FamilyMeans
CAREGIVING & AGING

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Day Out: 10am-1pm
5	6 Forest Lake Community Connection: 12pm-4pm	7 Virtual Support Group: 10am-11am	8 Memory Cafe Lake Elmo: 9am-10am In-person Support Group: Cottage Grove 1:30pm-2:30pm	9 Day Out: 10am-1pm
12 Journey Together: 10am-11am (Virtual)	13 Forest Lake Community Connection: 12pm-4pm In-person SG: 1pm-2:30pm Memory Cafe Woodbury: 1pm-2pm	14 Let's Do Coffee: 9:30am-11:00am Community Connection: 1pm-4pm	15	16 Day Out: 10am-1pm
19	20	21 Virtual SG: 10am-11am Memory Cafe Hugo: 11am-12pm Community Connection: 1pm-4pm Virtual SG: 5:30pm-6:30pm	22	23 Day Out: 10am-1pm
26 Journey Together: 10am-11am (Virtual)	27 Forest Lake Community Connection: 12pm-4pm In-person SG: 1pm-2:30pm	28 Community Connection: 1pm-4pm	29	30

Key:
Virtual SG = Virtual Support Group
In-person SG = In-Person Support Group

****Interested in a program? We would love to connect with you. Most programs require registration or a brief screening process before participation. Please contact us to get started! Click here for all event details.**