

Monday, July 1, 2024

Canada Day in Clarington

Date and Time: Monday, July 1 5:00 pm

Address: 2440 Highway 2, Bowmanville

Join us for a spectacular evening of family fun and fireworks as we celebrate Canada Day in Clarington! This year's community-wide celebration is happening on Monday, July 1, from 5 to 10 p.m. at Garnet B. Rickard Recreation Complex, located at 2440 Highway 2 in Bowmanville.

Enjoy live entertainment, games and activities for people of all ages, including:

- Inflatable obstacle courses and games.
- Face painting.
- Storytime, lawn games, and old-fashioned toys with Clarington Library, Museums & Archives.
- Musical entertainment by Tyler Lorette, 80ITS (80s Cover Band), student performers from MattOMusic, and the Charles Street Band.
- Sensory break room (inside Garnet B. Rickard Recreation Complex).
- Food and ice cream vendors.
- Free cake, cupcakes and lollipops.
- Free glow sticks (while supplies last).
- Prizes and giveaways.
- Fireworks (weather permitting).
- And more!

Bring your family and friends to experience the joy and excitement of Canada Day in Clarington. Fireworks start at 10 p.m. We can't wait to see you there!

Clarington is a proud participant in Ontario Power Generation's Power for Change Project, supporting grassroots initiatives in the communities where OPG operates. The Empowerment Grant contribution will help support Clarington's Canada Day in Clarington celebration.



Thursday, July 4, 2024

Metrolinx Bowmanville Library Pop Up Information Table

Date and Time: Thursday, July 4 10:00 am - 12:30 pm

Address: 163 Church Street; Bowmanville, ON; L1C 1T7

Please feel free to stop by and say hello at our information booth at the Clarington Library! The Metrolinx Durham Region Community Engagement Team will be at the **Bowmanville Library Branch on July 4th 10am to 12:30pm and August 14th at 10am to Noon** and then the **Newcastle Library Branch on August 27th at 1pm – 3pm** to discuss ongoing and upcoming projects and initiatives by Metrolinx. We would be happy to answer any questions from visitors as well as take any comments or feedback to our internal teams. In the meantime, please also feel free to subscribe to the Durham Region newsletter to be kept up to date on any projects or initiatives within the region by clicking here: <https://metrolinx.us4.list-manage.com/subscribe?u=e3e2dcbefa63d1ca424de38bb&id=d003ab5b57>

Tuesday, July 9, 2024

Tuesdays on the Trail

Date and Time: Tuesday, July 9 1:00 pm - 3:00 pm

Address: 312 Crago Rd., Courtice, ON, L1E 2R3

Summer is back and so are the Tuesdays on the Trail programs in Darlington. These family friendly programs are fun, educational and **free!**

Children ages 4-10 (accompanied by an adult) are welcome on Tuesdays at both sites. Be sure to pack your imagination and enthusiasm, and don't forget water, sunscreen, and bug spray too. Learn how energy and the environment work together, while making friends and crafts with us this summer!

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To sign up go to [Event > Tuesdays on the Trail - OPG](#)

Wednesday, July 10, 2024

Alzheimer Society of Durham Region Minds in Motion® at Bowmanville Older Adult Association

Date and Time: Wednesday, July 10 1:15 pm - 3:15 pm

Address: 26 Beech Ave, Bowmanville, ON L1C 3A2

About Minds in Motion®

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

How often does the program run and for how long?

These sessions run for two hours, once per week, for eight weeks in locations throughout Durham Region.

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.

Benefits of Participating



The person living with dementia benefits from:

- Improved balance, mobility, flexibility and alertness.
- Increased confidence, and comfort with their own circumstance.
- Mutual support from others facing similar experiences.

"I look forward to attending Minds in motion online every week. You get me moving physically, which has been limited because of the pandemic. I love feeling a part of a group event if it's through a screen. Minds in Motion has helped me turn some lonely days into sunny happy days." — Person living with dementia.

