

Saturday, February 1, 2025

Heritage in Bloom

Date and Time: Saturday, February 1 2:30 pm - 3:30 pm

Address: CLMA, Sarah Jane Williams Heritage Centre (62 Temperance St., Bowmanville)

Sarah Jane Williams Heritage Centre

Friday, January 31

6:30-7:30pm

Saturday, February 1

2:30-3:30pm

Adults | Registered -- [register now!](#)

\$15+tax

PLEASE NOTE: Refunds are subject to a non-refundable Eventbrite processing fee. Caregivers and support staff for people with disabilities are admitted free of charge.

History comes to life in unique displays created by local florists that interpret the past through the medium of flowers. This event includes access to the gallery displays of arrangements at the Heritage Centre, refreshments, and a tour of Waverley Place house.

Sunday, February 2, 2025

Groundhog Day Party at Soper Creek Wildlife Rescue

Date and Time: Sunday, February 2 10:00 am - 12:00 pm

Address: 6706 Gibbs Road

Groundhog Day Party with Gary the Groundhog!

Join us at Soper Creek Wildlife Rescue for a fun-filled Groundhog Day celebration with our beloved groundhog, Gary! This special drop-off program is designed for children ages 4-10 and offers exciting activities, games, and wildlife-themed crafts.

Parents, choose a time that works best for your family:

Morning Session: 10:00 am – 12:00 pm

Afternoon Session: 1:30 pm – 3:30 pm

Tickets: \$15 + HST per child

Space is limited, so reserve your child's spot today for a day full of learning, laughter, and memorable moments with Gary and friends!

Get your tickets here: <https://www.sopercreekwildlife.com/product/groundhog-day-party/>

Groundhog Day Party at Soper Creek Wildlife Rescue

Date and Time: Sunday, February 2 1:30 pm - 3:30 pm

Address: 6706 Gibbs Road

Groundhog Day Party with Gary the Groundhog!

Join us at Soper Creek Wildlife Rescue for a fun-filled Groundhog Day celebration with our beloved groundhog, Gary! This special drop-off program is designed for children ages 4-10 and offers exciting activities, games, and wildlife-themed crafts.

Parents, choose a time that works best for your family:

Morning Session: 10:00 am – 12:00 pm

Afternoon Session: 1:30 pm – 3:30 pm

Tickets: \$15 + HST per child

Space is limited, so reserve your child's spot today for a day full of learning, laughter, and memorable moments with Gary and friends!

Get your tickets here: <https://www.sopercreekwildlife.com/product/groundhog-day-party/>

Tuesday, February 4, 2025

Food Drive for Settlement House

Date and Time: Tuesday, February 4 9:00 am - 1:00 pm

Address: 1778 Nash Road

Our February 4th food drive is for Settlement House. We are looking for the following items: rice, pasta, side dishes, fruit cups, pasta sauce, Kraft dinner, granola bars, canned fruit, canned protein, deodorant, shampoo, toilet paper, diapers (size 3-6).

Learn to Knit

Date and Time: Tuesday, February 4 6:15 pm - 7:45 pm

Address: CLMA, Courtice Library (2950 Courtice Rd.)

Courtice Library

Tuesdays, February 4 - March 25

6:15-7:45pm

Adults | Registered -- [register now!](#)

\$50+tax

PLEASE NOTE: Refunds are subject to a non-refundable Eventbrite processing fee. Caregivers and support staff for people with disabilities are admitted free of charge.

Learn a relaxing and creative hobby, build your skills, or finally tackle that neglected stitching project! Learn how to knit from an expert in this eight-week workshop series, and get social with a group of like-minded crafters.

Please bring your current project or a ball of dish cloth yarn (2 oz. cotton) and 5 mm needles to the first session.

Presented with Gwen Bevan.

STEAM Workshop: Build a Terrarium

Date and Time: Tuesday, February 4 6:15 pm - 7:30 pm

Address: CLMA, Bowmanville Library (163 Church St.)

Bowmanville Library

Tuesday, February 4

6:15-7:30pm

Grades 3-7 | Registered -- [register now!](#)

\$8+tax

PLEASE NOTE: Refunds are subject to a non-refundable Eventbrite processing fee. Caregivers and support staff for people with disabilities are admitted free of charge.

