

May 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ■ Tech Time: Learn to use your device 2 to 3 p.m.	2	3 ■ WoodGreen: Info Booth Located on Main Floor 11:30 to 1:30 p.m. ■ WoodGreen: Breathing Space (Offered in the centre) 12 to 1:30 p.m.	4 ■ Q&A on Compassionate Communication & Self-Empathy for Caregivers 3 to 4 p.m.
5 ■ Caregiver Chat 10 to 11 a.m.	6 ■ Discover the Healing Power of Journal Writing 3 to 4 p.m.	7 ■ Ask an Ethicist: Who is the Substitute Decision Maker? 3 to 3:30 p.m.	8 ■ Tech Time: Learn to use your device 2 to 3 p.m.	9	10 ■ Caregiver Chat 10 to 11 a.m.	11 ■ Quality Standards for Delirium Care 3 to 4 p.m.
12 ■ Caregiver Chat 10 to 11 a.m.	13 ■ Sleep: Reclaiming the Caregiver's Elusive Friend 3 to 4 p.m.	14	15 ■ Tech Time: Learn to use your device 2 to 3 p.m.	16	17 ■ Caregiver Chat 10 to 11 a.m.	18 ■ Planning for An Unexpected Emergency: A Caregiver Guide (Part 1) 3 to 4 p.m.
19 ■ Caregiver Chat 10 to 11 a.m.	20 ■ Boost Your Well Being With A Nature Prescription 3 to 4 p.m.	21	22 ■ Tech Time: Learn to use your device 2 to 3 p.m.	23	24 ■ Caregiver Chat 10 to 11 a.m.	25 ■ Planning for an Unexpected Emergency: A Caregiver Guide (Part 2) 3 to 4 p.m.
26 ■ Caregiver Chat 10 to 11 a.m.	27 ■ Non-Violent Communication Transforming Caregiver Guilt & Resentment Through Empathy 3 to 4 p.m.	28	29 ■ Tech Time: Learn to use your device 2 to 3 p.m. ■ Infection Prevention and Control: MRSA Discussion 1 to 1:30 p.m.	30 ■ Ask an Ethicist: Power of Attorney- How am I supposed to make decisions? 11 to 11:45 a.m.	31 ■ Caregiver Chat 10 to 11 a.m.	Legend ■ Webinar ■ Community partner ■ Education ■ Caregiver support ■ Skill building