

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12:45 pm Clarington Polar Bear Swim 2025	2 7:25 pm Clarington Eagles vs Port Perry Lumberjacks	3	4
5	6	7	8 6:15 pm Learn to Crochet	9 10:00 am Free ONLINE - How to Read Food Labels to Support Healthy Eating 2:00 pm Thursday Tours 7:25 pm Clarington Eagles vs Georgina Ice	10	11 2:30 pm Share Your Stories, Clarington!
12 12:00 pm 2025 Mayor's Levee and Outdoor Skating Rink Official Opening	13 10:00 am Free Online - Introductory to Forest Bathing-Shinrin-Yoku 1:00 pm FREE Mom Wellness Group: Getting Ahead of the Winter Blues	14 10:00 am Free Workshop Living a Healthy Life with Diabetes or Pre-Diabetes	15	16 10:00 am Free Chronic Pain Workshop 2:00 pm Thursday Tours 7:25 pm Clarington Eagles vs Caledon Golden Hawks	17	18
19	20	21	22	23 2:00 pm Thursday Tours 7:25 pm Clarington Eagles vs Port Perry Lumberjacks	24	25
26	27 10:00 am Free ONLINE Workshop -Understanding Sleep and Stress 7:00 pm FREE Virtual Learning Event - Life with Baby: Maternal Mental Health in the First Year	28	29 1:15 pm Alzheimer Society of Durham Region: Minds in Motion®	30 9:00 am Alzheimer Society of Durham Region: Virtual Care Partner Conference - FREE Admission 10:00 am Free ONLINE workshop - Understanding Prescription, Non-Prescription and Natural Health Products 2:00 pm Thursday Tours 6:15 pm Indigenous Beading Workshop 7:25 pm Clarington Eagles vs Little Britain Merchants	31 10:30 am Groundhog Day Fun (P.A. Day) 10:30 am Beach Party (P.A. Day) 11:30 am Ride the Magic School Bus (P.A. Day) 2:00 pm LEGO Blast (P.A. Day) 6:30 pm Heritage in Bloom	