Bring the outside in! Create your own miniature ecosystem by building a terrarium. Learn the ins and outs of ecosystems while layering this tiny garden to help it thrive in your home.

Wednesday, February 5, 2025

Alzheimer Society of Durham Region: Minds in Motion®

Date and Time: Wednesday, February 5 1:15 pm - 3:15 pm

Address: 26 Beech Avenue, Bowmanville

Alzheimer Society of Durham Region: Minds in Motion®

Hosted by the Alzheimer Society of Durham Region

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners. Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
- Establishing new friendships with others who are living with similar experiences
- Engaging in fun, social activities

Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

These sessions will be held at Bowmanville Older Adult Association.

Date(s): Wednesdays from January 29th - March 19th

Time: 1:15 p.m. - 3:15 p.m.

Location: Bowmanville Older Adult Association

Address: 26 Beech Avenue, Bowmanville

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at intake@alzheimerdurham.com.

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

Thursday, February 6, 2025

Author Visit: Myrtle the Purple Turtle

Date and Time: Thursday, February 6 10:00 am - 11:00 am

Address: CLMA, Bowmanville Library (163 Church St.)

Bowmanville Library
Thursday, February 6
10-11am

Grades SK-4 | Drop in

Join Clarington-based authors Cynthia Reyes and Lauren Reyes-Grange as they read books from their award-winning children's picture book series, followed by a discussion about kindness, inclusion, and the importance of being a good friend.

Free Managing Stress for Caregivers

Date and Time: Thursday, February 6 10:00 am - 11:30 am

Address: ZOOM

Managing Stress for Caregivers ONLINE workshop

Join us for this Powerful Tools for Caregivers workshop and information on managing stress. Caregiving and stress go hand-in-hand but it can be easier when you are prepared with the tools and skills you need. In this workshop we explore the signs and sources of stress, understand the consequences of unmanaged stress, and learn practical stress reducing actions. You will also be provided with a resource sheet to reach out to other community resources that can support you in your caregiving journey. Also learn more about our free 6-week workshop for Caregivers, to help them learn how to stay well while taking on the role of a caregiver looking after someone else.

Register here to receive the class link to join on ZOOM : <https://www.ceselfmanagement.ca/workshopsignup?id=10240&rt=0> or call 1-866-971-5545

Thursday Tours

Date and Time: Thursday, February 6 2:00 pm - 6:45 pm

Address: CLMA, Sarah Jane Williams Heritage Centre (62 Temperance St., Bowmanville)

Sarah Jane Williams Heritage Centre

Thursdays, January 9 - March 27 (excluding Feb 13, Mar 6, 13)

Session 1: 2-2:45pm, or

Session 2: 6-6:45pm

All ages | Registered -- [register now!](#)

Join us for guided tours of Waverley Place historic house. Tours depart from the Heritage Centre promptly at 2 pm and 6pm. Limited space, so reserve your spot!

Clarington Eagles vs Georgina Ice

Date and Time: Thursday, February 6 7:25 pm - 9:25 pm

Address: 2440 Durham Regional Hwy 2

Black Vendor Village

Date and Time: Saturday, February 8 10:00 am - 4:00 pm

Address: 2440 Highway 2, Bowmanville

Clarington is inviting everyone in our community—and beyond—to celebrate, support, and experience the incredible talent and entrepreneurial spirit of Black-owned businesses at Clarington's second annual Black Vendor Village!

Date: Saturday, February 8, 2025

Time: 10 a.m. to 4 p.m.

Place: [Garnet B. Rickard Recreation Complex](#), 2440 Highway 2, Bowmanville

Shopping, entertainment, food and more!

The Black Vendor Village is more than just shopping; it's an experience for the whole family and a chance to honour and celebrate the rich cultural contributions of the Black community.

Event highlights

10 to 11 a.m.

- Opening ceremony, featuring MC [Tracy J](#)
- Welcoming remarks from Mayor Foster, Regional Councillor Granville Anderson, and Clarington's Anti-Black Racism Task Force
- Live performance by [Fit and Dance Dimensions](#)
- Live performance by Durham District School Board Lift You Voice Choir
- Live performance by [Ngoma Dance and Drum Ensemble](#)
- Community quilt unveiling by [Nadine Williams](#), in honour of The International Decade for People of African Descent

11 a.m. to 4 p.m.

