FamilyMeans
CAREGIVING & AGING

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Forest Lake Community Connection: 12pm-4pm	2 Virtual Support Group: 10am-11am Community Connection: 1pm-4pm	3	4 Day Out: 10am-1pm
7	8 Forest Lake Community Connection: 12pm-4pm In-person SG: 1pm-2:30pm Memory Cafe Woodbury: 1pm-2pm	9 Let's Do Coffee: 9:30am-11:00am Community Connection: 1pm-4pm	10 Memory Cafe Lake Elmo: 9am-10am In-person Support Group: Cottage Grove 1:30pm-2:30pm	11 Day Out: 10am-1pm
14 Journey Together: 10am-11am (Virtual)	15 Forest Lake Community Connection: 12pm-4pm	16 Virtual SG: 10am-11am Memory Cafe Hugo: 11am-12pm Community Connection: 1pm-4pm Virtual SG: 5:30pm-6:30pm	17	18 Day Out: 10am-1pm
21	22 Forest Lake Community Connection: 12pm-4pm In-person SG: 1pm-2:30pm Night Out: 5:30pm-7:30pm	23 Community Connection: 1pm-4pm	24	25 Day Out: 10am-1pm
28 Journey Together: 10am-11am (Virtual)	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.**