

November 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend ■ Webinar ■ Community partner ■ Education ■ Caregiver support ■ Skill building					1 ■ Caregiver Chat 10 to 11 a.m. ■ WoodGreen: Coping through Life Transitions 10 to 11:30 a.m. In person	2 ■ After Stroke Support for Caregivers: Finding a Path Forward 3 to 4 p.m.
3 ■ Caregiver Chat 10 to 11 a.m.	4 ■ Caregiver Skills Getting Smart Technology to Work for You 11 to 12 p.m.	5 ■ Ask an Ethicist: How am I supposed to make decisions? 3 to 3:30 p.m. In person or Join Zoom Meeting ID: 931 8626 1758 Passcode: 192340	6 ■ Tech Time: Learn to use your device 2 to 3 p.m. In person	7 ■ Balancing Work and Care: Finding strategies that work for you 11 to 12 p.m.	8 ■ Caregiver Chat 10 to 11 a.m.	9 ■ Make Your Voice Heard: Tips for Effective Caregiver Communication 3 to 4 p.m.
10 ■ Caregiver Chat 10 to 11 a.m.	12 ■ Financial Planning for Caregivers 11 to 12 p.m.	12 ■ Live Piano 10 to 11:30 a.m.	13 ■ Tech Time: Learn to use your device 2 to 3 p.m. In person	14 ■ Tour and Treats 10:30 to 12:30 p.m. In person	15 ■ Caregiver Chat 10 to 11 a.m.	16 ■ After Stroke Support for Caregivers: Finding a Path Forward 3 to 4 p.m.
17 ■ Caregiver Chat 10 to 11 a.m.	18 ■ Discover the Healing Power of Journal Writing 11 to 12 p.m.	19 ■ Live Piano 10 to 11:30 a.m.	20 ■ Tech Time: Learn to use your device 2 to 3 p.m. In person	21 ■ Tour and Treats 10:30 to 12:30 p.m. In person	22 ■ Caregiver Chat 10 to 11 a.m.	23 ■ Boost Your Well Being With A Nature Prescription 3 to 4 p.m.
24 ■ Caregiver Chat 10 to 11 a.m.	25 ■ Non-Violent Communication Caregiving, Conflict & Compassionate Communication 11 to 12 p.m.	26 ■ Live Piano 10 to 11:30 a.m.	27 ■ Tech Time: Learn to use your device 2 to 3 p.m. In person ■ Infection Prevention and Control: COVID-19 In person 1 to 1:30 p.m.	28 ■ Ask an Ethicist: Feeling morally distressed 3 to 3:30 p.m. In person or Join Zoom Meeting ID: 972 2323 9545 Passcode: 118130	29	30

