

Thursday, April 6, 2023

Therapeutic Touch Self Care with Lynn

Date and Time: Thursday, April 6 9:00 am - 11:30 am

Address: 801 Brock Street South, Whitby, ON

55+ Workshop

Therapeutic Touch Self Care Series with Lynn

6-Session Workshop

\$30.00

April 6 - May 18

55+ Membership and pre-registration required. [Code 48050](#)

Therapeutic Touch® for Self-care - Therapeutic Touch (TT) is a gentle, healing therapy that affects the body, mind, emotions and spirit. Over 40 years of clinical practice and research support its effectiveness. It can be used in daily life and to complement medical care. During this 6 week series you will learn several TT techniques that will help you to relax, manage pain, reduce stress, feel calm, sleep better and heal more quickly. Participants will have the option of purchasing (\$20) the book *Be Your Own Healer: Self-Care with Therapeutic Touch* by Crystal Hawk and Alison Cook.

An Evening with Local Black Poets and Spoken Word Artists

Date and Time: Thursday, April 6 7:00 pm - 8:45 pm

Address: 405 Dundas St W, Whitby

A Poetry Month celebration with some of Durham Region's most influential poets and spoken word artists. Featuring Thunderclaw Robinson, Greg Frankson, Daveisha Francis, and Judith Shaw. Books will be available for purchase and light refreshments will be served. A partnership between the Whitby Public Library and the Whitby Diversity and Inclusion Advisory Committee.

Register for this event through the Whitby Public Library [online](#), in person, or by calling by the Whitby Central Library at 905.668.6531

Wednesday, April 12, 2023

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Wednesday, April 12 8:00 pm - 10:15 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

At 35 years old, Robert has the mental capacities of an 8-year-old, but that does not make him any less wise of the world. Holly is pregnant, alone, and simply needs the right break. A story about people finding the nerve to take responsibility, and persevering against the odds.

Uplifting, poignant, and funny, Kiss The Moon, Kiss The Sun will capture your heart and possibly change the way you view people forever. “Before this glorious life is done, I shall kiss the moon and kiss the sun. It’s about trying to get the most out of life, but Robert and I have a different meaning for it. I’m the moon that watches over him at night, and he’s the sun who brightens up my days.” - Norm Foster

Thursday, April 13, 2023

Virtual Workshop: Relaxation with Julie

Date and Time: Thursday, April 13 10:30 am - 11:30 am

Address: 801 Brock Street South, Whitby, ON

Virtual Workshop

Relaxation with Julie

From the comfort of your own home, learn a variety of relaxation techniques that quiet the mind, including deep breathing, muscle relaxation, and creative visualization. Focusing the mind on relaxation, reduces worrying, increases energy, and improves sleep and memory. Feeling relaxed creates a positive perspective and enhances an overall sense of well-being and vitality.

55+ Membership and pre-registration is required.

April 13 10:30 - 11:30 am Code: 48098

May 11 10:30 - 11:30 am Code: 48099

June 8 10:30 - 11:30 am Code: 48100

This program will take place through **ZOOM or Phone**.

Zoom: a few days before the program date an email will be sent to you with a link to join the program

which will allow you to participate live from your own home on a **computer, laptop, or iPad.**

Phone: to join by phone, do the following steps just prior to the beginning of the session:

Step 1: Dial **647.558.0588**

Step 2: Enter Meeting ID **9142525951#**

Step 3: Enter the Passcode **6681424#**

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Thursday, April 13 8:00 pm - 10:15 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

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Friday, April 14, 2023

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Friday, April 14 8:00 pm - 10:15 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

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Saturday, April 15, 2023

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Saturday, April 15 8:00 pm - 10:15 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

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Sunday, April 16, 2023

Whitby Brass Band Spring Concert

Date and Time: Sunday, April 16 2:00 pm - 4:00 pm

Address: 589 Water Street, Whitby

Whitby Brass Band Spring concert, featuring the Whitby Brass band plus the massed band from the Canadian Band and Association community weekend.

