April 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 🟨 **Live Piano** 10:15 to 10:45 a.m.	**2** 🟧 **Tech Time:** Learn to use your device 2 to 3 p.m. In person	**3** 🟨 **Caregiver Chat & Treats** 10:30 to 12:30 p.m. In person	**4** 🟥 **WoodGreen:** Self-Care for Caregivers 10 to 11:30 a.m. In person	**5** 🟦 **Quality Standards for Delirium Care** 2 to 3 p.m.
6 🟨 **Caregiver Chat** 10 to 11 a.m. In person	**7** 🟨 **Caregiver Chat** 10 to 12 p.m. In person	**8** 🟨 **Live Piano** 10:15 to 10:45 a.m. 🟩 **WoodGreen:** Caregiver Support & Wellness Program 12 to 1 p.m.	**9** 🟧 **Tech Time:** Learn to use your device 2 to 3 p.m. In person	**10** 🟦 **Managing Caregiver Anger & Frustration:** Strategies for Support & Advocacy 12 to 1 p.m.	**11** 🟨 **Caregiver Chat** 10 to 11 a.m. In person	**12** 🟦 **Managing A Complex Relationship With The Person You Care For** 2 to 3 p.m.
13 🟨 **Caregiver Chat** 10 to 11 a.m. In person	**14** 🟨 **Caregiver Chat** 10 to 12 p.m. In person	**15** 🟨 **Live Piano** 10:15 to 10:45 a.m.	**16** 🟧 **Tech Time:** Learn to use your device 2 to 3 p.m. In person	**17** 🟦 **Providing Care to 2SLGBTQ Persons** 2 to 3 p.m.	**18** 🟨 **Caregiver Chat** 10 to 11 a.m. In person	**19** 🟦 **Everyday Resiliency in Times of Uncertainty:** How to Protect Your Core 2 to 3 p.m.
20 🟨 **Caregiver Chat** 10 to 11 a.m. In person	**21** 🟨 **Caregiver Chat** 10 to 12 p.m. In person	**22** 🟨 **Live Piano** 10:15 to 10:45 a.m.	**23** 🟧 **Tech Time:** Learn to use your device 2 to 3 p.m. In person	**24** 🟦 **PTSD in Unpaid Caregivers:** Risks, Signs, and Support 2 to 3 p.m.	**25** 🟨 **Caregiver Chat** 10 to 11 a.m. In person	**26** 🟦 **When Thinking Abilities Change:** Is It Dementia? 2 to 3 p.m.
27 🟨 **Caregiver Chat** 10 to 11 a.m. In person	**28** 🟨 **Caregiver Chat** 10 to 12 p.m. In person	**29** 🟨 **Live Piano** 10:15 to 10:45 a.m.	**30** 🟩 **Infection Prevention and Control:** Additional precautions signs 1 to 1:30 p.m. In person			

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.")