

February 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>■ Make Your Voice Heard: Tips for Effective Caregiver Communication 3 to 4 p.m.</p>
<p>2</p> <p>■ Caregiver Chat 10 to 11 a.m.</p>	<p>3</p> <p>■ Nourishing the Caregiver 11 to 12 p.m.</p>	<p>4</p> <p>■ Live Piano 10 to 11:30 a.m.</p>	<p>5</p> <p>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</p>	<p>6</p> <p>■ Tour and Treats 10:30 to 12:30 p.m. In person</p>	<p>7</p> <p>■ Caregiver Chat 10 to 11 a.m.</p> <p>■ WoodGreen: Conscious Communication 10 to 11:30 a.m. In person</p>	<p>8</p> <p>■ Caring at Home: Getting Connected in the Home and Community Support Sector 3 to 4 p.m.</p>
<p>9</p> <p>■ Caregiver Chat 10 to 11 a.m.</p>	<p>10</p> <p>■ Everyday Resiliency in Times of Uncertainty: How to Protect Your Core 11 to 12 p.m.</p>	<p>11</p> <p>■ Live Piano 10 to 11:30 a.m.</p>	<p>12</p> <p>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</p>	<p>13</p> <p>■ Tour and Treats 10:30 to 12:30 p.m. In person</p>	<p>14</p> <p>■ Caregiver Chat 10 to 11 a.m.</p>	<p>15</p> <p>■ Sleep: Reclaiming the Caregiver's Elusive Friend 3 to 4 p.m.</p>
<p>16</p> <p>■ Caregiver Chat 10 to 11 a.m.</p>	<p>17</p> <p>■ Managing A Complex Relationship With The Person You Care For 11 to 12 p.m.</p>	<p>18</p> <p>■ Live Piano 10 to 11:30 a.m.</p>	<p>19</p> <p>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</p>	<p>20</p> <p>■ The 8 A's of Dementia 11 to 12 p.m.</p>	<p>21</p> <p>■ Caregiver Chat 10 to 11 a.m.</p>	<p>22</p> <p>■ Tips for Caregivers to Safely Assist with Mobility and Navigate Change 3 to 4 p.m.</p>
<p>23</p> <p>■ Caregiver Chat 10 to 11 a.m.</p>	<p>24</p> <p>■ Understanding Healthcare Consent Laws and Rules 11 to 12 p.m.</p>	<p>25</p> <p>■ Live Piano 10 to 11:30 a.m.</p>	<p>26</p> <p>■ Tech Time: Learn to use your device 2 to 3 p.m. In person</p> <p>■ Infection Prevention and Control: Donning and doffing PPE 1 to 1:30 p.m. In person</p>	<p>27</p> <p>■ Responsive Behaviours Person Centered and Practical Approaches to Care 11 to 12 p.m.</p>	<p>28</p> <p>■ Caregiver Chat 10 to 11 a.m.</p>	

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.”)