

## Sunday, September 29, 2024

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### MINII ADVENTURES MOUNTAIN BIKE SKILLS CLINICS – Intro to Drops

Date and Time: Sunday, September 29 10:00 am - 12:30 pm

Address: 722 Chalk Lake Rd, Uxbridge

Elevate your mountain biking experience with our focused Minii Mountain Bike Skills Clinics!

Designed for intermediate-level riders aiming to level up their mountain biking skills, each Clinic is an intensive session focused on a specific skill, maneuver, or obstacle. By concentrating on one element at a time, you can effectively learn, refine, practice, and consolidate the necessary techniques to enhance your confidence, safety, and enjoyment on the trails.

Each Clinic begins with a refresher on the fundamental skills essential for the session ahead. This includes addressing and correcting bad habits in areas such as body positioning, bike-body separation, wheel lifts, hops, timing, and coordination. Once the fundamentals are solidified, we'll shift gears to focus on the primary skill area. Using our proven curriculum, we'll roll through step-by-step drills on our portable ramps, obstacles, or applicable trails to ensure comprehensive skill development.

#### What's Included in Each Clinic:

- ✓ Focused Learning. Each Clinic targets a specific skill, maneuver, or obstacle, allowing for in-depth instruction and practice.
- ✓ Learn from experienced and passionate instructors dedicated to helping you progress.
- ✓ Small Group Sizes to ensure a safe, effective, personal learning experience.
- ✓ Personalized Feedback, post-class notes for future practice and continued progression & video analysis.
- ✓ Complimentary drinks and snacks and après

#### The Details:

Sun, Sept. 29 | 10 - 12:30pm | **Intro to Drops**

Available for: Riders ages 19+

Investment: \$124+ HST

Skill Level: [Vanilla Sprinkles](#) | [Boston Cream](#) | [Jelly](#) | [Maple Bacon](#)

[\*\*Learn More & Save Your Seat Here\*\*](#)

## Chilliwack - Canadian Legends

Date and Time: Sunday, September 29 7:30 pm - 9:30 pm

Address: 50 King St E, Oshawa

Presented by: Blackrose Entertainment in Association with Regent Theatre

Rising out of the ashes of psychedelia in 1969, Canada's legendary CHILLIWACK released 12 albums over a 15 year period producing numerous Canadian and international hits including "Lonesome Mary", "Fly At Night", & "California Girl" in the 70's; and "My Girl (gone gone gone)", "Whatcha Gonna Do" in the 80's. All this work led to fifteen gold and platinum certifications, a host of awards, high profile TV appearances and coliseum concert tours. Chilliwack's reputation for consistently powerful shows continue. Bill Henderson and the band are rocking like never before. Hearing the revitalized Chilliwack of today is like hearing those songs for the first time... all over again.

-THE HIT LIST-

My Girl (Gone Gone Gone) • I Believe • Crazy Talk • Lonesome Mary • Watcha Gonna Do Secret Information • Lean On Me • Fly At Night • Baby Blue • Arms Of Mary • Raino • Don't Stop • Something I Like About That • Come On Over • Something Better • California Girl Never Be The Same • Trial By Fire • Guilty • Don't Want To Live For A Living • On The Road To Paradise • Who's Winnin' • Got You On My Mind • Are You Really Gonna Walk Out

Recommended Age: 14+

Age Restriction: 7+

## Tuesday, October 1, 2024

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### Planning and Economic Development Committee Meeting

Date and Time: Tuesday, October 1 9:30 am

## Wednesday, October 2, 2024

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### Works Committee Meeting

Date and Time: Wednesday, October 2 9:30 am

### Transit Executive Committee Meeting

Date and Time: Wednesday, October 2 1:30 pm

## Thursday, October 3, 2024

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## Health and Social Services Committee Meeting

Date and Time: Thursday, October 3 9:30 am

## Meet Up Mash Up for Autistic Adults

Date and Time: Thursday, October 3 10:00 am - 3:00 pm

Address: 95 Magill Drive, Ajax

Drop in from 10 - 3pm for games & crafts

Multi-sport in the gym from 12:15 - 1:30

Group swim 1:30 - 2:30

\*For Adults 18 + and your families to get out of the house, active, and connected to a supportive community.

\$100 annual fee

[Become a member by clicking here](#)

## Durham Active Transportation Committee Meeting

Date and Time: Thursday, October 3 7:00 pm

## Friday, October 4, 2024

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### Virginia to Vegas with Alex Porat

Date and Time: Friday, October 4 7:00 pm - 11:00 pm

Address: 39 King Street East, Oshawa

Virginia to Vegas brings his Greatest Hits tour to Oshawa with special guest Alex Porat.

Presale begins Monday, July 8 @ 10:00 AM local (pw: MODO). General on-sale begins Tuesday, July 9 @ 10:00 AM local: <https://found.ee/VirginaToVegas-OSH>

### Steve Strongman Presented by Music by the Bay Live

Date and Time: Friday, October 4 8:00 pm - 11:00 pm

Address: 301 Watson Street W., Whitby

JUNO Award-winning Canadian bluesman Steve Strongman is a versatile talent. By constantly pushing himself in new directions, he has kept himself vital. His talent is huge and impossible to miss, and it's matched by his staggering musical ambition — as guitar slinger, songwriter or vocalist. Bring your dancing shoes!

# Saturday, October 5, 2024

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## Duffins Trail parkrun

Date and Time: Saturday, October 5 9:00 am - 10:15 am

Address: Kingston Rd W & Elizabeth St, Ajax

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

The event takes place at Duffins Trail (we start near the parking lot), Elizabeth St & Old Kingston Rd, Ajax, ON L1T 2W8

Please follow the website link to register and obtain a barcode (this is VERY easy!)

## History in the Park

Date and Time: Saturday, October 5 11:00 am - 3:00 pm

Address: 900 Brock Street South, Whitby

Artifact exhibits, special guest displays, historic skills demonstrations, hands-on activities, museum tours, and more!

Fun for all ages!

## Durham Craft Beer Festival

Date and Time: Saturday, October 5 1:00 pm - 7:00 pm

Address: Children's Arena, 155 Arena St., Oshawa

Durham's original Craft Beer Festival, since 2013.

Under new local ownership since 2021, the Durham Craft Beer Festival continues the traditions and love of Craft Beer, bringing some of Ontario's best Craft Breweries to a sampling event at Children's Arena, 155 Arena St., Oshawa.

From local Durham favourites to premium Craft Brewers from across the province, come and sample what's brewing in Ontario. Ontario Ciders and Distillers may also be on the menu for non-beer drinkers.

Local Food Trucks. Local entertainment. Game Zone.

Saturday October 5, 2024

1:00 pm to 7:00 pm

Additional sample tokens available for cash purchase on site, \$3 per token.

4 ounce samples in your collectable souvenir glass.

ATM on site.

Visit our website for a list of attending breweries. Website updates often as brewers are confirmed.

This is a 19+ event.

Supporting Oshawa's 100th anniversary celebrations

<https://calendar.durham.ca>