Concert starts 2:00 pm. Tickets \$20.00, at the door or in advance from the band website.

Tuesday, April 18, 2023

Chit Chat, Trivia and Games Program via Zoom

Date and Time: Tuesday, April 18 10:00 am - 11:00 am

Address: 801 Brock Street South, Whitby, ON

Chit Chat, Trivia, and Games

Join us for this virtual program to meet new friends, reconnect with familiar faces, discuss different topics, share your thoughts, and participate in trivia and fun games. These are free sessions and all are welcome!

Pre-registration required.

You Be The Judge #48101 Tuesday April 18, 10:00 am

Are you new to Zoom? Send us an [email](#) or call us at 905-668-1424 and we can set up a time to help you learn this program.

Accident Awareness Workshop: Part 3 Walking to Drive

Date and Time: Tuesday, April 18 10:00 am - 11:30 am

Address: 801 Brock Street South, Whitby, ON

55+ Workshop

Accident Awareness Workshop: Part 3 Walking to Drive

April 18 **10:00 – 11:30 am**

Code 48084 **Free Workshop**

55+ Membership and pre-registration required.

Presented by Bob Annan, a retired Police Officer. This important third part of the You and the Road event will introduce some new information about driving and walking while reviewing the information from parts one and two.

Earth Week - Free Movie Screening: Kiss the Ground

Date and Time: Tuesday, April 18 7:00 pm - 8:00 pm

Address: 405 Dundas St W, Whitby, ON L1N 6A1

How about some good news for a change? KISS THE GROUND unveils a game-changer to our climate crisis: the Earth's own soil. The solution is called "Regenerative Agriculture" and this film presents the research, practice, and the hope we need to move forward together.

Location: Whitby Central Library – Meeting Room 1

Date: Tuesday April 18, 2022

Time: 7 to 8 p.m.

Register today! Seating is limited.

Wednesday, April 19, 2023

Virtual Wellness Seminar: Understanding Stress and Sleep

Date and Time: Wednesday, April 19 2:00 pm - 3:30 pm

Address: 801 Brock Street South, Whitby, ON

Virtual Wellness Seminar

Understanding Stress and Sleep

Presented by The Home and Community Care Support Services Central East. This workshop reviews the myths about sleep, common signs of a sleep disorder, and tips on how to get a good night's sleep. The importance of recognizing stress and learning how to manage stress is reviewed through discussion and watching a video on stress management.

55+ Membership and pre-registration is required.

April 19 2:00 - 3:00 pm

Code: [48119](#)

This program will take place through **ZOOM or Phone**.

Zoom: a few days before the program date an email will be sent to you with a link to join the program which will allow you to participate live from your own home on a **computer, laptop, or iPad**.

Phone: to join by phone, do the following steps just prior to the beginning of the session:

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Thursday, April 20, 2023

Hearing Clinics

Date and Time: Thursday, April 20 10:00 am - 4:00 pm

Address: 801 Brock Street South, Whitby, ON

Hearing Clinics

Thursday, April 20 10:00 am – 4:00 pm

Thursday June 15 10:00 am – 4:00 pm

For 55+ Recreation Centre Members only.

Book your personal and confidential half-hour appointment with a Hearing Care Counsellor from the Canadian Hearing Society who will:

- Screen for hearing loss,
- Answer your questions about hearing loss and hearing health care,
- Provide information on use, care and maintenance of hearing aids, as well as other communication devices, and
- Help with understanding hearing loss and managing difficult listening situations.

