

Sunday, June 5, 2022

Discover your Core - Fitness Workshop

Date and Time: Sunday, June 5 10:15 a.m. - 11:15 a.m.

Address: 2950 Courtice Road2950 Courtice Road

Everyone talks about wanting a strong core, but what does that really mean? Your "CORE" is more complex than simply your abdominal and lower back muscles. This workshop explores all the muscles that make up your core and will give practical exercises how to train them effectively. This workshop is comprised of a 20 minute discussion, followed by 40 minutes of exercise. This workshop is taught by a Personal Training Specialist who will provide guidance and ensure safe form through exercises. Modifications will be explained and demonstrated.

SPRING MARKET AT QUARRY LION

Date and Time: Sunday, June 5 11:00 a.m. - 4:00 p.m.

Address: BowmanvilleBowmanville

Explore some of Clarington & Durham Region's Small Businesses. Handmade & Local! This Spring Market is hosted by Sierrahandmade. The Spring Handmade & Local Market will feature some of the finest, handmade & homemade goods around. Explore a range of Bath Bombs, Home Decor, Children's Items, Pet Items, Candles, Self Care, Wood Work & MORE! When you shop small, you help encourage funds to be put back into your own community, while helping small businesses flourish. This is a 2-day event running 11AM-4PM June 4th & 5th. FREE Face Painting! FREE Treats! Here's the event link! <https://fb.me/e/1vIIENszT>

Monday, June 6, 2022

Land Division Committee Virtual Meeting

Date and Time: Monday, June 6 09:00 a.m. - 4:30 p.m.

Tuesday, June 7, 2022

Planning and Economic Development Committee Meeting

Date and Time: Tuesday, June 7 09:30 a.m.

Social Media for Your Business (Digital Main Street)

Date and Time: Tuesday, June 7 10:00 a.m. - 11:30 a.m.

Social media is an invaluable tool for today's business, whether you are just starting out or have been established for years. Not understanding how to use social media effectively can leave you overwhelmed and ultimately hurt your bottom line as your potential customers can easily find your competitors.

This workshop hosted by the Toronto Digital Service Squad will leave you with a better understanding of how to leverage the power of social media to grow your online community, drive sales and reduce marketing costs.

BACD Business Fundamentals: Business Planning

Date and Time: Tuesday, June 7 02:00 p.m. - 4:00 p.m.

Find out the differences between a business plan, a business model canvas and the planning required in starting your own business. Having a good business plan is a solid foundation for a successful business. It's your roadmap and guides you to reach the milestones

you have set.

Wednesday, June 8, 2022

Mental Health Forum - Working in a Post COVID World (Ajax Pickering Board of Trade)

Date and Time: Wednesday, June 8 08:30 a.m. - 12:00 p.m.

Address: The Lake House Event Centre 600 Liverpool Road PickeringThe Lake House Event Centre 600 Liverpool Road Pickering

Covid-19, and the resulting variants, have impacted our lives in ways we never imagined. Even now, as we emerge from the sixth wave, employers continue to face challenges in bringing employees back to work: supporting employees' families, and understanding the legal obligation for safe work policies.

This forum is geared to employers and/or HR Specialists. Join our panel of experts to explore the resources available in our community; learn about self-help tools; and, understand your obligations as an employer.

Works Committee Meeting

Date and Time: Wednesday, June 8 09:30 a.m.

Re-energizing Your Story (Clarington Board of Trade)

Date and Time: Wednesday, June 8 11:30 a.m. - 1:00 p.m.

Address: Holiday Inn Express, 37 Spicer Square, BowmanvilleHoliday Inn Express, 37 Spicer Square, Bowmanville

Lloyd Rang from Lloyd Rang Communications will encourage you to look at your business pre, during and post COVID, pause on lessons learned, recognize opportunities resulting from the impact of the pandemic, and encourage you to re-shape and re-invigorate your story moving forward.

Transit Executive Committee Meeting

Date and Time: Wednesday, June 8 01:30 p.m.

Wednesday Live Quarter Horse Racing at Ajax Downs Racetrack

Date and Time: Wednesday, June 8 01:30 p.m. - 4:00 p.m.

Address: 50 Alexanders Crossing50 Alexanders Crossing

Join us Wednesdays for Live Quarter Horse Racing at Ajax Downs Racetrack.

Live racing and family fun all season long!

Check out our website at www.ajaxdowns.com or find us on social media!

Also check our other event days - One Sunday a month & Thanksgiving Monday for live racing, prizes, giveaways and special events.

