

Wednesday, January 1, 2025

Clarington Polar Bear Swim 2025

Date and Time: Wednesday, January 1 12:45 pm - 3:30 pm

Address: Boulton St and Mill St S, Newcastle, ON

On January 1st, take a true cold plunge and join us for the annual Polar Bear Swim in Hollylynn Towie's honor! Braving the icy waters is more than just a challenge—it's an opportunity to raise crucial funds that support the social and recreational programs run by Autism Home Base. Your participation helps ensure autistic adults and their families can continue to benefit from safe, welcoming, and adaptive spaces that reduce social isolation and build community. With your support of the Hollylynn Towie Memorial Fund through the Polar Bear Swim, we can continue creating opportunities for connection and belonging within our community. Hollylynn Towie: A Bright Light Remembered Hollylynn Towie was a remarkable young autistic woman. Known for her warm heart and fierce loyalty as a friend, she had a dream of pursuing a career in cosmetology. Tragically, on April 29th, 2012, Hollylynn's life was cut short in a devastating house fire in Whitby, where she passed away alongside her two best friends. In the wake of this unimaginable loss, Hollylynn's family channeled their grief into action, dedicating themselves to honoring her memory by supporting others in the autism community. Over the years, they have tirelessly raised funds to create meaningful opportunities for autistic individuals—ensuring that Hollylynn's legacy lives on.

Thursday, January 2, 2025

Clarington Eagles vs Port Perry Lumberjacks

Date and Time: Thursday, January 2 7:25 pm - 9:25 pm

Address: 2440 Durham Regional Hwy 2

Wednesday, January 8, 2025

Learn to Crochet

Date and Time: Wednesday, January 8 6:15 pm - 7:45 pm

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

Bowmanville Library

Wednesdays, January 8 - February 26

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 the basic stitches, how to combine them, and how to work flat and in the round in this eight-week workshop series. Projects include a dishcloth, a granny square, and a rose.

Please bring a ball of Lily Sugar and Creme dishcloth cotton and a 5mm crochet hook to the first class, and jump right in!

Presented with Gwen Bevan.

Thursday, January 9, 2025

Free ONLINE - How to Read Food Labels to Support Healthy Eating

Date and Time: Thursday, January 9 10:00 am - 11:30 am

Address: ONLINE via ZOOM

In this free online workshop, we discuss the various influences that affect how we choose the food we eat, including the different marketing strategies the food industry uses. We review the four types of food labels: Ingredient List, Nutrition Claims, Health Claims, and Nutrition Facts Table. We will focus on what you need to pay attention to on these labels and why. We practice reading a few labels together and finish with tips on what habits support a pattern of healthy eating.

This online workshop is delivered via ZOOM. Thursday January 9th, 2025, from 10:00 am to 11:30 am.

Pre-registration is required in order to send you the link to join the class. Call 1-866-971-5545 or go to www.ceselfmanagement.ca to register.

Thursday Tours

Date and Time: Thursday, January 9 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, January 9 7:25 pm - 9:25 pm

Address: 2440 Durham Regional Hwy 2

Saturday, January 11, 2025

Share Your Stories, Clarington!

Date and Time: Saturday, January 11 2:30 pm - 3:30 pm

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

Sarah Jane Williams Heritage Centre

Saturday, January 11

2:30-3:30pm

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, January 12, 2025

2025 Mayor's Levee and Outdoor Skating Rink Official Opening

Date and Time: Sunday, January 12 12:00 pm - 3:00 pm

Address: 2950 Courtice Road North, Courtice

On Sunday, January 12, lace up your skates and glide into the new year at the [2025 Mayor's Levee and Outdoor Skating Rink Official Opening](#).

Join us for this **free community event** at the Courtice Community Complex from noon to 3 p.m. Meet the Mayor and Council and take part in fun family-friendly activities all afternoon long.

Try **Clarington's new outdoor refrigerated skating rink** – a perfect place to get active, make memories and fall in love with the sport.



January 12

12 to 3 p.m.

Courtice
Community
Complex

Celebrate the new year with your community and enjoy swimming, skating, stories, crafts and more.

Date: Sunday, January 12, 2025

Time: Noon to 3 p.m.

