

## Saturday, February 1, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Saturday, February 1 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

**Application Period January 13 – March 7**

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

- Do you know someone who is a resident of Whitby, is 55+ years old, and who has contributed a lot of their time volunteering in the community?
- Award Applications will be available at the Whitby 55+ Centre and at the Brooklin Community Centre and Library starting January 13, 2025.
- Applications will also be available to be completed online at [whitby.ca/msva](http://whitby.ca/msva) starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

## Sunday, February 2, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Sunday, February 2 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

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## Monday, February 3, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Monday, February 3 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

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## Tuesday, February 4, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Tuesday, February 4 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

**Application Period January 13 – March 7**

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## **Alzheimer Society of Durham Region: Minds in Motion®**

Date and Time: Tuesday, February 4 10:00 am - 12:00 pm

Address: 85 Taunton Rd E

### **Alzheimer Society of Durham Region: Minds in Motion®**

Hosted by the Alzheimer Society of Durham Region

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

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.

These sessions will be held at Amica Taunton, 85 Taunton Rd E

Date(s): Tuesdays from January 21st to March 11th

Time: 10 a.m. - 12 p.m.

Location: Amica Taunton

Address: 85 Taunton Rd E, Whitby

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at [intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com).

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

## An Evening with Mary Anne Chambers

Date and Time: Tuesday, February 4 7:00 pm - 8:30 pm

Address: 405 Dundas St W, Meeting Room 1

# An Evening with Mary Anne Chambers

In celebration of Black History Month, notable political figure and author Mary Anne Chambers

is here to discuss her book “[From the Heart](#).”

In partnership with the Whitby Diversity and Inclusion Advisory Committee.

Register by calling 905-668-6531 or [online](#).

## Wednesday, February 5, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Wednesday, February 5 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

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## Together We Rise Durham: Resistance, Resilience, Possibility

Date and Time: Wednesday, February 5 5:30 pm - 8:00 pm

Address: 1955 Audley Rd N, Ajax

# Black History Month

## Celebrate Black History - Together We Rise Durham: Resistance, Resilience, Possibility

Join us for Durham Region's Black History Month celebration on February 5, from 5:30 to 8 p.m., at the Audley Recreation Centre in Ajax for Together We Rise Durham: Resistance, Resilience, Possibility.

Join us for a celebration of champions who have advanced the well-being of the Black community, featuring keynote speaker, Dr. Andrew B. Campbell (Dr. ABC) and inspiring performances.

Refreshments will be served. **Everyone is welcome! You can [register in advance for the Black History Month celebration\(External link\)](#).**

### Event Partners

Together We Rise Durham is hosted by The Regional Municipality of Durham, in partnership with Durham Regional Police Service, Canadian Jamaican Club of Oshawa, City of Pickering, DurhamOne, Lakeridge Health, Municipality of Clarington, Ontario Shores, Pickering Anti-Black Racism Taskforce, Town of Ajax, City of Oshawa, Town of Whitby, Township of Brock and Township of Uxbridge.

This event is also partly funded by TC Energy.

### About Black History Month

Each year in February, Black History Month is recognized in Canada. This is a time to honour and celebrate the contributions that Black Canadians have made to our country, educate ourselves on Black history and continue to combat anti-Black racism in Canada.

## Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Thursday, February 6 8:30 am - 4:30 pm

Address: 801 Brock St S

### Mayor's Senior Volunteer Award

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## Knitting for Beginners with Tara

Date and Time: Thursday, February 6 10:00 am - 12:00 pm

Address: 8 Vipond Rd

### Knitting for Beginners with Tara

Code: 58075 Cost: \$41.20

Thursdays, Feb. 6-Feb. 27, 10:00am-12:00pm

This class will cover casting on and off, knit, purl and yarn over stitches. You will be working on

a set of coasters and a trivet. Please see list of materials required on online notes and on your

receipt. List also available at the Brooklin Community Centre and Library or the 55+ Recreation Centre.

55+ membership and pre-registration required.

## Managing Stress- Caregiver workshop ONLINE ZOOM

Date and Time: Thursday, February 6 10:00 am - 11:30 am

Address: ONLINE via ZOOM

Caregiving and stress go hand-in-hand, but it can be more manageable when you have the skills and tools to support you. In this workshop we will explore the signs and sources of stress, understand the consequences of neglecting stress, and learn practical stress reducing actions. You will also be provided with a resource sheet to help connect you with the supports in the community to help you in your caregiver journey.

Register here to access the link to join the class through ZOOM. <https://www.ceselfmanagement.ca/workshops/gnup?id=10240&rt=0> or you can call us at 1-866-971-5545.