Golf Ontario - Women's Try Golf Event

Date and Time: Wednesday, June 8 04:50 p.m.

Address: Salem Ridge Golf Academy Academy Salem Ridge Golf Academy Academy

Women's Try Golf Series is designed for women 19+ with little to no golf experience to play 9 holes with other ladies that are there to have fun. These events take place in the late afternoon/evening at courses in the area with a sponsored beverage apres golf! Bring your friends and learn together! Who doesn't like having fun, being social, and free **WINE?!**

Chat & Cheers (Scugog Chamber of Commerce)

Date and Time: Wednesday, June 8 05:00 p.m. - 8:00 p.m.

Address: Sunnybrae Golf Course, 1430 King Street, Port PerrySunnybrae Golf Course, 1430 King Street, Port Perry

We had so much fun on our 1st stop of our Chat & Cheers tour at Two Blokes Cidery that we wanted to keep the fun going!

Join us on Wednesday, June 8th at 5 pm, as Sunnybrae Golf Course welcomes us for our Member re-acquaintance get-together! BBQ, drinks, and we have the golf simulator booked so bring your clubs to practice that swing for our upcoming golf tourney (more on that later!!). There may even be some music on the patio!
One great networking night and only \$20 a ticket for all this fun!

Thursday, June 9, 2022

Legal Masterclass (BACD)

Date and Time: Thursday, June 9 09:30 a.m. - 11:00 a.m.

This is your opportunity to listen and learn from local business lawyers, as they go through legal considerations for your business.

Our Business Legal Masterclass showcases 4 experts from the Durham Region in Business Structure and incorporation, Contracts for your Business, important electronic agreements for your website and the Small Claims Court Process.

Health and Social Services Committee Meeting

Date and Time: Thursday, June 9 09:30 a.m.

Family Fun Thursdays

Date and Time: Thursday, June 9 10:00 a.m. - 4:00 p.m.

Address: 16210 Island Road16210 Island Road

Family Fun Thursdays are here! Beginning Thursday, May 26th, guests can enjoy additional fun each week! Drop in every Thursday for some extra exploration, included with general admission to the museum.

Programming changes weekly, check the Family Fun Thursday lineup or Scugog Shores Museum social media to see what each week holds! Seek & Find through the village, learn about uses and meanings of flowers and herbs, or play some pioneer games – what will you discover?

Seek & Find and Garden Days are open to drop in visitors. View the schedule here <https://calendar.scugog.ca/default/Detail/2022-05-26-1000-Family-Fun-Thursdays3>

Pioneer Game Days include a special game session at 11:00 am with limited space available. Pre-registration for Pioneer Game Day sessions at www.scugog.ca/museum.

Discovering Trades includes an activity related to 19th century jobs, available at any time during the reserved day. Please pre-register at www.scugog.ca/museum to reserve a spot.

May 26, Seek n' Find (drop-in)

June 2, Garden Days (drop-in)

June 9, Pioneer Games (pre-register)

June 16, Discovering Trades (pre-register)

June 23, Seek n' Find (drop-in)

June 30, Garden Days (drop-in)

July 7, Pioneer Games (pre-register)

July 14, Discovering Trades (pre-register)

July 21, Seek n' Find (drop-in)

July 28, Garden Days (drop-in)

August 4, Pioneer Games (pre-register)

August 11, Discovering Trades (pre-register)

August 18, Seek n' Find (drop-in)

August 25, Garden Days (drop-in)

Free Ontario Program: How An Online Store Can Boost Your Business (Digital Main Street)

Date and Time: Thursday, June 9 11:30 a.m. - 12:30 p.m.

ShopHERE powered by Google provides independent small businesses and artists with a quick, easy and no-cost way to start selling online.

About this event

In this webinar you will get the answers to the top questions we've received about the ShopHERE powered by Google program, including:

- What does it mean to sell online, and why should my business?
- What is Customer Engagement?
- How can Social Media help?
- Who is Digital Main Street?
- What is ShopHERE powered by Google?
- Do I qualify for this program?
- What are the costs involved?
- Do you have any examples of completed websites?

In the Frame with @portraitsbyshak

Date and Time: Thursday, June 9 07:00 p.m. - 10:00 p.m.

Address: 501 Clements Rd W Units 7 & 8, Ajax501 Clements Rd W Units 7 & 8, Ajax

Is a career in photography something you have been thinking about or maybe as a side -hustle? OPEN.innovate is lending you our equipment and hosting a workshop series for beginners with the best in the game.

Friday, June 10, 2022

Enable AI

Date and Time: Friday, June 10 08:30 a.m. - 5:00 p.m.

