

# January 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <ul style="list-style-type: none"> <li>■ <b>Take a Breath:</b> Tips From a Caregiver Coach 11 to 12 p.m.</li> </ul>	3 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> <li>■ <b>WoodGreen:</b> New Year, New Boundaries 10 to 11:30 a.m. In person</li> </ul>	4 <ul style="list-style-type: none"> <li>■ <b>Make Your Voice Heard:</b> Tips for Effective Caregiver Communication 3 to 4 p.m.</li> </ul>
5 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> </ul>	6 <ul style="list-style-type: none"> <li>■ <b>Preparing for the Future:</b> Advance Care Planning for Caregivers 11 to 12 p.m.</li> </ul>	7 <ul style="list-style-type: none"> <li>■ <b>Live Piano</b> 10 to 11:30 a.m.</li> </ul>	8 <ul style="list-style-type: none"> <li>■ <b>Tech Time:</b> Learn to use your device 2 to 3 p.m. In person</li> </ul>	9 <ul style="list-style-type: none"> <li>■ <b>Tour and Treats</b> 10:30 to 12:30 p.m. In person</li> </ul>	10 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> </ul>	11 <ul style="list-style-type: none"> <li>■ <b>Peer Support for Families of Persons with a Developmental Disability</b> 3 to 4 p.m.</li> </ul>
12 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> </ul>	13 <ul style="list-style-type: none"> <li>■ <b>Nourishing the Caregiver</b> 11 to 12 p.m.</li> </ul>	14 <ul style="list-style-type: none"> <li>■ <b>Live Piano</b> 10 to 11:30 a.m.</li> </ul>	15 <ul style="list-style-type: none"> <li>■ <b>Tech Time:</b> Learn to use your device 2 to 3 p.m. In person</li> </ul>	16 <ul style="list-style-type: none"> <li>■ <b>Tour and Treats</b> 10:30 to 12:30 p.m. In person</li> </ul>	17 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> </ul>	18 <ul style="list-style-type: none"> <li>■ <b>Sleep:</b> Reclaiming the Caregiver's Elusive Friend 3 to 4 p.m.</li> </ul>
19 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> </ul>	20 <ul style="list-style-type: none"> <li>■ <b>Everyday Resiliency in Times of Uncertainty:</b> How to Protect Your Core 11 to 12 p.m.</li> </ul>	21 <ul style="list-style-type: none"> <li>■ <b>Live Piano</b> 10 to 11:30 a.m.</li> </ul>	22 <ul style="list-style-type: none"> <li>■ <b>Tech Time:</b> Learn to use your device 2 to 3 p.m. In person</li> </ul>	23 <ul style="list-style-type: none"> <li>■ <b>Managing A Complex Relationship With The Person You Care For</b> 11 to 12 p.m.</li> </ul>	24 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> </ul>	25 <ul style="list-style-type: none"> <li>■ <b>PTSD in Unpaid Caregivers:</b> Risks, Signs, and Support 3 to 4 p.m.</li> </ul>
26 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> </ul>	27 <ul style="list-style-type: none"> <li>■ <b>Sharing Dance:</b> The Role of Exercise in Promoting Health and Well-Being 11 to 12 p.m.</li> </ul>	28 <ul style="list-style-type: none"> <li>■ <b>Live Piano</b> 10 to 11:30 a.m.</li> </ul>	29 <ul style="list-style-type: none"> <li>■ <b>Tech Time:</b> Learn to use your device 2 to 3 p.m. In person</li> <li>■ <b>Infection Prevention and Control:</b> Hand hygiene 1 to 1:30 p.m. In person</li> </ul>	30 <ul style="list-style-type: none"> <li>■ <b>Balancing Work and Care:</b> Finding strategies that work for you 11 to 12 p.m.</li> </ul>	31 <ul style="list-style-type: none"> <li>■ <b>Caregiver Chat</b> 10 to 11 a.m.</li> </ul>	

## Legend

- Webinar
- Community partner
- Education
- Caregiver support
- Skill building

## Tip Sheet

- **Font:** Arial Bold, Arial
- **Minimum font size:** 12pt
- **Justification:** Left justified only
- **Line breaks:** Leave a full line between the date numeral and the first event, and between events
- **Colours:** Black text only with Sinai Health Colours for Legend blocks
- **Dates and times:** Please use “a.m.” and “p.m.” formatting and “to” in between times. If both times are in the morning or afternoon/evening, place the “a.m.” or “p.m.” after the end time only. If a session begins on the hour, adding minutes is not necessary (e.g., use “3 p.m.” rather than “3:00 p.m.”)