Place: [Courtice Community Complex](#), 2950 Courtice Road North, Courtice

Free activities

- A meet and greet with Mayor Foster and members of Council
- Bowmanville Skating Club mini-show
- Character visits from Bluey and Bingo
- Craft and colouring stations
- Delicious hot chocolate and cookies
- Face painting and henna art
- Live entertainment
- Magician
- Public Swim
- Sensory room
- Skating on the new outdoor rink (Wristbands required due to rink capacity)
- Storytime sessions with [Clarington Library, Museum and Archives](#)

Planning to try the new outdoor skating rink?

- C.S.A.-approved hockey helmets are strongly recommended for all skaters.
- Children under six must wear a C.S.A.-approved hockey helmet.
- Strollers are not allowed on the ice.
- Wheelchairs may be used on the ice and must be accompanied by a responsible person wearing skates.
- Only Municipality of Clarington skating aids are permitted on the ice.
- Children under eight must be supervised by someone 14 or older.
- Maximum number of skaters: 45

Read our full [Outdoor Skating Rink Etiquette](#).

Learn about more [outdoor skating rinks being built across Clarington](#).

Monday, January 13, 2025

Free Online - Introductory to Forest Bathing- Shinrin-Yoku

Date and Time: Monday, January 13 10:00 am - 11:30 am

Address: ONLINE via ZOOM

In this free introductory workshop, you will learn how spending time in nature supports our physical and mental wellness. In 1982 Forest Bathing was deemed an official wellness practice in Japan, and by 2017 was included in their clinical practice. Forest Bathing is now recognized globally for its health benefits. In this class you will learn:

- The evidenced based health benefits of spending time in nature
- The science behind how the forest is able to support our physical and mental health
- How to practice Forest Bathing
- Resources to learn more

This workshop is delivered ONLINE via ZOOM. Class is Monday January 17th, from 10:00 am to 11:30 am.

Pre-registration is required in order to send you the link to join the class. Call 1-866-971-5545 or go to www.ceselfmanagement.ca to register.

FREE Mom Wellness Group: Getting Ahead of the Winter Blues

Date and Time: Monday, January 13 1:00 pm - 2:00 pm

Address: virtual

Looking for a supportive space to focus on your mental wellness? Our Free Mom Wellness Group is a virtual, therapist-facilitated peer support group designed for busy moms and moms-to-be. Each session offers practical psycho-educational tools tailored to your perinatal journey.

No ongoing commitment is required—attend sessions that align with your interests and availability.

Join us for this month's **Mom Wellness Group** as we explore ways to navigate the emotional shifts that often accompany the post-holiday season and the colder months. Together, we'll share strategies to support your mental health and move into the new year with intention and self-compassion.

During this session, we'll explore:

- **Why winter can feel emotionally heavy** and how to recognize the impact of shorter days, colder weather, and post-holiday changes.
- **Practical tips to boost your mood**, including light exposure, mindful self-care, and staying connected with others.
- **How to create a personalized winter care toolkit** to help you feel supported and energized through the season.

This supportive session will also include time for sharing experiences and reflections. Let's start the new year with kindness toward ourselves and each other! [Register here](#)

Find out more about the monthly groups [here](#)

Tuesday, January 14, 2025

Free Workshop Living a Healthy Life with Diabetes or Pre-Diabetes

Date and Time: Tuesday, January 14 10:00 am - 12:30 pm

Address: ONLINE via ZOOM

Living a Health life with Diabetes is a free six-week workshop series that provides the opportunity to learn skills and tools to manage diabetes or pre-diabetes. This interactive workshop will cover topics such as monitoring blood glucose levels, managing stress, strategies for sick days, communicating with your health care providers and an introduction to healthy eating and the importance of exercise. You will be invited each week to create a customized action plan to take small steps toward your health goals.

This workshop takes place ONLINE via ZOOM. Classes are each Tuesday from January 14 until February 18th. Classes are 10:00 am to 12:30 pm.

Pre-registration is required in order to ship the free textbook to your address and to provide you with the online link to join the class.

Call 1-866-971-5545 or go to www.ceselfmanagement.ca to register.