Call the Front Desk at 55+ Recreation Centre to book your appointment 905.668.1424

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Thursday, April 20 8:00 pm - 10:15 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

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Friday, April 21, 2023

Earth Day "Invest in Our Planet"

Date and Time: Friday, April 21 10:00 am - 11:00 am

Address: 801 Brock Street South, Whitby, ON

Earth Day "Invest in our Planet" #48283

Friday, April 21, 10:00 - 11:00 am

Join 55+ staff and members as we clean up litter around the grounds of the 55+ Recreation Centre and across the street at Rotary Park. Pre-register so we can supply gloves and bags. After the clean up, enjoy refreshments at the 55+ Recreation Centre -- bring your own mug and water bottle. Event goes ahead rain or shine!
! Membership and Registration required: [here](#)

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Friday, April 21 8:00 pm - 10:15 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

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Saturday, April 22, 2023

20th Annual Pitch-In Brooklin

Date and Time: Saturday, April 22 9:00 am - 11:00 am

Address: 55 Carson Avenue, Brooklin

The Brooklin, Ashburn, Myrtle (BAM) Lions Club is hosting the 20th annual Pitch-In Brooklin Event on Earth Day, Saturday April 22, 2023 from 9:00am to 11:00am (Rain or Shine!), at all parks in Brooklin. This is a great opportunity for you and your family to catch up with neighbours after a long, cold, winter by picking up trash at your local park to get it ready for all to enjoy as the warmer weather approaches. Bring your own mug (BYO M) as we’ll have drivers stop at each park to serve Tim Hortons coffee, hot chocolate, and Timbits. There will also be free stuff and a chance to win prizes. Thank you to our event sponsors, Tim Hortons, Papa John’s Pizza, Brooklin Home Hardware & more to come!

Earth Day - Community Tree Planting in D’Hillier Park

Date and Time: Saturday, April 22 1:00 pm - 3:00 pm

Address: 99 McQuay Blvd L1P 1L5 Whitby, ON

Celebrate Earth Day with the Town and its partners at [LEAF](#) by helping us grow the urban forest in Whitby! Get outside and give back to nature by planting native trees and shrubs at our free family friendly event in D’Hillier Park (99 McQuay Blvd) on April 22 from 1 p.m. to 3 p.m.

This event is currently full but stay tuned for the next Environmental event happening in Whitby.

[Register to the Environmental event category to stay up-to-date!](#)

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Saturday, April 22 2:00 pm - 4:00 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

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Monday, April 24, 2023

Centre Ward Community Meeting

Date and Time: Monday, April 24 1:00 pm

Address: 500 Victoria St W, Whitby, ON L1N 9G4

Whitney Hall | Iroquois Park Sports Complex

Centre Ward Community Meeting with Councillor Niki Lundquist and Regional Councillor Chris Leahy. Don't miss out on your chance to be informed and share your thoughts.

No registration is required.

Tuesday, April 25, 2023

Practical Planning for Your Health

Date and Time: Tuesday, April 25 10:00 am - 11:30 am

Address: 801 Brock Street South, Whitby, ON

55+ Wellness Seminar

Practical Planning for your Health

April 25 10:00 am - 11:30 am

Code: 47615 Free

55+ Membership and pre-registration required.

Presented by The Central East Local Health Integration Network, the workshop explores how the Five Domains of Wellness contribute to your health: Physical, Emotional, Intellectual, Spiritual, and Social. Watch an inspirational video 'Arthur's Journey'. Learn how to make small changes to support your larger health goals by making plans.

Card Bingo - Virtual

Date and Time: Tuesday, April 25 10:00 am - 11:00 am

Address: 801 Brock Street South, Whitby, ON

55+ Virtual Recreation

Card Bingo – Virtual

FREE. Easy to play!

All you need to join us is your own deck of playing cards.

There will be small prizes for the bingo winners that will be available for pick up at the 55+ Recreation Centre.

This program will take place through **ZOOM**. A few days before the program date an email will be sent to you with a link to join the program which will allow you to participate live from your own home on a **computer**, **laptop**, or **iPad**. 55+ Membership and pre-registration is required.

April 25 10:00 – 11:00 am Code: 48102

May 30 10:00 – 11:00 am Code: 48105

June 27 10:00 – 11:00 am Code: 48108

Wednesday, April 26, 2023

Catch A Flick: Walk The Line

Date and Time: Wednesday, April 26 1:00 pm - 4:00 pm

Address: 801 Brock Street South, Whitby, ON

Join your friends for a movie and a snack.