## Tick Tick Boom

Date and Time: Thursday, February 6 8:00 pm - 10:00 pm

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

Before Rent, there was Tick, Tick... Boom! His girlfriend wants to get married and move out of the city, his best friend is making big bucks on Madison Avenue and, yet, Jon is still waiting on tables and trying to write the great American musical. Set in 1990, this compelling story of personal discovery is a rock musical filled with instantly appealing melodies and a unique blend of musical theatre styles.

By Jonathan Larson

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Date and Time: Thursday, February 6 8:00 pm - 10:00 pm

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

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By Jonathan Larson

## Friday, February 7, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Friday, February 7 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

Application Period January 13 – March 7

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## Living a Healthy Life with Chronic Pain Workshop

Date and Time: Friday, February 7 10:00 am - 12:30 pm

Address: 801 Brock St S

### Living a Healthy Life with Chronic Pain

Code: 59250 Cost: Free

Fridays, Feb.7-Mar. 14, 10:00am-12:30pm

Do you live with challenges and complications because of chronic pain? Living a Healthy Life with Chronic Pain is a free workshop series that helps people better cope with pain symptoms and activities of daily life. Learn tools like pacing and planning, managing fatigue, effective communication skills, and working in partnership with your healthcare providers. All participants will receive the "Living a Healthy Life with Chronic Pain" resource book and "Moving Easy Program" CD or MP3 audio file. 55+ membership and pre-registration required.

## Tick Tick Boom

Date and Time: Friday, February 7 8:00 pm - 10:00 pm

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

Before Rent, there was Tick, Tick... Boom! His girlfriend wants to get married and move out of the city, his best friend is making big bucks on Madison Avenue and, yet, Jon is still waiting on tables and trying to write the great American musical. Set in 1990, this compelling story of personal discovery is a rock musical filled with instantly appealing melodies and a unique blend of musical theatre styles.

By Jonathan Larson

## Saturday, February 8, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Saturday, February 8 8:30 am - 4:30 pm

Address: 801 Brock St S



## Mayor's Senior Volunteer Award

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## Tick Tick Boom

Date and Time: Saturday, February 8 2:00 pm - 4:00 pm

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

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By Jonathan Larson

## Tick Tick Boom

Date and Time: Saturday, February 8 8:00 pm - 10:00 pm

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

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By Jonathan Larson

## Sunday, February 9, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Sunday, February 9 8:30 am - 4:30 pm

Address: 801 Brock St S

## **Mayor's Senior Volunteer Award**

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## **Monday, February 10, 2025**

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### **Mayor's Senior Volunteer Award - Application Submission Open**

Date and Time: Monday, February 10 8:30 am - 4:30 pm

Address: 801 Brock St S

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## **Tuesday, February 11, 2025**

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## Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Tuesday, February 11 8:30 am - 4:30 pm

Address: 801 Brock St S

### Mayor's Senior Volunteer Award

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## Powerful Tools for Caregivers

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

Address: 801 Brock St S

### Powerful Tools for Caregivers

Code: 59249 Cost: Free

Tuesdays, Feb. 11-Mar. 18, 10:00am-11:30am

Caregiver participants learn to minimize the potentially negative impacts of caregiving in a six-week program emphasizing self-care and empowerment.

55+ membership and pre-registration required.

## Alzheimer Society of Durham Region: Minds in Motion®

Date and Time: Tuesday, February 11 10:00 am - 12:00 pm

Address: 85 Taunton Rd E

### Alzheimer Society of Durham Region: Minds in Motion®

Hosted by the Alzheimer Society of Durham Region

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early t

o 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

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.

These sessions will be held at Amica Taunton, 85 Taunton Rd E

Date(s): Tuesdays from January 21st to March 11th

Time: 10 a.m. - 12 p.m.

Location: Amica Taunton

Address: 85 Taunton Rd E, Whitby

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at [intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com).

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

## **Wednesday, February 12, 2025**

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### **Mayor's Senior Volunteer Award - Application Submission Open**

Date and Time: Wednesday, February 12 8:30 am - 4:30 pm

Address: 801 Brock St S

## **Mayor's Senior Volunteer Award**

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## **Thursday, February 13, 2025**

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### **Mayor's Senior Volunteer Award - Application Submission Open**

Date and Time: Thursday, February 13 8:30 am - 4:30 pm

Address: 801 Brock St S

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### **Practical Planning for your Health**

Date and Time: Thursday, February 13 10:00 am - 11:30 am

Address: 801 Brock St S

### **Practical Planning for your Health Workshop**

Code: 59260 Cost: Free

Thursday, February 13, 10:00am-11:30am

There was a time when we thought of wellness as simply that our body was disease-free.