It's no longer a futuristic goal! AI is already delivering real value to businesses across all industries, creating unprecedented efficiencies.

Hosted by Durham College's AI Hub, the third edition of Enable AI Summit will showcase the AI potential across all sectors, providing a platform to converge around core AI applications and empowering businesses to solve complex operational problems through applied research and AI.

Yoga in the Garden at the Oshawa Museum

Date and Time: Friday, June 10 09:00 a.m. - 10:00 a.m.

Address: 1450 Simcoe Street South1450 Simcoe Street South

Breath deep, take a moment, and do a sun salutation in the summer sun with the **Oshawa Museum's Yoga in the Garden**. Come down to the Henry House Heritage Gardens and enjoy a morning of *Yoga in the Garden*, in partnership with **Durham Yogi Community**. *Yoga in the Garden* runs Friday mornings, **June 3** through to **August 19** at **9AM**.

Participants are required to bring their own mats & water. Appropriate for all ages, however classes will be geared towards adults.

Yoga in the Garden starts **June 3** from **9AM – 10AM** and will run every Friday morning until **August 19**. Rain or shine!

Admission is FREE; donations to the Oshawa Museum are kindly accepted.

VOODOO Pawn Shop at Bowmanville's Rockin' Ribs & Brews

Date and Time: Friday, June 10 05:30 p.m. - 7:00 p.m.

Address: Clarington Fields Clarington Fields

LIVE at Bowmanville's Rockin' Rotary Ribs & Brews, VOODOO Pawn Shop is gearing up for another unforgettable show delivering innovative blues standards including the music of Eric Clapton, Joe Bonamassa, Buddy Guy, Cream, ZZ Top, Jimi Hendrix, Stevie Ray Vaughan, Muddy Waters, BB King, Albert King and more

Saturday, June 11, 2022

Community Yard Sale

Date and Time: Saturday, June 11 08:00 a.m. - 1:30 p.m.

Address: C/O 360 Columbus Rd EC/O 360 Columbus Rd E

We are having a community yard sale to help raise funds for The Charles H. Best Building on the Best Campaign. You're invited to join us on Saturday June 11, 2022 at our property at 360 Columbus Rd E. Whitby, ON. The main intersection is Thicksen Rd and Columbus Rd (north Brooklin)

For more information, please email, bestdiabetes@charleshbest.com

The Welder's Wife Outdoor Market Day

Date and Time: Saturday, June 11 09:00 a.m. - 3:00 p.m.

Address: 1420 Conc 4, Beaverton, ON 1420 Conc 4, Beaverton, ON

The Welder's Wife Outdoor Market Day is held Saturday June 11, 2022 from 9-3

We are a rural Small Business and are hosting 30+ Local Vendors and Artisans, and we'll have a Foodtruck too

Every Vendor is unique and different from each other, a portion of their fee will go to a local charity

You won't want to miss this one, it's always a good time to come out and enjoy the countryside while supporting local

We have some very talented Artisans in our Community

Wadded UP! Monster Trucks Tour

Date and Time: Saturday, June 11 11:00 a.m. - 4:00 p.m.

Address: 99 Athol Street East 99 Athol Street East

The Wadded UP! Monster Truck Tour is on a collision course for Oshawa when they drive into the Tribute Communities Centre on Saturday, June 11, 2022. You gotta be there!

Nationally recognized Monster Trucks including Bucking Bronco, Wadded Up, Canadian Crusher, and more.

Plus meet the drivers and get up close with the HUGE Monsters at the Pre-show Pit Party. Be sure to get your Monster Truck Ride Tickets...that's right you can take a ride in a REAL MONSTER TRUCK.

SCHEDULE

- VIP Pit Party - 11:00am - 11:45am
 - Access included with VIP event tickets.
- Pit Party - 11:45am - 1:00pm
 - Pit Party Passes can be purchased and an event ticket is also required to gain access to the venue.

- Show Starts - 1:30pm

Artfest

Date and Time: Saturday, June 11 11:00 a.m. - 5:00 p.m.

Address: Esplanade Park, One The Esplanade, Pickering, ON L1V 6K7 Esplanade Park, One The Esplanade, Pickering, ON L1V 6K7

Artfest will be back in person for 2022, in Esplanade Park. Residents can enjoy browsing through an open-air market while experiencing the sights and sounds of artistic expressions. New this year, we are extending the artist market to three Saturdays in Esplanade Park!