Thursday, January 16, 2025

Free Chronic Pain Workshop

Date and Time: Thursday, January 16 10:00 am - 12:30 pm

Address: Garnet B. Rickard Complex 2440 Highway 2, Bowmanville, L1C 0K6

Is Chronic Pain preventing you from doing the things you love to do? This free workshop is a 6-week series held for 2.5 hours each Thursday from January 16 to February 20th, 2025. Each class will teach you different skills and tools to help manage chronic pain, including new ideas for healthier eating and increasing your activity level. Learn how to best communicate with your health care providers and family members and how to navigate the health care system. Each week, you are invited to customize your own action plan to take steps towards a healthier you. This workshop also comes with a free resource textbook. Pre-registration is required as class size is limited. Register at www.ceselfmanagement.ca or by calling 1-866-971-5545.

Thursday Tours

Date and Time: Thursday, January 16 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 Caledon Golden Hawks

Date and Time: Thursday, January 16 7:25 pm - 9:25 pm

Address: 2440 Durham Regional Hwy 2

Thursday, January 23, 2025

Thursday Tours

Date and Time: Thursday, January 23 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 Port Perry Lumberjacks

Date and Time: Thursday, January 23 7:25 pm - 9:25 pm

Address: 2440 Durham Regional Hwy 2

Monday, January 27, 2025

Free ONLINE Workshop -Understanding Sleep and Stress

Date and Time: Monday, January 27 10:00 am - 11:30 am

Address: ONLINE via ZOOM

Getting 7-9 hours of quality sleep per night is essential for our well-being, but it can get more difficult as we age. In this workshop we will explore:

- The science behind why sleep is critical for our 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 we can do to support getting a good night's sleep and what sleep aids may not be supporting your

over all health

- How stress can affect our well-being and different activities that may help manage stress in a healthy way

This free ONLINE workshop will be delivered via ZOOM. Monday January 27th, from 10:00 am to 11:30 am

Pre-registration is required in order to provide you with the link to join the class. Call 1-866-971-5545 or go to www.ceselfmanagement.ca to register.

FREE Virtual Learning Event - Life with Baby: Maternal Mental Health in the First Year

Date and Time: Monday, January 27 7:00 pm - 8:00 pm

Address: virtual

Join our **FREE Virtual Perinatal Learning Event on Maternal Mental Health in the First Year** with facilitator **Nadia Bellio, Registered Midwife, IBCLC, MSW student.**

Happening **Monday, January 27, 2024, from 7 PM to 8 PM (Virtual).**

You'll explore key topics like **managing maternal sleep deprivation, emotional regulation, self-compassion, and the pressures on new moms.**

Perfect for **new moms, expectant parents, and caregivers** looking for **support and practical tools for mental well-being in the postpartum period.**

Registration required. Cost: Free. [Register Now](#)

Wednesday, January 29, 2025

Alzheimer Society of Durham Region: Minds in Motion®

Date and Time: Wednesday, January 29 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, January 30, 2025

Alzheimer Society of Durham Region: Virtual Care Partner Conference - FREE Admission

Date and Time: Thursday, January 30 9:00 am - 4:00 pm

Address: Online ZOOM Meeting

Alzheimer Society of Durham Region: Virtual Care Partner Conference - FREE Admission

Hosted by the Alzheimer Society of Durham Region

Navigating the Journey: Supporting Care Partners of Those Living With Dementia

Thursday, January 30th, 2025 from 9 a.m. - 4 p.m on ZOOM.

Registration Link: <https://bit.ly/49DGAcJ>

This conference is designed to empower caregivers facing the challenges of dementia care. Topics include safety technology, understanding behaviours, strategies to help with communication and caregiver stress, the latest advancements in Alzheimer's disease research and treatment, and much more.

Whether you're a current caregiver, a family member, or simply interested in learning more, this conference is designed to equip you with the knowledge and resources you need to navigate the dementia journey with confidence and compassion. Thank you to Senior Protection for sponsoring this event.

Agenda:

9 - 9:15 a.m. Welcome

9:15 - 9:30 a.m. Keynote speaker

9:30 - 9:30 a.m. Legal Issues in Dementia Care with Graham Webb

10:15 a.m. Break (15 min.)

10:30 - 11:15 a.m. Understanding Responsive Behaviours with Dana Warner

11:15 - 12:00 p.m. What's New in Alzheimer's Research & Treatment with Dr. Cohen

12 p.m. Lunch Break (30 min.)

