



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>Minds in Motion</u> 1 <u>10am</u>	<u>Men's Peer Group</u> 2 <u>8:30am</u> <u>Minds in Motion</u> <u>10am & 3pm</u> <u>Caregivers Café</u> <u>1:30pm</u>	<u>Caring in Facility</u> 3 <u>Caregiver Support</u> <u>10:00am</u> <u>Circle of Friends</u> <u>1:30pm</u> (The best of Dr. Seuss) <u>Minds in Motion</u> <u>3pm</u>	<u>Minds in Motion</u> 4 <u>10am</u> <u>Musical Memories</u> <u>2pm</u> (Roger James)	<u>Friendly</u> 5 <u>Fraturdays at the Chit</u> Chat 1:00 email: Noreen Peters noreenpeters @cogeco.ca	<u>The Cuban</u> 6 <u>Movie</u> <u>Screening</u> <u>March 5-7th</u> <u>See details in</u> <u>Newsletter</u>
7	<u>Minds in Motion</u> 8 <u>10am</u>	<u>Men's Peer Group</u> 9 <u>8:30am</u> <u>Minds in Motion</u> <u>10am & 3pm</u> <u>Caregivers Café</u> <u>1:30pm</u> <u>Caregivers Evening</u> <u>Chat 7pm</u>	<u>Ladies Peer</u> 10 <u>Group 9:00 am</u> <u>Circle of Friends</u> <u>1:30pm</u> (Caterpillars & Butterflies) <u>Minds in Motion</u> <u>3pm</u>	<u>Minds in Motion</u> 11 <u>10am</u> <u>Musical Memories</u> <u>2pm</u> (Lisa / Ardy Shaw)	<u>Armchair</u> 12 <u>Travelogue – A</u> <u>Swim Through the</u> <u>Coastal Seas</u> <u>11am</u> <u>Friendly</u> <u>Fraturdays at the Chit</u> Chat 1:00	13
14	<u>Minds in Motion</u> 15 <u>10am</u>	<u>Men's Peer Group</u> 16 <u>8:30am</u> <u>Minds in Motion</u> <u>10am & 3pm</u> <u>Caregivers Café</u> <u>1:30pm</u>	<u>Ladies Peer</u> 17 <u>Group 9:00 am</u> <u>Sydenham Support</u> <u>Group 1:30</u> Circle OF Friends CANCELLED Today <u>Minds in Motion</u> <u>3pm</u> St. Patrick's Day	<u>Minds in Motion</u> 18 <u>10am</u> <u>Men's Caregiver Group</u> <u>10am</u> <u>Musical Memories</u> <u>2pm</u> (Michael K Meyers)	<u>Friendly</u> 19 <u>Fraturdays at the Chit</u> Chat 1:00 <u>Movie Homeward</u> <u>Bound II 1:30</u>	Please call the 20 office to register for the movie and arrange for your pickup of treat bag. Reception x 201 Spring Begins
Daylight Saving Time Begins	21	<u>Minds in Motion</u> 22 <u>10am</u>	<u>Ladies Peer</u> 24 <u>Group 9:00 am</u> <u>Circle of Friends</u> <u>1:30pm</u> (Spring has Sprung) <u>Minds in Motion</u> <u>3pm</u>	<u>Minds in Motion</u> 25 <u>10am</u> <u>Speakers Series</u> <u>12:30 with the LHIN</u> <u>Register Here</u> <u>Musical Memories</u> <u>2pm</u> (Glenn Reid)	<u>Armchair</u> 26 <u>Travelogue Abu</u> <u>Dhabi 11am</u> <u>Friendly</u> <u>Fraturdays at the Chit</u> Chat 1:00 <u>Sign Making</u> <u>Session 5:00</u>	Please call the 27 office to sign up for a wonderful <u>Sign Making</u> <u>Session with</u> <u>Michaela.</u> Passover Begins
LEGEND: 28	<u>Minds in Motion</u> 29 <u>10am</u>	<u>Men's Peer Group</u> 30 <u>8:30am</u> <u>Minds in Motion</u> <u>10am & 3pm</u> <u>Caregivers Café</u> <u>1:30pm</u>	<u>Ladies Peer</u> 31 <u>Group 9:00 am</u> <u>Circle of Friends</u> <u>1:30pm</u> (Springtime in Paris) <u>Minds in Motion</u> <u>3pm</u>	 <div style="text-align: center;"> <h1>March 2021</h1> <p>ALZHEIMER'S SOCIETY OF KFL&A, 400 Elliot Ave. Unit 4, Kingston, ON K7M 6M9, 613-544-3078</p>  </div>		
Palm Sunday						

To join the activities/register - click on the activity/event title!