- Steelpan performances by Daniel Lovell
- Explore over 50 vendors featuring fashion, jewelry, handcrafted goods, beauty products, food, arts, candles, and professional services.
- The talented Ameera McIntosh, aka [DJ Dreadie Love](#), will play a wide range of music all day.
- Durham Community Health Centre's [mobile clinic](#) van will be on-site in the parking lot for anyone wanting to access clinical, wellness and health education services.
- Explore the Durham Region Transit Black History Month Bus, featuring powerful quotes celebrating Black history and achievements.

Why events like this matter

The Black Vendor Village is about more than just shopping—it's a celebration of resilience, creativity, and community connection. Events like this play an important role in highlighting the contributions of underrepresented groups while addressing systemic barriers that have historically limited opportunities for Black entrepreneurs.

The Black Vendor Village is an opportunity for Black-owned businesses in Clarington and Durham to showcase their incredible talents, creativity, and contributions to our community. It's also an opportunity for the entire community to come together and celebrate our diversity and the values that make Clarington a place where everyone feels valued and celebrated.



The Municipality of Clarington would like to acknowledge and thank Ontario Power Generation for its support through the Ontario Power Generation Power for Change Project, which supports grassroots initiatives in the communities where OPG operates.

The Municipality of Clarington is proud to host this event in partnership with the [Region of Durham](#) and [Clarington Library, Museums and Archives](#) as part of its ongoing commitment to fostering an inclusive, equitable community where everyone feels welcome.



Sunday, February 9, 2025

Clarington Eagles vs Uxbridge Bruins

Date and Time: Sunday, February 9 7:00 pm - 9:00 pm

Address: 2440 Durham Regional Hwy 2

Monday, February 10, 2025

FREE Mom Wellness Group: Cultivating Love & Connection

Date and Time: Monday, February 10 1:00 pm - 2:00 pm

Address: virtual

Join Our Free Monthly Mom Wellness Group (Perinatal Support Group for Moms)!

Are you looking for a supportive space to focus on your mental health? If so, our Free Mom Wellness Group is just what you need! This virtual group, led by a therapist, offers a safe and welcoming environment tailored for busy moms and moms-to-be. In each session, you will gain practical, easy-to-use tools that support your perinatal journey.

What's more, there's no need to commit to every session. Instead, you can join whenever it works for your schedule.

dule or when the topic feels helpful for your needs. This is your opportunity to prioritize yourself while connecting with others who truly understand what you're going through.

For our February Mom Wellness Group, join us to take steps toward strengthening your emotional health. Specifically, this session will help you build self-love, improve your relationships, and create stronger connections with the people who matter most.

In this session, you will:

- Learn how self-compassion can improve your mental health and emotional well-being.
- Discover simple ways to deepen connections with your partner, children, and support system.
- Explore how to set boundaries that protect your energy while nurturing your relationships.

Don't miss this chance to invest in yourself and your well-being. [Click Here to Sign up today](#)- reserve your spot and take a step toward wellness!

Want to learn more about our monthly groups? [Click here](#) for additional details and upcoming topics.

Wednesday, February 12, 2025

Alzheimer Society of Durham Region: Minds in Motion®

Date and Time: Wednesday, February 12 1:15 pm - 3:15 pm

Address: 26 Beech Avenue, Bowmanville

Alzheimer Society of Durham Region: Minds in Motion®

Hosted by the Alzheimer Society of Durham Region

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners. Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
- Establishing new friendships with others who are living with similar experiences
- Engaging in fun, social activities

Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

These sessions will be held at Bowmanville Older Adult Association.

Date(s): Wednesdays from January 29th - March 19th

Time: 1:15 p.m. - 3:15 p.m.

Location: Bowmanville Older Adult Association

Address: 26 Beech Avenue, Bowmanville

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at intake@alzheimerdurham.com.

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

Junk Journaling

Date and Time: Wednesday, February 12 6:00 pm - 7:15 pm

Address: CLMA, Newcastle Library (150 King Ave. E.)

