

## Thursday, May 1, 2025

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### Living a Healthy Life with Chronic Pain Workshop

Date and Time: Thursday, May 1 9:30 am - 12:00 pm

Address: 801 Brock St S

#### Living a Healthy Life with Chronic Pain Workshop

Code: 60706 Cost: Free

Thursdays, 9:30 am – 12:00 pm

May 1 – June 5

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. Presented by Ontario Health at Home.

**Registration and 55+ Membership required.**

### Free Chronic Pain 6-week workshop

Date and Time: Thursday, May 1 10:00 am - 12:30 pm

Address: 801 Brock St. South, Whitby

#### Living a Healthy Life with Chronic Pain

This is a free 6 week workshop, attending one day week, from Thursday May 1 to Thursday June 5th. Each class is from 10:00 am to 12:30 pm.

This workshop will help you learn how you manage the challenges and complications that come with living with chronic pain. Skills and tools are explored that can help people cope better with pain symptoms so they can do more of what they want to do. Participants learn how important pacing and planning are, how to manage fatigue, effective communication skills and how to work with your health care partners and within our healthcare system. All participants receive a free copy of the Living a Healthy Life with Chronic Pain resource book.

You can register directly with the Whitby Senior Centre or call the Self-Management Team at 1-866-971-5545 or go to this link: <https://www.ceselfmanagement.ca/workshop?id=10242>

## Free for Youth Drop-in Basketball

Date and Time: Thursday, May 1 3:30 pm - 4:55 pm

Address: 8 Vipond Road

As part of Youth Week in Whitby come and participate in Free Youth Drop-In Basketball. Spots are limited, first come-first serve.

## Youth Room Pancake Bar

Date and Time: Thursday, May 1 4:30 pm - 5:30 pm

Address: 8 Vipond Road. Whitby, ON.

As part of Youth Week in Whitby come and enjoy a Pancake Bar at the Brooklin or McKinney Youth Rooms. Must be a registered youth room member to participate.

## Art Attack

Date and Time: Thursday, May 1 7:00 pm - 9:00 pm

Address: 1450 Henry Street

Works of art will be featured during this year's Art Attack event being held at Station Gallery. In addition to being showcased at the Art Attack event, all the pieces will be exhibited at Station Gallery until June 1.

## Flood Ready: Flood Preparedness and Home Protection Strategies Workshop

Date and Time: Thursday, May 1 7:00 pm - 8:00 pm

Address: 416 Centre Street South, Whitby, ON

Join the Town of Whitby, Central Lake Ontario Conservatin Authority (CLOCA), and the Intact Centre on Climate Adaptation from the University of Waterloo for an informative workshop about flooding in Whitby. Staff from CLOCA and the Intact Centre on Climate Adaptation will provide valuable insights on available flooding tools and share essential tips to help protect your home from flooding. Registered participants will receive a free emergency preparedness kit.

This event is happening at the Centennial Building, Regal Room (416 Centre Street South, Whitby) on Thursday, May 1, 2025, from 7 to 8 p.m. Please note seating is limited, so [register](#) as soon as you can.

## Friday, May 2, 2025

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## Historic Whitby Walking Tour / Jane's Walk

Date and Time: Friday, May 2 2:00 pm - 3:30 pm

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

Join the Whitby Historical Society for a walk through the Werden's Plan Heritage Conservation District. Your host, dressed in historical attire, will breathe life into the stories of heritage buildings, and the individuals who lived, worked and worshipped in them.

All ages welcome. Walk will be approximately 90 minutes with frequent stops. Meet up at Lynde House Museum. Register by phone at 905-665-3131.

*Jane's Walk is an annual festival of free, community-led walking conversations inspired by Jane Jacobs.*

## Free Drop-in Youth Pickleball

Date and Time: Friday, May 2 4:30 pm - 6:00 pm

Address: 222 McKinney Drive

As part of Youth Week in Whitby come and try Pickleball for Youth. Spots are limited. First come, first serve.

