

January FamilyMeans Caregiving & Aging

All Groups meet virtually, please contact hricks@familymeans.org or call 651-789-4017 with questions or to register.

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Check our weekly emails for support group topics				1	2
3	4	5	6 10 a.m. Caregiver Support Group	7 2 p.m. Memory Café	8 10:30 a.m. Virtual Day Out 1 p.m. Virtual Day Out	9
10	11	12 10 a.m. Community Connection: History	13	14 2 p.m. Memory Café	15 10:30 a.m. Virtual Day Out 1 p.m. Virtual Day Out 1 p.m. Caregiver Support Group	16
17	18 Martin Luther King Jr. Holiday 10 a.m. Journey Together Group	19 10 a.m. Community Connection	20 10 a.m. Caregiver Support Group 5:30 p.m. Adult Children Caregiving Support Group	21 2 p.m. Memory Café	22 10:30 a.m. Virtual Day Out 1 p.m. Virtual Day Out	23
24	25 10 a.m. Journey Together Group	26 10-11 a.m. Community Connection	27	28 2 p.m. Memory Café	29 10:30 a.m. Virtual Day Out 1 p.m. Virtual Day Out 1 p.m. Caregiver Support Group	30