Now we understand health and wellness include taking care of many aspects of our well-being, including physical, emotional, intellectual, social and spiritual. In this workshop, we explore what it means to do well in each area of our health and actions we can take in places you wish to see improvement.

55+ membership and pre-registration required.

## **Managing Your Retirement Income Workshop**

Date and Time: Thursday, February 13 10:00 am - 11:30 am

Address: 801 Brock St S

### **Managing Your Retirement Income**

Code: 59011 Cost: Free

Thursday, February 13, 10:00am-11:30am

A retiree often has 5-10 income sources between pensions and investments.

Learn ways to manage these sources and save tax. Review strategies for managing investments, maximize your income and minimize tax when passing money on in your estate.

55+ membership and pre-registration required.

## **Tea & History Speaker Series - Black History Month Celebration**

Date and Time: Thursday, February 13 7:00 pm - 9:00 pm

Address: 405 Dundas Street West, Whitby, ON, L1N 6A1

Understanding the events that shaped the past is essential to understanding how we got to where we are today. To celebrate Black History Month, join writer and international speaker Dr. Rosemary Sadlier to hear how Black History Month came into existence and learn about some of the untold stories that every Canadian should know.

Admission by donation. Refreshments provided. Pre-registration online at [lyndehousemuseum.com/events](http://lyndehousemuseum.com/events) or phone 905-665-3131.

## **Tick Tick Boom**

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

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

Before Rent, there was Tick, Tick... Boom! His girlfriend wants to get married and move out of the city, his best friend is making big bucks on Madison Avenue and, yet, Jon is still waiting on tables and trying to write the great American musical. Set in 1990, this compelling story of personal discovery is a rock musical filled with instantly appealing melodies and a unique blend of musical theatre styles.

By Jonathan Larson

# Friday, February 14, 2025

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## Valentine's Day Social

Date and Time: Friday, February 14 2:00 pm - 4:00 pm

Address: 801 Brock St S

### Valentine's Day Social

**Friday, February 14,**

**2:00pm–4:00pm**

**Code: 57923 Cost: \$10**

Come celebrate Valentine's Day with us at the 55+ Recreation Centre.

Wear red and enjoy an afternoon of music, dancing and light refreshments.

55+ membership and pre-registration is required.

## Tick Tick Boom

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

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

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## Saturday, February 15, 2025

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Date and Time: Saturday, February 15 8:30 am - 4:30 pm

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Date and Time: Saturday, February 15 2:00 pm - 4:00 pm

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## Sunday, February 16, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Sunday, February 16 8:30 am - 4:30 pm

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### FREE Public Skate - McKinney Centre

Date and Time: Sunday, February 16 11:15 am - 1:00 pm

Address: 222 McKinney Dr, Whitby, ON L1R 3M3

FREE Public Skating - McKinney Centre

### Free Public Skate - LVMA - Sponsored by the Brooklin Spring Fair

Date and Time: Sunday, February 16 2:30 pm - 4:00 pm

Address: 67 WINCHESTER RD, Whitby, ON L1M 1B4

Come out and enjoy a FREE Public Skate sponsored by the Brooklin Spring Fair

## Monday, February 17, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Monday, February 17 8:30 am - 4:30 pm

Address: 801 Brock St S

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### Family Day

Date and Time: Monday, February 17 10:00 am - 4:00 pm

Address: 500 Victoria St. W.

Town of Whitby Family Day - Gerdau (Lead Sponsor) along with Renewal by Andersen and Stylux Homes (Supporting Sponsors)

### Free Family Day Fun

Date and Time: Monday, February 17 10:00 am - 4:00 pm

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

Families can get out and get active during the Family Day event on February 17, 2025. Join us for skating, swi

mming, photo ops, and more!

Sponsored By: Lead sponsor Gerdau and Supporting Sponsors Mattamy Homes, Renewal by Andersen of Greater Toronto and Stylux Homes.

Please note, facilities and activities will vary in time. Please visit the website for a complete list of times and locations.

<https://www.whitby.ca/en/play/family-day.aspx>

## Tuesday, February 18, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Tuesday, February 18 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

Application Period January 13 – March 7

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

- Do you know someone who is a resident of Whitby, is 55+ years old, and who has contributed a lot of their time volunteering in the community?
- Award Applications will be available at the Whitby 55+ Centre and at the Brooklin Community Centre and Library starting January 13, 2025.
- Applications will also be available to be completed online at [whitby.ca/msva](http://whitby.ca/msva) starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

### Alzheimer Society of Durham Region: Minds in Motion®

Date and Time: Tuesday, February 18 10:00 am - 12:00 pm

Address: 85 Taunton Rd E

#### Alzheimer Society of Durham Region: Minds in Motion®

Hosted by the Alzheimer Society of Durham Region

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 w

ith 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

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.