Newcastle Library

Wednesday, February 12

6-7:15pm

Adults | Registered -- [register now!](#)

Explore your creativity with art journaling! Similar to scrapbooking, you can repurpose everyday items, treasures, materials, photos and more! Empty out your junk drawer, bring your treasures, and learn to neatly keep your odds and ends together.

Thursday, February 13, 2025

African Drum Experience

Date and Time: Thursday, February 13 10:00 am - 11:00 am

Address: CLMA, Bowmanville Library (163 Church St.)

Bowmanville Library

Thursday, February 13

10-11am

Grades SK-6 | Drop in

Take part in a fun-filled interactive demonstration of traditional west African drumming and music. Learn and engage with amazing rhythms that have influenced and shape contemporary African and global musical arts form

s.

Presented by Negus Medhin, community instructor.

Galentine's Evening

Date and Time: Thursday, February 13 6:00 pm - 8:00 pm

Address: CLMA, Sarah Jane Williams Heritage Centre (62 Temperance St., Bowmanville)

Sarah Jane Williams Heritage Centre

Thursday, February 13

6-8pm

Adults | Registered-- [register now!](#)

\$25+tax

PLEASE NOTE: Refunds are subject to a non-refundable Eventbrite processing fee. Caregivers and support staff for people with disabilities are admitted free of charge.

Grab your besties and make your own teacup floral arrangements! Light charcuterie and beverages provided. Afterwards, enjoy a guided tour of Waverley Place.

Foster Care Information Session

Date and Time: Thursday, February 13 6:30 pm - 8:30 pm

Address: 163 Church St, Bowmanville ON L1C 1T7

The Durham Children's Aid Society is currently seeking to expand our foster care homes to better reflect the diversity of our community and meet the varied needs of the children and youth in our care. This includes accommodating various cultural and religious practices and welcoming individuals with special skill sets. Please join us at an upcoming information session.

For more details please email foster@durhamcas.ca

Contact:

Durham Children's Aid Society

Friday, February 14, 2025

Comedy Nuggets presents Comedy Night in Bowmanville: Valentine's Day

Date and Time: Friday, February 14 8:30 pm - 9:45 pm

Address: 2383 Durham Regional Hwy 2, Bowmanville, ON L1C 5A3

Comedy Nuggets & Volt Raceway brings club pros on Friday nights right to YOU out here in the 'burbs! Celebrate Valentine's Day with laughter.

On Friday, February 14, at 8:30 PM, we're bringing a must-see comedy show to Volt Raceway in Bowmanville. Angela Maiorano-Thurston headlines.

Angela Maiorano-Thurston has been making audiences laugh for years with her distinctive voice and sharp comedic presence. Trained at The Second City in the 1990s, she has toured across North America, performing stand-up and appearing in numerous commercials, films, and TV projects. She's taken the stage at the Edmonton Comedy Festival and Danforth Comedy Festival, earning a reputation for her unforgettable performances. Catch her at her next Comedy Nuggets show for a night of laughter you won't want to miss.

Seating: 8:00 pm, Showtime: 8:30 pm.

* The show starts promptly at 8:30 pm.

VENUE

VOLTRACEWAY

2383 Durham Regional Hwy 2, BOWMANVILLE, ON.

- Full bar and dinner menu
- Smoking free environment.

This event is 19+ and all guests will need valid ID to enter.

Monday, February 17, 2025

Family Fun Day With Soper Creek Wildlife Rescue

Date and Time: Monday, February 17 10:00 am - 12:00 pm

Address: 6706 Gibbs Road

Join us for Family Fun Day!

Join us at Soper Creek Wildlife Rescue for a fun-filled Family Day celebration! This special family program is designed for both adults and children and offers exciting activities, games, and wildlife-themed crafts to do together.

Choose a time that works best for your family:

Morning Session: 10:00 am – 12:00 pm

Afternoon Session: 1:30 pm – 3:30 pm

Tickets: \$15 + HST per person (everyone over 2 years old requires a ticket)

Space is limited, so reserve your spots today for a day full of learning, laughter, and memorable moments with our animal ambassadors!

