle Of Friends
1:30 pm

Minds in Motion 17
10am
Men's Caregiver Group
10 am
Musical Memories
2:00 pm
(Michael K Meyers)

Friendly Fridays at the Chit Chat 18
1:00
email: Noreen Peters noreenpeters@cogeco.ca

FAMILY DAY OFFICE CLOSED 21
Presidents' Day (US)

Men's Peer Group 22
9:00 am
Caregiver Cafe
1:30 pm

Ladies Peer Support Group 23
9:00 am
Circle Of Friends
1:30 pm

Minds in Motion 24
10am
Musical Memories
2:00 pm
(Glenn Reid)

Friendly Fridays at the Chit Chat 25
1:00
Armchair Travelogue

LEGEND: 27
BLUE: Caregiver Support Groups
GREEN: Special Event
RED: Groups for persons living with a diagnosis

Minds in Motion 28
10am
Musical Happy Hour with Max and Wayne
6:30

February 2022



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