

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025	2 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  12:00 pm Gerdau Free Public Skate - Iroquois Park Sports Centre	3 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  2:00 pm Gerdau Free Public Skate - Luther Vipond Memorial Arena	4 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025
5 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025	6 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025	7 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025	8 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025	9 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  10:00 am Free ONLINE workshop - How to Read Food Labels to Support Healthy Eating  10:00 am Knitted Beginner Socks with Tara	10 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  10:00 am Getting the Most from your Health Care Appointment	11 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025
12 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  2:30 pm Mortgage Architects  Re/Max Jazz De Bartolo-Morgan Law Free Public Skate - Luther Vipond Memorial Arena	13 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open  10:00 am Introduction to Forest Bathing Shinrin-Yoku  1:00 pm Wellness for Weight Loss Program with Sylvia	14 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open  10:00 am Armchair Travel to Newfoundland  10:00 am FREE Six-Week ONLINE workshop Living a Healthy Life With Diabetes or Pre-Diabetes	15 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open	16 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open  10:00 am Understanding Your Medications	17 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open  6:00 pm Line Dance Social with Karen	18 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open
19 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open	20 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open	21 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open	22 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open	23 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open	24 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am Mayor's Senior Volunteer Award - Application Submission Open	25 12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025  8:30 am

	1:00 pm Penny Bingo	10:00 am Alzheimer Society of Durham Region: Minds in Motion® 5:30 pm Program Information Night 6:00 pm Warm Your Body and Soul - Two Yoga Events	10:00 am Managing Stress- Powerful Tools for Caregivers 5:30 pm Program Information Night		10:00 am Unfolding the Foundations of Indigenous History and Traditions 10:00 am Unfolding the Foundations of Indigenous History & Traditions	Mayor's Senior Volunteer Award - Application Submission Open
26	27	28	29	30	31	
12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025 8:30 am Mayor's Senior Volunteer Award - Application Submission Open	12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025 8:30 am Mayor's Senior Volunteer Award - Application Submission Open 10:00 am Managing Sleep and Stress	12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025 8:30 am Mayor's Senior Volunteer Award - Application Submission Open 10:00 am Alzheimer Society of Durham Region: Minds in Motion®	12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025 8:30 am Mayor's Senior Volunteer Award - Application Submission Open	12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025 8:30 am Mayor's Senior Volunteer Award - Application Submission Open 10:00 am Free Workshop- Understanding Medications - Prescribed, Non-Prescription and Natural Health Products	12:00 am Alzheimer Society of Durham Region - Dining For Dementia: January 2025 8:30 am Mayor's Senior Volunteer Award - Application Submission Open	