Get your tickets here: <https://www.sopercreekwildlife.com/product/family-day-event/>

Winter WonderLearn Festival

Date and Time: Monday, February 17 10:00 am - 2:00 pm

Address: CLMA, Courtice Library (2950 Courtice Rd.)

Courtice Library

Monday, February 17 (Family Day)

10am-2pm

All ages | Drop in

Enjoy a free day of family fun at the award-winning festival designed to get you and your family active, learn something new, and enjoy time together!

- Discover the amazing organizations that make up your community
- Dive into the Municipal **free swim** (11am-1pm), and **skate** on the new outdoor rink (11am-5pm, weather permitting)
- Enjoy interactive experiences with special guests from **Reptilia Whitby!**

For more information, please visit CLMA's website at: cplma.ca/www1

Family Fun Day With Soper Creek Wildlife Rescue

Date and Time: Monday, February 17 1:30 pm - 3:30 pm

Address: 6706 Gibbs Road

Join us for Family Fun Day!

Join us at Soper Creek Wildlife Rescue for a fun-filled Family Day celebration! This special family program is designed for both adults and children and offers exciting activities, games, and wildlife-themed crafts to do together.

Choose a time that works best for your family:

Morning Session: 10:00 am – 12:00 pm

Afternoon Session: 1:30 pm – 3:30 pm

Tickets: \$15 + HST per person (everyone over 2 years old requires a ticket)

Space is limited, so reserve your spots today for a day full of learning, laughter, and memorable moments with our animal ambassadors!

Get your tickets here: <https://www.sopercreekwildlife.com/product/family-day-event/>

Wednesday, February 19, 2025

Alzheimer Society of Durham Region: Minds in Motion®

Date and Time: Wednesday, February 19 1:15 pm - 3:15 pm

Address: 26 Beech Avenue, Bowmanville

Alzheimer Society of Durham Region: Minds in Motion®

Hosted by the Alzheimer Society of Durham Region

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners. Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
- Establishing new friendships with others who are living with similar experiences
- Engaging in fun, social activities

Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

These sessions will be held at Bowmanville Older Adult Association.

Date(s): Wednesdays from January 29th - March 19th

Time: 1:15 p.m. - 3:15 p.m.

Location: Bowmanville Older Adult Association

Address: 26 Beech Avenue, Bowmanville

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at intake@alzheimerdurham.com.

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

Free ONLINE Caregiver Workshop- Powerful Tools for Caregivers

Date and Time: Wednesday, February 19 6:00 pm - 7:30 pm

Address: ONLINE via ZOOM

They could be your parent, partner, sibling, friend or neighbour, when we take on the role of helping to support someone with a chronic health condition, we have taken on the role of a caregiver. The role can be very rewarding

ng, but also overwhelming. It can be both physically and mentally draining, and a difficult time in managing emotions. In this workshop caregivers are provided with a number of self-care tools to keep them well while they take on caring for someone else. Some of the topics that are covered include:

- Reducing personal stress
- Learn about community services and resources
- How to make tough caregiving decisions
- Learn to effectively communicate with family members and health care professionals
- Learn how to manage difficult emotions like guilt and anger

This six-week series will be delivered ONLINE via ZOOM, each Wednesday evening from February 19 until March 26th. Classes are 6:00 pm to 7:30 pm.

Pre-registration is required as it is a limited class size. Call 1-866-971-5545 or go to www.ceselfmanagement.ca to register.

Thursday, February 20, 2025

Thursday Tours

Date and Time: Thursday, February 20 2:00 pm - 6:45 pm

Address: CLMA, Sarah Jane Williams Heritage Centre (62 Temperance St., Bowmanville)

Sarah Jane Williams Heritage Centre

Thursdays, January 9 - March 27 (excluding Feb 13, Mar 6, 13)

Session 1: 2-2:45pm, or

Session 2: 6-6:45pm

All ages | Registered -- [register now!](#)

Join us for guided tours of Waverley Place historic house. Tours depart from the Heritage Centre promptly at 2 pm and 6pm. Limited space, so reserve your spot!