The care partner benefits from:

- An opportunity to focus on their own health and have fun with their partner.
- Seeing the person they are caring for enjoying themselves.
- Mutual support and learning from other care partners.

"I enjoyed participating in both the physical exercise and the social activities. It was wonderful meeting and getting to know all the participants. A great group! Overall, a great program. We both lo

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"Excelling program—great people, got me out of the house and got a lot of information and communication with other people. I felt more comfortable being here a second time, saw an improvement in my mother—she smiled often!" — Family care partner.

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Racefest

Date and Time: Wednesday, July 10 5:30 pm - 7:30 pm

Address: 2440 Highway 2. Bowmanville, Ontario L1C 3K2

Racefest is coming to Clarington!

Featuring [IMSA](#) racecars, race drivers, music, food and prizes.

Wednesday July 10, 5:30-7:30pm

Garnet B. Rickard Complex Hwy 2 and Bowmanville Road.

See you there!!

Monday, July 15, 2024

The Juggling Chef Live Show (Courtice Library)

Date and Time: Monday, July 15 3:00 pm - 3:45 pm

Address: 2950 Courtice Rd., Courtice

Enjoy an interactive performing arts show with puppets, music, and food! Be astounded by awesome tricks and fun for the whole family.

Created and performed by local, multi-disciplinary artist, Marla Brennan.

Courtice Library: Monday, Jul 15, 3-3:45pm

Bowmanville Library: Monday, Jul 15, 6-6:45pm

Ages 2-8 | Drop in

The Juggling Chef Live Show (Bowmanville Library)

Date and Time: Monday, July 15 6:00 pm - 6:45 pm

Address: 163 Church St., Bowmanville

Enjoy an interactive performing arts show with puppets, music, and food! Be astounded by awesome tricks and fun for the whole family.

Created and performed by local, multi-disciplinary artist, Marla Brennan.

Courtice Library: Monday, Jul 15, 3-3:45pm

Bowmanville Library: Monday, Jul 15, 6-6:45pm

Ages 2-8 | Drop in

Tuesday, July 16, 2024

Tuesdays on the Trail

Date and Time: Tuesday, July 16 1:00 pm - 3:00 pm

Address: 312 Crago Rd., Courtice, ON, L1E 2R3

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Alzheimer Society of Durham Region Minds in Motion® at Bowmanville Older Adult Association

Date and Time: Wednesday, July 17 1:15 pm - 3:15 pm

Address: 26 Beech Ave, Bowmanville, ON L1C 3A2

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Wednesday, July 24, 2024

Alzheimer Society of Durham Region Minds in Motion® at Bowmanville Older Adult Association

Date and Time: Wednesday, July 24 1:15 pm - 3:15 pm

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Wednesday, July 31, 2024

Edwardian Teas

Date and Time: Wednesday, July 31 12:00 pm - 1:00 pm

Address: CLMA Waverly Place (37 Silver St, Bowmanville)

Enjoy tea on the veranda of Waverley Place! Explore the heritage home, chat with friends, and relax with cup of tea and delicious refreshments!

The menu includes mini quiche, Tea-themed sandwiches, scones, cream, jam, fruit, and mini desserts, catered by Chanterelle Bistro. Gluten free and vegetarian options to be prepared upon request, with an additional \$2 fee per person for gluten free.

Edwardian Teas are being held:

- **Wednesday, July 31 -- [register now!](#)**
- **Wednesday, August 14 -- [register now!](#)**
- **Wednesday, August 21 -- [register now!](#)**

Tickets are \$123+tax for Tea for Two, and \$246+tax Tea for Four. Please note that ticket sales will end one week before the event.

Full Menu:

- Plain Scone
- Strawberry Mango Jam
- Clotted Cream

- Strawberry Shortcake
- Meringue Rosebud
- Creme Brûlée
- Fudge Brownie

- Cucumber & Roasted Red Pepper Hummus Sandwich
- Ham & Cheese Brioche Roll
- Spinach & Mushroom Egg White Quiche
- Chicken, Cream Cheese & Red Onion Marmalade Pinwheel

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