\$3.00

Walk The Line

Code: 48110

55+ Membership required. Registration required: [register here](#)

Catch A Flick: Grease

Date and Time: Wednesday, April 26 1:30 pm - 4:00 pm

Address: 801 Brock Street South, Whitby, ON

Join your friends for a movie and a snack.

\$3.00

Grease

Code: 48111

55+ Membership required. Registration required: [register here](#)

Annuals and perennials: Growing and Maintenance

Date and Time: Wednesday, April 26 7:30 pm - 8:30 pm

Address: 19 Cassels Rd E, Whitby, ON L1M 1A4

The Whitby in Bloom Speaker Series brings experienced gardeners and authors to Whitby to share their knowledge and expertise.

Learn tips and tricks to spruce up your garden by attending one, or all, of our free seminars!

Annuals and perennials: Growing and Maintenance will teach you about growing and maintaining of each as well as new and exciting introductions in both groups.

Register for one or all of the in person seminars. All seminars begin at 7:30 p.m.

These seminars take place at the Brooklin United Church and will be in person.

<https://www.whitby.ca/en/play/whitby-in-bloom.aspx#Annuals-and-perennials-Growing-and-Maintenance>

Thursday, April 27, 2023

Virtual Recreation: Chair Yoga with Judy (Zoom Only)

Date and Time: Thursday, April 27 2:00 pm - 3:00 pm

Virtual Recreation

Chair Yoga with Judy (Zoom Only)

These are 55+ classes and programs offered on **Zoom**. Connect with your peers and stay active from the comfort of home.

Are you new to Zoom? Send us an [email](#) or call us at 905-668-1424 and we can set up a time to help you learn this program.

These are **free sessions** and all are welcome!

This class is ideal for those with limited mobility or those who prefer a gentle form of yoga. With the use of a chair, you can

participate in a yoga class without getting up and down from the floor. You will experience numerous benefits including

increased flexibility, better sleep, reduced stress and a general feeling of well being. No experience is required.

Equipment Required: A chair, yoga mat and yoga strap

55+ Membership and pre-registration is required -- [Code 48118](#)

Whitby History Keepers Presentation

Date and Time: Thursday, April 27 6:30 pm - 9:00 pm

Address: 405 Dundas St., West, Whitby

Video Presentation

DISCOVER THE STORIES BEHIND THE STORIES

In this presentation of the Whitby Historical Society's documentary video series, we go back to the earliest days of local historian & archivist Brian Winter's adventures in uncovering our past. From exploring abandoned buildings as a child, to creating Whitby's first archive in a closet at the Centennial Building, Brian has been instrumental in ensuring that Whitby's history is preserved for future generations. Join us to hear him share his favourite stories and memories. Followed by a Q & A.

Admission by Donation

[REGISTER ONLINE](#)

REGISTER BY PHONE – 905-665-3131

The Whitby Historical Society requires that all attendees wear masks while inside the meeting room. Thank you.

Kiss the Moon, Kiss the Sun - theatre performance

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Friday, April 28, 2023

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Friday, April 28 8:00 pm - 10:15 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

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Saturday, April 29, 2023

Repair Cafe

Date and Time: Saturday, April 29 10:00 am - 2:00 pm

Address: 405 Dundas St W, Whitby, ON L1N 6A1

Do you have a broken household item? Don't toss it!

Celebrate Earth Month, by bringing your broken/damaged small appliances, computers, electronics, clothes, jewelry, books, and more, to the pop-up Repair Café at Whitby Central Library on Saturday, April 29, 2023, from 10 a.m. until 2 p.m. to learn how to repair them with our expert volunteers.

This event is free but slots are limited, [register here!](#).

In lieu of a fee, non-perishable food items will be collected at the Repair Cafe to be donated to local food banks.

Kiss the Moon, Kiss the Sun - theatre performance

Date and Time: Saturday, April 29 2:00 pm - 4:00 pm

Address: 416 Centre Street S, Whitby, ON L1N 4W2

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<https://calendars.whitby.ca>