

November 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 Explore the Space: The centre is open for tours; come and see! 1 to 4 p.m.	14 Explore the Space: The centre is open for tours; come and see! 1 to 3 p.m.	15 Explore the Space: The centre is open for tours; come and see! 2 to 3 p.m.	16 Explore the Space: The centre is open for tours; come and see! 10 a.m. to 1 p.m. 3 to 6 p.m.	17 Explore the Space: The centre is open for tours; come and see! 10 a.m. to 4 p.m.	18
19	20 Ontario Caregiver Organization: Balance discussion with working caregivers 5 to 6 p.m.	21 Mindfulness Tuesday 2 to 2:30 p.m.	22 Tech Time: Learn to use your device 2 to 3 p.m.	23 PTSD in Unpaid Caregivers: Risks, signs, and support 3 to 4 p.m.	24 Caregiver Chat 10 to 11 a.m.	25 Cultivating Mindfulness for Well-being Among Caregivers 3 to 4 p.m.
26	27 The Changing Brain: Exploring personality and behaviour change with dementia 3 to 4 p.m.	28 Mindfulness Tuesday 2 to 2:30 p.m.	29 Infection Prevention and Control: Keeping safe 1 to 1:30 p.m. Tech Time 2 to 3 p.m.	30 Ask an Ethicist: How to make difficult decisions 11 to 11:45 p.m.	Legend <ul style="list-style-type: none"> ■ Webinar ■ Community partner ■ Caregiver support ■ Skill building ■ Education 	