



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Please Note:</b> <b>Minds in Motion offerings increased for x2 afternoon sessions per week! (As a Trial)</b>	<b>1</b> <u>Minds in Motion</u> <b>10am</b>	<b>2</b> <u>Minds in Motion</u> <b>10am &amp; 2pm</b> <u>Caregivers Café</u> <b>1:30pm</b> <small>Groundhog Day</small>	<b>3</b> <u>Caring in Facility</u> <u>Caregiver Support</u> <b>10:00am</b> <u>Circle of Friends</u> <b>1:30pm</b> (Tour of Titanic) <u>Minds in Motion</u> <b>3pm</b>	<b>4</b> <u>Minds in Motion</u> <b>10am</b> <u>Musical Memories</u> <b>2pm</b> (Roger James)	<b>5</b> <u>Friendly</u> <b>Fridays at the Chit</b> <b>Chat 1:00</b> email: Noreen Peters noreenpeters@cogeco.ca	<b>6</b>
<b>7</b>	<b>8</b> <u>Minds in Motion</u> <b>10am</b> <u>12:30pm Part One</u> <u>Speaker Series:</u> <u>Financial Considerations</u>	<b>9</b> <u>Minds in Motion</u> <b>10am &amp; 2pm</b> <u>Caregivers Café</u> <b>1:30pm</b> <u>Caregivers Evening</u> <u>Chat 7pm</u>	<b>10</b> <u>Ladies Peer</u> <u>Group 9:00 am</u> <u>Circle of Friends</u> <b>1:30pm</b> (Chinese New Year) <u>Minds in Motion</u> <b>3pm</b>	<b>11</b> <u>Minds in Motion</u> <b>10am</b> <u>Musical Memories</u> <b>2pm</b> (Mari)	<b>12</b> <u>Armchair</u> <u>Travelogue – A</u> <u>Symphonic Journey</u> <b>11am</b> <u>Friendly</u> <b>Fridays at the Chit</b> <b>Chat 1:00</b> <small>Chinese New Year (Year of the Ox)</small>	<b>13</b>
<b>14</b> <small>Valentine's Day</small>	<b>15</b> <b>HAPPY FAMILY DAY</b> <b>OFFICE CLOSED</b>  <small>Presidents' Day</small>	<b>16</b> <u>Minds in Motion</u> <b>10am &amp; 2pm</b> <u>Caregivers Café</u> <b>1:30pm</b> <small>Mardi Gras</small>	<b>17</b> <u>Ladies Peer</u> <u>Group 9:00 am</u> <u>Sydenham Support</u> <u>Group 1:30</u> <u>Circle of Friends</u> <b>1:30pm</b> (Hershey Village) <u>Minds in Motion</u> <b>3pm</b>	<b>18</b> <u>Minds in Motion</u> <b>10am</b> <u>Men's Caregiver Group</u> <b>10am</b> <u>Musical Memories</u> <b>2pm</b> (Michael K Meyers)	<b>19</b> <u>Friendly</u> <b>Fridays at the Chit</b> <b>Chat 1:00</b> <u>Matinee Movie</u> <u>Homeward Bound</u> <u>The Incredible Journey</u> <b>1:30</b>	<b>20</b> <b>Please call the office to register for the movie and arrange for your pickup of treat bag. Reception x 201</b>
<b>21</b>	<b>22</b> <u>Minds in Motion</u> <b>10am</b>	<b>23</b> <u>Minds in Motion</u> <b>10am &amp; 2pm</b> <u>Caregivers Café</u> <b>1:30pm</b>	<b>24</b> <u>Ladies Peer</u> <u>Group 9:00 am</u> <u>Circle of Friends</u> <b>1:30pm</b> (Name That Tune) <u>Minds in Motion</u> <b>3pm</b>	<b>25</b> <u>Minds in Motion</u> <b>10am</b> <u>12:30pm Part Two:</u> <u>POA/Legal</u> <u>Musical Memories</u> <b>2pm</b> (Glenn Reid) <small>Print Begins</small>	<b>26</b> <u>Armchair</u> <u>Travelogue -</u> <u>Venice</u> <b>11am</b> <u>Friendly</u> <b>Fridays at the Chit</b> <b>Chat 1:00</b>	<b>27</b> <b>Coming in March – Crafting Session with Christine!</b>
<b>28</b> <b>LEGEND:</b> <b>BLUE: Caregiver Support Groups</b> <b>GREEN: Special Event</b> <b>RED: Groups for persons living with a diagnosis</b>	 <h1>February 2021</h1> <b>ALZHEIMER'S SOCIETY</b> <b>OF KFL&amp;A,</b> <b>400 Elliot Ave. Unit 4, Kingston, ON K7M 6M9, 613-544-3078</b>					

**To join in the activities/register through zoom-click on the activity/event!**