12:30 - 1:15 p.m. Locating Technologies and Safety Devices with Ron Beleno

1:15 - 2 p.m. An Introduction to DementiAbility with Laura Seguin

2 p.m. Break (15 min.)

2:15 - 3 p.m. Communication & Family Dynamics with Craig Smith

3 - 3:45 p.m. Caregiver Stress & Building Resilience with Craig Smith

3:45 - 4 p.m. Wrap Up

About Our Speakers:

Graham Webb LL.B., LL.M

Lawyer, Executive Director of the Advocacy Centre for the Elderly.

Dana Warner, RPN

Nurse, MINT Memory Clinic, Alzheimer Society of Durham Region.

Dr. Sharon Cohen, MD FRCPC B., LL.M

Behavioural Neurologist, Medical Director of Toronto Memory Program.

Ron Beleno

Caregiver and Advocate in the dementia and aging communities.

Laura Seguin, BA, MSc

Gerontologist, Managing Director & Educator, DementiAbility Enterprises Inc.

Craig Smith

Geriatric Assessor and Mediator, Ontario Health at Home.

Free ONLINE workshop - Understanding Prescription, Non-Prescription and Natural Health Products

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

Address: ONLINE via ZOOM

Our responsibilities when taking medications are different depending on the type of medication we are taking. This workshop will review how your role and responsibilities are different between prescription medication, over the counter medication and natural health products. Some of the topics include:

- Managing prescription and non prescription drugs- Questions to ask your health care provider
- Managing Natural Health Products - What to consider before including them in your health plan
- Storing Medications Tips
- Travelling with Medications Tips- locally and abroad
- Cautions for online purchases of prescription, non-prescription and natural health products
- Financial Challenges in buying medications
- Aging and Medication Risks- Why we may consider deprescribing
- Personal Medication Record- why you need one and what information should it include

This free workshop will be delivered ONLINE via ZOOM. Thursday January 30th from 10:00 am to 11:30 am.

Pre-registration is required in order to send you the link to join the class. Call 1-866-971-5545 or go to www.ceselfmanagement.ca to register.

Thursday Tours

Date and Time: Thursday, January 30 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!

Indigenous Beading Workshop

Date and Time: Thursday, January 30 6:15 pm - 7:45 pm

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

Courtice Library

Thursday, January 30 and Thursday, February 6

6:15-7:45pm

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

Learn the art and history of Indigenous beading and experience working with looms in this two-week program. Participants can learn how to make their own loom from home and bead a bracelet of their own. Beading kits will be provided for making your own project.

Presented by artists Susan Byrne and Debbie Pearson, in partnership with Bawaajigewin Aboriginal Community Circle.

Clarington Eagles vs Little Britain Merchants

Date and Time: Thursday, January 30 7:25 pm - 9:25 pm

Address: 2440 Durham Regional Hwy 2

Friday, January 31, 2025

Groundhog Day Fun (P.A. Day)

Date and Time: Friday, January 31 10:30 am - 11:30 am

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

Courtice Library

Friday, January 31

10:30-11:30am

All ages | Drop in

Enjoy games, crafts, stories, and fun as we celebrate the quirkiest weather forecaster in town!

Beach Party (P.A. Day)

Date and Time: Friday, January 31 10:30 am - 11:30 am

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

Newcastle Library
Friday, January 31
10:30-11:30am

Grades JK-6 | Drop in

Imagine you're in the land of palm trees, sunshine, sand and waves through stories, games and activities. Sunscreen not required!

Ride the Magic School Bus (P.A. Day)

Date and Time: Friday, January 31 11:30 am - 12:30 pm

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

Bowmanville Library
Friday, January 31
11:30am-12:30pm

Grades JK-6 | Drop in

What place—or time—would you like to explore? Join us for adventure, activities, games and STEAM fun!

LEGO Blast (P.A. Day)

Date and Time: Friday, January 31 2:00 pm - 3:00 pm

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

Bowmanville Library
Friday, January 31
2-3pm

Grades JK-6 | Drop in

Build, explore, create and put your LEGO skills to the test! Choose a challenge card then have fun creating a masterpiece!

Heritage in Bloom

Date and Time: Friday, January 31 6:30 pm - 7:30 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.

<https://calendars.clarington.net>