









JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 How to Declutter Your Life Webinar 10am 
10	11 Driving and Dementia Webinar 1:30pm 	12	13	14 Pain Management Webinar 12pm 
17 Normal Aging vs. Not Normal Aging webinar 1:30pm 	18	19	20 Normal Aging vs. Dementia? Webinar 6:30pm 	21
24	25 Navigating Work-Related Stress Webinar 11am  <small>The Voice of Older Adult Centres La voix des centres pour aînés</small>	26 Financial Series: Holiday Hangover webinar 6pm 	27	28 Sleep 101 Webinar 12pm 
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Looking to register for one of the programs on the activity calendar? Open the calendar using the link highlighted below and click on the activity you are interested in! This will bring you to a webpage with more information on the activity and how to register!

Need assistance registering for a session, or interested in more information? Please contact:
Brittany MacLean at 905-892-2607 ex. 372 or bmaclean@pelham.ca