Friday, February 21, 2025

WILD 4 Wildlife Environmental Awareness Festival

Date and Time: Friday, February 21 5:00 pm - 8:00 pm

Address: Garnet B. Rickard Recreation Complex 2440 Durham Regional Hwy 2 Bowmanville, Ontario L1C 3K2 Canada

Get Ready for the WILD 4 Wildlife Environmental Awareness Festival!

Join us this February at the Garnet B. Rickard Recreation Complex in Bowmanville for an entire weekend celebrating wildlife and nature!

Meet live animal ambassadors, enjoy interactive exhibits, family-friendly activities, and inspiring talks from environmental experts. Together, let's learn how to protect our planet and its incredible creatures.

☐ Tickets are \$5 + HST per person (*everyone over 12 months old requires a ticket*)

Tickets are available for the following dates and allow entry at any time within the specified timeframes:

- **Friday, February 21st:** 5:00 pm – 8:00 pm
- **Saturday, February 22nd:** 9:00 am – 8:00 pm
- **Sunday, February 23rd:** 9:00 am – 6:00 pm

Space is limited, so reserve your spot today for a day full of learning, laughter, and memorable moments!

Get your tickets here: <https://lp.constantcontactpages.com/ev/reg/jzxqjxg>

Comedy Nuggets presents Comedy Night in Bowmanville

Date and Time: Friday, February 21 8:30 pm - 9:45 pm

Address: 2383 Durham Regional Hwy 2

Comedy Nuggets & Volt Raceway brings club pros on Friday nights right to YOU out here in the 'burbs! Kick off your weekend with an epic night of comedy!

On Friday, February 21, at 8:30 PM, we're bringing a must-see comedy show to Volt Raceway in Bowmanville. Habib Siam headlines.

Habib, born on Christmas Day near Bethlehem, once considered priesthood before taking a very different path. After earning a Ph.D., he turned to stand-up, performing across Canada, headlining Kenny Robinson's Nubian Show, and producing a comedy special for the Toronto Fringe Festival. His unique journey and sharp humor make him a standout on any stage.

Seating: 8:00 pm, Showtime: 8:30 pm.

* The show starts promptly at 8:30 pm.

VENUE

VOLTRACEWAY

2383 Durham Regional Hwy 2, BOWMANVILLE, ON.

– Full bar and dinner menu

– Smoking free environment.

This event is 19+ and all guests will need valid ID to enter.

Saturday, February 22, 2025

WILD 4 Wildlife Environmental Awareness Festival

Date and Time: Saturday, February 22 9:00 am - 8:00 pm

Address: Garnet B. Rickard Recreation Complex 2440 Durham Regional Hwy 2 Bowmanville, Ontario L1C 3K2 Canada

Get Ready for the WILD 4 Wildlife Environmental Awareness Festival!

Join us this February at the Garnet B. Rickard Recreation Complex in Bowmanville for an entire weekend celebrating wildlife and nature!

Meet live animal ambassadors, enjoy interactive exhibits, family-friendly activities, and inspiring talks from environmental experts. Together, let's learn how to protect our planet and its incredible creatures.

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- **Sunday, February 23rd:** 9:00 am – 6:00 pm

Space is limited, so reserve your spot today for a day full of learning, laughter, and memorable moments!

Get your tickets here: <https://lp.constantcontactpages.com/ev/reg/jzxqjxg>

Share Your Stories, Clarington!

Date and Time: Saturday, February 22 12:00 pm - 2:00 pm

Address: CLMA, Orono Library (127 Church St, Orono)

Orono Library

Saturday, February 22

12-2pm

Adults 55+ | Drop in

Come and share your experiences of living in or coming to Clarington! Through our Golden Tales project, we are collecting stories and images from local seniors about their personal histories of life in Clarington which will be shared and preserved for future generations.

Sunday, February 23, 2025

WILD 4 Wildlife Environmental Awareness Festival

Date and Time: Sunday, February 23 9:00 am - 6:00 pm

Address: Garnet B. Rickard Recreation Complex 2440 Durham Regional Hwy 2 Bowmanville, Ontario L1C 3K2 Canada

Get Ready for the WILD 4 Wildlife Environmental Awareness Festival!

Join us this February at the Garnet B. Rickard Recreation Complex in Bowmanville for an entire weekend celebrating wildlife and nature!

