

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00 am Black History Month Community Potluck Brunch
2	3 10:00 am Pan- African Flag Raising Ceremony	4 9:00 am Tool Kit for Active Living with Chronic Conditions and Calls 10:30 am Help With Your Health Understanding Sleep and Stress 4:15 pm Techno Buddies	5	6 9:30 am Living a Healthy Life with Diabetes 6:30 pm What is AI Anyway? 6:30 pm Teen Trivia	7 9:00 am AI In Action - Preparing Municipalities For The Future 9:30 am Powerful Tools for Caregivers	8
9	10	11 9:00 am Tool Kit for Active Living with Chronic Conditions and Calls 10:30 am Help With Your Health Understanding Blood Pressure 4:15 pm Techno Buddies	12 5:30 pm Connect - Health, Wellness, Community - Port Hope	13 9:30 am Living a Healthy Life with Diabetes 6:30 pm Teen Trivia	14 9:30 am Powerful Tools for Caregivers	15
16	17	18 9:00 am Tool Kit for Active Living with Chronic Conditions and Calls 10:30 am Help With Your Health Understanding Joint Pain and Back Pain 4:15 pm Techno Buddies	19 9:30 am Powerful Tools for Caregivers	20 9:30 am Living a Healthy Life with Diabetes 9:30 am Living a Healthy Life with Diabetes 6:30 pm Teen Trivia	21 9:30 am Powerful Tools for Caregivers	22
23	24	25 9:00 am Tool Kit for Active Living with Chronic Conditions and Calls 4:15 pm Techno Buddies	26 9:30 am Powerful Tools for Caregivers	27 9:30 am Living a Healthy Life with Diabetes 9:30 am Living a Healthy Life with Diabetes 6:30 pm Teen Trivia	28 9:30 am Powerful Tools for Caregivers	

