# Tuesday, January 21, 2025

### Help With Your Health Practical Planning for Your Health

Date and Time: Tuesday, January 21 10:30 am - 12:00 pm

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Practical Planning for Your Health involves managing your health by incorporating activities that allow you to balance the five domains of wellness: physical, emotional, intellectual, spiritual and social. Having balance in a ll domains is optimal for a fulfilling and meaningful life.

This workshop is virtual using the Zoom platform. Use of camera and microphone is required to participate fully.

Register by calling: 1-866-971-5545 or by clicking on the website link provided.

Space is limited.

## Friday, January 31, 2025

### Kids Create Your Own Honey at The Bee Works

Date and Time: Friday, January 31 11:00 am - 12:00 pm

Address: 5029 county rd 2, Port Hope, ON

Looking for something to do for PA days and March Break? Come join us for an hour as we create different fla vours of honey! With various ingredients to choose from, the create your own label, and discussion of honey, y our kids will be sure to enjoy this hands on activity and take home a little sweet treat.

#### **Game Show Festival**

Date and Time: Friday, January 31 7:00 pm - 10:30 pm

Address: 30 Ontario Street, Port Hope, ON

Port Hope Game Show Festival is a 3 night event. Jan. 31- Name That Tune For Teams.

Feb. 7- A Game Show Medley. Price is Right meets Let's Make a Deal!

Feb. 14- Family Feud and The Newlywed Game

This is the second year for The Game Show Fest. Last year we almost sold out every show.

We have sooo many prizes and games. It is a blast.

Fridays at The Ganny. 7 pm . 30 Ontario Street, Port Hope

Message me <u>ontariostreettheatre@gmail.com</u>.

Tickets https://buytickets.at/gameshowfest

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https://calendar.porthope.ca