These sessions will be held at Amica Taunton, 85 Taunton Rd E

Date(s): Tuesdays from January 21st to March 11th

Time: 10 a.m. - 12 p.m.

Location: Amica Taunton

Address: 85 Taunton Rd E, Whitby

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at [intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com).

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

## **Wednesday, February 19, 2025**

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### **Mayor's Senior Volunteer Award - Application Submission Open**

Date and Time: Wednesday, February 19 8:30 am - 4:30 pm

Address: 801 Brock St S

**Mayor's Senior Volunteer Award**

## Application Period January 13 – March 7

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## Free Six-week ONLINE workshop for Caregivers- Powerful Tools for Caregivers

Date and Time: Wednesday, February 19 6:00 pm - 7:30 pm

Address: ONLINE via ZOOM

Are you caring for a family member or friend with a chronic health condition? Taking on the role of a caregiver can be physically, emotionally and financially draining. This free workshop is an evidence based, self-care educational program for family caregivers to build the skills and tools they need to take care of their own health, while taking on the role of caring for someone else. Each week new topics are introduced including communicating effectively with family members and health care professionals, how to manage difficult emotions, where to find community resources and how to manage stress in a healthy way. The class will be delivered through ZOOM, one day a week for 6 weeks. Each class is 1.5 hours long. Pre-registration is required as it is a limited class size. Call 1-866-971-5545 or go to [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca) to register.

## Thursday, February 20, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Thursday, February 20 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

#### Application Period January 13 – March 7

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## Tick Tick Boom

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

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

Before Rent, there was Tick, Tick... Boom! His girlfriend wants to get married and move out of the city, his best friend is making big bucks on Madison Avenue and, yet, Jon is still waiting on tables and trying to write the great American musical. Set in 1990, this compelling story of personal discovery is a rock musical filled with instantly appealing melodies and a unique blend of musical theatre styles.

By Jonathan Larson

## Friday, February 21, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Friday, February 21 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

##### Application Period January 13 – March 7

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## Tick Tick Boom

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

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

Before Rent, there was Tick, Tick... Boom! His girlfriend wants to get married and move out of the city, his best friend is making big bucks on Madison Avenue and, yet, Jon is still waiting on tables and trying to write the great American musical. Set in 1990, this compelling story of personal discovery is a rock musical filled with instantly appealing melodies and a unique blend of musical theatre styles.

By Jonathan Larson

## Saturday, February 22, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Saturday, February 22 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

**Application Period January 13 – March 7**

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- Applications will also be available to be completed online at [whitby.ca/msva](http://whitby.ca/msva) starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

### Tick Tick Boom

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

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

Before Rent, there was Tick, Tick... Boom! His girlfriend wants to get married and move out of the city, his best friend is making big bucks on Madison Avenue and, yet, Jon is still waiting on tables and trying to write the great American musical. Set in 1990, this compelling story of personal discovery is a rock musical filled with instantly appealing melodies and a unique blend of musical theatre styles.

By Jonathan Larson

## The Whitby Historical Society Presents Red Dress Beaded Pin Workshop with Janet Dugan

Date and Time: Saturday, February 22 2:00 pm - 5:00 pm

Address: 900 Brock Street South, Whitby, L1N 4L6

Join **Janet Dugan**, the founder of the **Red Dress Pin Project** and proud member of Munsee Delaware FN (Lenape) Wolf Clan, for the unique opportunity to explore the healing craft of beading. You will have the choice of design, the colour of the beads and backing and learn the embroidery skills needed to create a pin of your own.

This is a 2 part workshop. \$20 fee includes all supplies. Pre-register online at [lyndehousemuseum.com/events](http://lyndehousemuseum.com/events) or phone 905-665-3131.

## Trafalgar Castle School Admissions Open House

Date and Time: Saturday, February 22 6:30 pm - 8:30 pm

Address: 401 Reynolds St, Whitby, ON L1N 3W9

Our Admissions Open House welcomes prospective families inside the castle walls to learn about the various educational opportunities we provide. Register today to join us for our next Open House.

