

# February 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <span style="color: #FFC300;">■</span> <b>Art Drop-in</b>   Art opportunity, no experience needed 1 to 3 p.m.	<b>2</b> <span style="color: #FFC300;">■</span> <b>Caregiver Chat</b> 10 to 11 a.m.  <span style="color: #C00000;">■</span> <b>WoodGreen:</b> Breathing Space 12 to 1:30 p.m.	<b>3</b> <span style="color: #00AEEF;">■</span> <b>PTSD in Unpaid Caregivers:</b> Risks, Signs, and Support 3 to 4 p.m.
<b>4</b> <span style="color: #FFC300;">■</span> <b>Caregiver Chat</b> 10 to 11 a.m.	<b>5</b> <span style="color: #00AEEF;">■</span> <b>Do It Yourself Acupressure To Relieve Stress</b> 3 to 4 p.m.	<b>6</b> <span style="color: #008080;">■</span> <b>Ask an Ethicist:</b> Power of Attorney- How am I supposed to make decisions? 3 to 3:45 p.m.	<b>7</b> <span style="color: #C00000;">■</span> <b>Tech Time:</b> Learn to use your device 2 to 3 p.m.	<b>8</b> <span style="color: #FFC300;">■</span> <b>Art Drop-in</b>   Art opportunity, no experience needed 1 to 3 p.m.	<b>9</b> <span style="color: #FFC300;">■</span> <b>Caregiver Chat</b> 10 to 11 a.m.	<b>10</b> <span style="color: #00AEEF;">■</span> <b>Cultivating Mindfulness for Well-being Among Caregivers</b> 3 to 4 p.m.
<b>11</b> <span style="color: #FFC300;">■</span> <b>Caregiver Chat</b> 10 to 11 a.m.	<b>12</b> <span style="color: #00AEEF;">■</span> <b>The Many Faces of Grief:</b> A Mental Health Conversation for Caregivers 3 to 4 p.m.	<b>13</b>	<b>14</b> <span style="color: #C00000;">■</span> <b>Tech Time:</b> Learn to use your device 2 to 3 p.m.	<b>15</b> <span style="color: #FFC300;">■</span> <b>Art Drop-in</b>   Art opportunity, no experience needed 1 to 3 p.m.	<b>16</b> <span style="color: #FFC300;">■</span> <b>Caregiver Chat</b> 10 to 11 a.m.	<b>17</b> <span style="color: #00AEEF;">■</span> <b>The Pharmacist-Caregiver Connection:</b> A Supportive Approach 3 to 4 p.m.
<b>18</b> <span style="color: #FFC300;">■</span> <b>Caregiver Chat</b> 10 to 11 a.m.	<b>19</b> <span style="color: #00AEEF;">■</span> <b>Legal Framework for Caregivers</b> 3 to 4 p.m.	<b>20</b> <span style="color: #C00000;">■</span> <b>South Riverdale:</b> Diabetes Information 4 to 6 p.m.	<b>21</b> <span style="color: #C00000;">■</span> <b>Tech Time:</b> Learn to use your device 2 to 3 p.m.	<b>22</b> <span style="color: #008080;">■</span> <b>Ask an Ethicist:</b> Am I the Right Decision Maker? 11 to 11:45 a.m.  <span style="color: #FFC300;">■</span> <b>Art Drop-in</b> 1 to 3 p.m.	<b>23</b> <span style="color: #FFC300;">■</span> <b>Caregiver Chat</b> 10 to 11 a.m.	<b>24</b> <span style="color: #00AEEF;">■</span> <b>Make Your Voice Heard:</b> Tips for Effective Caregiver Communication 3 to 4 p.m.
<b>25</b> <span style="color: #FFC300;">■</span> <b>Caregiver Chat</b> 10 to 11 a.m.	<b>26</b> <span style="color: #00AEEF;">■</span> <b>Caring at Home:</b> Getting Connected in the Home and Community Support Sector 3 to 4 p.m.	<b>27</b>	<b>28</b> <span style="color: #C00000;">■</span> <b>Tech Time:</b> Learn to use your device 2 to 3 p.m.  <span style="color: #008080;">■</span> <b>Infection Prevention and Control:</b> Keeping safe 1 to 1:30 p.m.	<b>29</b> <span style="color: #FFC300;">■</span> <b>Art Drop-in</b>   Art opportunity, no experience needed 1 to 3 p.m.	<b>Legend</b> <span style="color: #00AEEF;">■</span> Webinar <span style="color: #C00000;">■</span> Community partner <span style="color: #008080;">■</span> Education <span style="color: #FFC300;">■</span> Caregiver support <span style="color: #C00000;">■</span> Skill building	