Meet live animal ambassadors, enjoy interactive exhibits, family-friendly activities, and inspiring talks from environmental experts. Together, let's learn how to protect our planet and its incredible creatures.

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- **Sunday, February 23rd:** 9:00 am – 6:00 pm

Space is limited, so reserve your spot today for a day full of learning, laughter, and memorable moments!

Get your tickets here: <https://lp.constantcontactpages.com/ev/reg/jzxqjxg>

Monday, February 24, 2025

Free Sleep and Stress workshop ONLINE

Date and Time: Monday, February 24 10:00 am - 11:30 am

Address: ONLINE via ZOOM

Sleep and Stress Workshop

Getting 7-9 hours of sleep each night is vital to building a healthy body and mind. In this workshop we will explore:

- The science behind why we sleep is essential for good mental and physical health
- Why getting a good night's sleep can be more difficult as we get older
- Common signs of a sleep disorder
- What you can do to support getting a good night's sleep and what sleep aids may not support your over-all health
- How stress can affect our well-being and different activities that may help manage stress in a healthy way

Register on our website here receive the class link to join. <https://www.ceselfmanagement.ca/workshopsignup?id=10199&rt=0>

or call 1-866-971-5545

Wednesday, February 26, 2025

Date and Time: Wednesday, February 26 1:15 pm - 3:15 pm

Address: 26 Beech Avenue, Bowmanville

Alzheimer Society of Durham Region: Minds in Motion®

Hosted by the Alzheimer Society of Durham Region

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners. Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
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Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

These sessions will be held at Bowmanville Older Adult Association.

Date(s): Wednesdays from January 29th - March 19th

Time: 1:15 p.m. - 3:15 p.m.

Location: Bowmanville Older Adult Association

Address: 26 Beech Avenue, Bowmanville

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at intake@alzheimerdurham.com.

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

Totally Tote Bags

Date and Time: Wednesday, February 26 4:30 pm - 6:30 pm

Address: CLMA, Courtice Library (2950 Courtice Rd.)

Courtice Library

Wednesday, February 26

4:30-6:30pm

Adults, youth | Registered -- [register now!](#)

\$10+tax

Learn the basics of sewing and how to use the sewing machines in the Maker's Space by crafting your very own tote bag!

PLEASE NOTE: Refunds are subject to a non-refundable Eventbrite processing fee. Caregivers and support staff for people with disabilities are admitted free of charge.

Thursday, February 27, 2025

Thursday Tours

Date and Time: Thursday, February 27 2:00 pm - 6:45 pm

Address: CLMA, Sarah Jane Williams Heritage Centre (62 Temperance St., Bowmanville)

Sarah Jane Williams Heritage Centre

Thursdays, January 9 - March 27 (excluding Feb 13, Mar 6, 13)

Session 1: 2-2:45pm, or

Session 2: 6-6:45pm

All ages | Registered -- [register now!](#)

Join us for guided tours of Waverley Place historic house. Tours depart from the Heritage Centre promptly at 2 pm and 6pm. Limited space, so reserve your spot!

Friday, February 28, 2025

Comedy Nuggets presents Comedy Night in Bowmanville

Date and Time: Friday, February 28 8:30 pm - 9:45 pm

Address: 2383 Durham Regional Hwy 2

Turn your Friday night into an unforgettable experience! Comedy Nuggets & Volt Raceway brings club pros on Friday nights right to YOU out here in the 'burbs!

Comedy Nuggets is bringing you a comedy show that promises to deliver laughs from start to finish. Join us on Friday, February 28th at Volt Raceway in Bowmanville for an unforgettable evening featuring some of the GTA's funniest and most talented comedians. Dan Allaire headlines.

Dan Allaire's passion for comedy and storytelling is clear the moment he hits the stage. A regular at Yuk Yuk's, he has performed across Canada, showcased for Just For Laughs, and appeared at festivals like Portland Maine

Comedy Festival, Cornwall Comedy Festival, and HumourFest. His engaging style and sharp wit make him a must-see performer.

Brought to you by Comedy Nuggets - Small Bites, Big Laughs.

<https://calendars.clarington.net>