

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mixed Peer Group & Caregiver Chat 10:00-Noon	3 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	4 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	5 In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm	6	7 Forget Me Not Photo Session -see newsletter for details -registration required!
8	9 Happy Thanksgiving!! Office is Closed 	10 Men's Peer Group 10:00am-Noon NEW Men's Group 1:30-3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office Caregiver Evening Chat <u>7:00pm - ZOOM</u>	11 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	12 In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1 - 3pm	13	14
15	16 Mixed Peer Group & Caregiver Chat 10:00-Noon	17 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	18 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	19 In Person Support Group Napanee Office 10:30am - Noon Men's Caregiver Group 10:00am <u>Zoom</u> Coffee Social 1- 3pm MOVIE Night at Kingsbridge 6:30pm Registration Required	20	21
22	23 Mixed Peer Group & Caregiver Chat 10:00-Noon Musical Happy Hour with Max and Company <u>6:30pm - ZOOM</u>	24 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	25 Ladies' Peer Group 10:00am -11:30am Gentle Exercises 1:30pm <u>Zoom</u>	26 In Person Support Group Napanee Office 10:30am - Noon Coffee Social 1- 3pm In Person Caregiver Group 6 -8pm	27 Orange and Black Monster Mash Lunch and Music at the 560 Legion (RSVP \$15 per person)	28
29	30 Mixed Peer Group & Caregiver Chat 10:00-Noon	31 Men's Peer Group 10:00am -Noon & 1:30- 3:00pm Caregiver Café -1:30pm <u>ZOOM</u> or in office	October 2023 Kingston: Events Red: Person Living with a Diagnosis Blue: Groups for Caregivers Green: Special Events Purple: Napanee Gaps Orange: All Welcome Caregivers and Persons Living with a Diagnosis			

Our NEW ADDRESS is: 1200 Princess Street Kingston Ontario – Providence Care Village