Saturday, May 28, June 4 and June 11

11:00 - 5:00 pm

Esplanade Park

Kick Off Celebration – May 28th

- Over 50 Artists/Artisans selling and showcasing their work
- Live entertainment by Pickering Community Concert Band, Lexy the Rapping Dad, Need Some Koi,
- Hands on Activities from PineRidge Arts Council, Station Gallery, Pickering Public Library, Pickering Camps
- Drawing Lessons from Artist, Judith Jewer
- Charity BBQ by The Canadian Progress Club, Durham Region Women
- Plant Sale by the Pickering Horticultural Society
- Student Art display by Durham Catholic District School Board Schools

Artist Market – June 4 & 11

- Over 50 Artists/Artisans selling and showcasing their work
- Live entertainment
- Charity BBQ by The Canadian Progress Club Durham South

Summer Union Cemetery Tours

Date and Time: Saturday, June 11 02:00 p.m. - 4:00 p.m.

Address: Union Cemetery, 760 King Street West Union Cemetery, 760 King Street West

Join the **Oshawa Museum** on the second **Saturday afternoon** in **May, June, July and August** to tour through Oshawa's largest cemetery, Union Cemetery. Each month, a different section or theme will be explored; Oshawa Museum guides share stories of well-known citizens and of everyday people who made Oshawa the community it is. The tours begin at 2pm at the front gates of Union Cemetery.

Led by staff of the **Oshawa Museum**, in partnership with Union Cemetery, on the **Second Saturday in May, June, July and August**: May 14, June 11, July 9, August 13; tours start at 2pm

Oshawa Union Cemetery, located at 760 King Street West. It is recommended that participants park at the nearby Oshawa Civic Recreation Complex (99 Thornton Road South) as parking at Union Cemetery is very limited (5 minute walk)

Cost: \$5/person or **free** for members of the Oshawa Historical Society.

This tour runs rain or shine!

Relay For Life Durham

Date and Time: Saturday, June 11 04:00 p.m. - 11:00 p.m.

Address: Clarington Central Secondary School, 200 Clarington Blvd., Bowmanville Clarington Central Secondary School, 200 Clarington Blvd., Bowmanville

Canadians Invited to 'Move and Be Moved' with the Return of In-person Relay For Life Events to Support and Honour People Affected by Cancer

On Saturday, June 11th the Canadian Cancer Society Relay For Life, an annual event that brings together communities across the country to change the future of cancer, will safely welcome participants at various in-person events across Canada, including residents of Durham Region. Relay For Life Durham – a merger of the Relay For Life Clarington and Oshawa events – welcomes the Pedal for

Hope Durham team to their opening ceremonies this year.

Open to all ages, this year's Relay For Life will incorporate time-honoured components including an opening ceremony with inspiring testimonials, the first lap to honour Participants of Hope, and a Luminary Ceremony to honour and remember loved ones.

The Canadian Cancer Society is committed to following all public health guidelines and recommendations to protect people living with cancer, as well as all other event attendees, volunteers, employees, and supporters.

Relay For Life Durham will be taking place at Clarington Central Secondary School, 200 Clarington Blvd., Bowmanville, on Saturday, June 11th from 4:00 p.m. to 11:00 p.m.

For more information or to register for the event, visit www.RelayForLife.ca/durham

The Troubadour Concert Series

Date and Time: Saturday, June 11 07:00 p.m. - 11:00 p.m.

Address: The Biltmore Theatre - 39 King St. East, OshawaThe Biltmore Theatre - 39 King St. East, Oshawa

The Troubadour Concert Series (TCS) is a free, all ages concert series featuring the best of the Durham Region music scene.

The Troubadour series runs every Saturday until July 16 at the beautiful and historic Biltmore Theatre in downtown Oshawa. No tickets required. First come, first served.

TCS producer Rick Kerr presents:

Saturday, June 18 - "Metal Night" with Last Demand, Crawl, Valyear, and Judgement

Saturday, June 25 - "Celtic and Canadiana Night" with Poor Pelly, The Irelands, and The Doozies

Saturday, July 2 - "Multicultural Songwriters' Night" with LA The Second, Nickola Magnolia, and Delon Om

Friday, July 8 - "Rock Night" – with Stone Temple 90s, Far From Infamy, and Nothing Serious

Saturday, July 16 - "The OMAs Nominees Night" – Featuring 2022 Oshawa Music Award Nominees in the "Best Emerging Artist" category: Anthony Brown, Cameron Tania and Delon Om as well as past OMA Winner Nathan Carr with the Nathan Carr Band.

Get full event details and information on performers at the [Troubadour Series Facebook page](#).

<https://calendar.durham.ca>