## Sunday, February 23, 2025

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### Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Sunday, February 23 8:30 am - 4:30 pm

Address: 801 Brock St S

#### Mayor's Senior Volunteer Award

**Application Period January 13 – March 7**

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# Monday, February 24, 2025

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## Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Monday, February 24 8:30 am - 4:30 pm

Address: 801 Brock St S

### Mayor's Senior Volunteer Award

**Application Period January 13 – March 7**

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- Applications will also be available to be completed online at [whitby.ca/msva](http://whitby.ca/msva) starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

## Sleep and Stress- Free online workshop

Date and Time: Monday, February 24 10:00 am - 11:30 am

Address: online via ZOOM

Getting 7-9 hours of quality sleep each night is vital to build a healthy body and mind. In this workshop we will explore:

- The science behind why quality sleep is essential for good mental and physical health
- Why getting a good night's sleep can get harder as we get older
- Common signs of a sleep disorder
- What you can do to support getting a good night's sleep and what sleep aids may not support your overall health
- How stress can affect our well-being and different activities that may help manage in a healthy way.

Register here to get the link to join class on ZOOM. <https://www.ceselfmanagement.ca/workshopsignup?id=10199&rt=0> or call our toll free number at 1-866-971-5545

workshops are provided through Ontario Health atHome through the Central East Self-Management Program

## Penny Bingo

Date and Time: Monday, February 24 1:00 pm - 3:00 pm

Address: 8 Vipond Rd

### **Penny Bingo**

Mondays, 1:00pm-3:00pm Cost \$1.00

Do you want to get rid of your pennies? Please remember to bring your jar of pennies and join us

for a fun afternoon full of laughs and giggles!

January 20 Code: 58081

February 24 Code: 59395

March 17 Code: 58083

55+ membership and pre-registration required.

## **Tuesday, February 25, 2025**

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### **Mayor's Senior Volunteer Award - Application Submission Open**

Date and Time: Tuesday, February 25 8:30 am - 4:30 pm

Address: 801 Brock St S

#### **Mayor's Senior Volunteer Award**

##### **Application Period January 13 – March 7**

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- Applications will also be available to be completed online at [whitby.ca/msva](http://whitby.ca/msva) starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

### **Alzheimer Society of Durham Region: Minds in Motion®**

Date and Time: Tuesday, February 25 10:00 am - 12:00 pm

Address: 85 Taunton Rd E

## **Alzheimer Society of Durham Region: Minds in Motion®**

Hosted by the Alzheimer Society of Durham Region

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

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.

These sessions will be held at Amica Taunton, 85 Taunton Rd E

Date(s): Tuesdays from January 21st to March 11th

Time: 10 a.m. - 12 p.m.

Location: Amica Taunton

Address: 85 Taunton Rd E, Whitby

To register:

For more information and to register for Minds in Motion®, please contact us at 905-576-2567 or email us at [intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com).

Learn more about Minds in Motion®: <https://alzheimer.ca/durham/node/3982>

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**Wednesday, February 26, 2025**

## Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Wednesday, February 26 8:30 am - 4:30 pm

Address: 801 Brock St S

### Mayor's Senior Volunteer Award

#### Application Period January 13 – March 7

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the

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## Cooking with Maria: Sweet Ricotta - Cannoli

Date and Time: Wednesday, February 26 2:30 pm - 4:00 pm

Address: 801 Brock St S

### Cooking with Maria: Sweet Ricotta Cannoli

Code: 59403 Cost: \$20.60

Wednesday, February 26, 2:30pm-4:00pm

Get ready to create an authentic tasting cannoli filling for your homemade cannoli creations!

Together we will make Cannoli – a classic Italian dessert filled with a sweet ricotta filling.

Smooth, light and sweet, this scrumptious ricotta filling is the perfect partner to the delicious contrast of crisp cannoli pastry. You will make enough to sample in class and take home to share with others! All supplies will be provided!

55+ membership and pre-registration required.

## Thursday, February 27, 2025

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## Mayor's Senior Volunteer Award - Application Submission Open

Date and Time: Thursday, February 27 8:30 am - 4:30 pm

Address: 801 Brock St S

## **Mayor's Senior Volunteer Award**

### **Application Period January 13 – March 7**

Annually, the Mayor of Whitby recognizes the valuable contributions that seniors have made by presenting the Mayor's Senior Volunteer Award to an individual with outstanding commitment to community involvement.

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## **Friday, February 28, 2025**

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### **Mayor's Senior Volunteer Award - Application Submission Open**

Date and Time: Friday, February 28 8:30 am - 4:30 pm

Address: 801 Brock St S

## **Mayor's Senior Volunteer Award**

### **Application Period January 13 – March 7**

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- Applications will also be available to be completed online at [whitby.ca/msva](http://whitby.ca/msva) starting January 13, 2025 and will be accepted until 4:30 pm on March 7, 2025.

<https://calendars.whitby.ca>