

## Sunday, September 1, 2024

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

Date and Time: Sunday, September 1 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. 1 | 10 - 12:30pm | Intro to Berms

Available for: Riders ages 19+

Investment: \$124+ HST

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

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

## **Tuesday, September 3, 2024**

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### **Planning and Economic Development Committee Meeting**

Date and Time: Tuesday, September 3 9:30 am

### **Alzheimer Society of Durham Region Support for Care Partners**

Date and Time: Tuesday, September 3 1:00 pm - 2:30 pm

Address: 75 Centennial Rd, Ajax, ON L1S 4S4

### **Support for Care Partners at Ajax Community Centre**

An open support group for care partners of individuals living with dementia.

Counsellors help facilitate a supportive environment for participants to learn from each other and connect with others living similar experiences.

Registration is required

Please call or email to register:

905-576-2567 | 1-888-301-1106

[intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com)

## **Wednesday, September 4, 2024**

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### **Works Committee Meeting**

Date and Time: Wednesday, September 4 9:30 am

### **Transit Executive Committee Meeting**

Date and Time: Wednesday, September 4 1:30 pm

## **Thursday, September 5, 2024**

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### **Health and Social Services Committee Meeting**

Date and Time: Thursday, September 5 9:30 am

## Meet Up Mash Up for Autistic Adults

Date and Time: Thursday, September 5 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](#)

## Classic Movie Night - Rain Man

Date and Time: Thursday, September 5 7:00 pm - 9:00 pm

Address: 50 King St E, Oshawa

CLASSIC MOVIE NIGHTS FIRST THURSDAY OF EACH MONTH

THURSDAY, SEPTEMBER 5, 2023 7:00 PM – RAIN MAN (1988)

Starring: Dustin Hoffman, Tom Cruise, Valeria Golino

R / 2h 13min / Drama

Charlie Babbitt, a callous self-centered young hustler who feels his late father cheated him of his 3 Million dollar inheritance discovers he has a brother he never knew about. He then discovers his brother is an autistic savant living in an institution. He decides to abduct him in an attempt to extort what he feels is his share of the inheritance only to find love and self awareness thanks to his new brother.

Recommended Age: 14+

Age Restrictions: 10+

Door Prizes!

Cash Concession Available

Fill out a ballot for future movies

## Friday, September 6, 2024

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Yoga in the Garden

Date and Time: Friday, September 6 9:00 am - 10:00 am

Address: 1450 Simcoe Street South, Oshawa

Yoga in the Garden is back! Get your Zen on in the beautiful Henry House Heritage Gardens this summer!

Starting Friday, June 7, at 9 a.m., we're on the mat and ready to flow. Classes are free drop-in one-hour sessions, with donations accepted. All proceeds go to the Oshawa Museum. This series continues every Friday morning, rain or shine, through September (temperatures permitting).

All levels of yogis are welcome! Please bring any props that support your practice. Also, not all yogis enjoy pets and animals during their practice. If you bring a pet, they must always be on a short leash.

To see a complete list of instructors, visit the [Oshawa Museum website](#) or our Facebook page.

About the Oshawa Museum: The Oshawa Museum preserves and promotes awareness and appreciation of Oshawa's history for a diverse audience's education, enrichment and enjoyment. As the only community museum in Oshawa, we take great pride in showcasing our city's history from the earliest First Nation occupation to the end of WWII. The OM is administered by the Oshawa Historical Society, a not-for-profit charitable institution, as an external agency of the City of Oshawa.

## **Saturday, September 7, 2024**

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### **Duffins Trail parkrun**

Date and Time: Saturday, September 7 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!)

<https://calendar.durham.ca>