

# March 2025 Calendar

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|--|--|--|---|--|---|
|  |  |  |  |   |  | <b>1</b><br><span style="color: #00AEEF;">■</span> <b>Take a Breath!</b> Tips From a Caregiver Coach<br>2 to 3 p.m. |
| <b>2</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 11 a.m. In person  | <b>3</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 12 p.m. In person  | <b>4</b><br><span style="color: #FFC000;">■</span> <b>Live Piano</b><br>10:15 to 10:45 a.m.  | <b>5</b><br><span style="color: #FF8C00;">■</span> <b>Tech Time:</b> Learn to use your device<br>2 to 3 p.m. In person                         | <b>6</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat &amp; Treats</b><br>10:30 to 12:30 p.m. In person  | <b>7</b><br><span style="color: #C00000;">■</span> <b>WoodGreen:</b> Self- Care for Caregivers<br>10 to 11:30 a.m. In person | <b>8</b><br><span style="color: #00AEEF;">■</span> <b>Grief and Bereavement</b><br>2 to 3 p.m.                      |
| <b>9</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 11 a.m. In person  | <b>10</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 12 p.m. In person | <b>11</b><br><span style="color: #FFC000;">■</span> <b>Live Piano</b><br>10:15 to 10:45 a.m.   | <b>12</b><br><span style="color: #FF8C00;">■</span> <b>Tech Time:</b> Learn to use your device<br>2 to 3 p.m. In person                        | <b>13</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat &amp; Treats</b><br>10:30 to 12:30 p.m. In person | <b>14</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 11 a.m. In person                         | <b>15</b><br><span style="color: #00AEEF;">■</span> <b>Quality Standards for Delirium Care</b><br>2 to 3 p.m.       |
| <b>16</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 11 a.m. In person | <b>17</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 12 p.m. In person | <b>18</b><br><span style="color: #FFC000;">■</span> <b>Live Piano</b><br>10:15 to 10:45 a.m.   | <b>19</b><br><span style="color: #FF8C00;">■</span> <b>Tech Time:</b> Learn to use your device<br>2 to 3 p.m. In person                        | <b>20</b><br><span style="color: #00AEEF;">■</span> <b>Creating a Life You Love</b><br>2 to 3 p.m.                      | <b>21</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 11 a.m. In person                         | <b>22</b><br><span style="color: #00AEEF;">■</span> <b>Financial Planning for Caregivers</b><br>2 to 3 p.m.         |
| <b>23</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 11 a.m. In person | <b>24</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 12 p.m. In person | <b>25</b><br><span style="color: #FFC000;">■</span> <b>Live Piano</b><br>10:15 to 10:45 a.m.   | <b>26</b><br><span style="color: #008080;">■</span> <b>Infection Prevention and Control:</b> Chain of transmission<br>1 to 1:30 p.m. In person | <b>27</b><br><span style="color: #00AEEF;">■</span> <b>Nourishing the Caregiver</b><br>2 to 3 p.m.                      | <b>28</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 11 a.m. In person                         | <b>29</b><br><span style="color: #00AEEF;">■</span> <b>Dancing With Dementia</b><br>2 to 3 p.m.                     |
| <b>30</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 11 a.m. In person | <b>31</b><br><span style="color: #FFC000;">■</span> <b>Caregiver Chat</b><br>10 to 12 p.m. In person | <b>Legend</b><br><span style="color: #00AEEF;">■</span> Webinar<br><span style="color: #C00000;">■</span> Community partner<br><span style="color: #008080;">■</span> Education<br><span style="color: #FFC000;">■</span> Caregiver support<br><span style="color: #FF8C00;">■</span> 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.”)