## Emoji Movie Guessing Game

Date and Time: Friday, May 2 4:30 pm - 6:00 pm

Address: 222 McKinney Drive

As part of Youth Week in Whitby come to the Brooklin or McKinney Youth Room to participate in an Emoji Movie Guessing Game. Must be a registered youth room member to attend.

## Free Movie Night for Youth

Date and Time: Friday, May 2 7:00 pm - 10:00 pm

Address: 8 Vipond Road

As part of Youth Week in Whitby come and watch the Hunger Games on a 12 foot inflatable screen. Movie snack bags will also be provided for each participant. This event is for youth ages 12 to 18 years only.

Registration is required to attend.

[Register for the Whitby Youth Week Free Movie Night](#)

## Saturday, May 3, 2025

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## **Free Youth Shinny**

Date and Time: Saturday, May 3 12:30 pm - 2:00 pm

Address: 500 Victoria Street West. Whitby, ON.

As part of Youth Week in Whitby come and participate in Free Youth Shinny. Spots are limited. First come, first serve.

## **Public Skate Free for Youth**

Date and Time: Saturday, May 3 2:00 pm - 3:45 pm

Address: 500 Victoria Street West. Whitby, ON.

As part of Youth Week in Whitby come and participate in the Public Skate Free for Youth ages 12-18.

## **Youth Room Sundae Bar**

Date and Time: Saturday, May 3 2:00 pm - 3:00 pm

Address: 8 Vipond Road

As part of Youth Week in Whitby come and participate in a free Sundae Bar at both the Brooklin and McKinney youth rooms. Must be a registered youth room member to attend.

## **Sunday, May 4, 2025**

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### **Free for Youth Public Skate**

Date and Time: Sunday, May 4 11:15 am - 1:00 pm

Address: 222 McKinney Drive

As part of Youth Week in Whitby come and participate in the Public Skate free for youth ages 12-18.

### **Public Swim Free for Youth**

Date and Time: Sunday, May 4 3:30 pm - 5:00 pm

Address: 500 Victoria Street West. Whitby, ON.

As part of Youth Week in Whitby come and participate in a Public Swim free for youth ages 12-18.

## **Monday, May 5, 2025**

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## Free Youth Latin Dance Class

Date and Time: Monday, May 5 4:00 pm - 4:55 pm

Address: 555 Rossland Road East. Whitby, ON.

As part of Youth Week in Whitby come and try a free Latin Dance class. For youth ages 12-18 only. Must register to attend.

## Youth Room Pool Tournament

Date and Time: Monday, May 5 4:30 pm - 6:00 pm

Address: 222 McKinney Drive

As part of Youth Week in Whitby come and participate in a Pool tournament at both the Mckinney and Brooklin youth rooms. Must be a registered youth room member to attend.

## Tuesday, May 6, 2025

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### Biology Walk with Wilf - Spring Wildflowers

Date and Time: Tuesday, May 6 9:30 am - 11:30 am

Address: 4015 Cochrane Street

#### **Biology Walk with Wilf – Spring Wildflowers\***

Code: 60692     Cost: \$8.00

Tuesday, May 6, 9:30 – 11:30 am (Rain date: Thursday, May 8)

Walk from the north end of Cullen Central Park along the asphalt trail into Heber Down Conservation Area.

This walk will be led by an experienced guide. Meet at the north end of the Cullen Central Park parking lot.

**Registration and 55+ Membership required.**

### Living a Healthy Life with Diabetes Workshop

Date and Time: Tuesday, May 6 9:30 am - 12:00 pm

Address: 801 Brock St S

#### **Living a Healthy Life with Diabetes Workshop**

Code: 60705     Fee: Free

Tuesdays, 9:30 am – 12:00 pm

April 15 – May 20

Participants learn skills and tools to manage their diabetes pre-diabetes. Some topics covered included monitoring, preventing or delaying complications, menu planning, food care, strategies for sick days, managing difficult emotions and working with your Health Care Professional and Health care System. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Presented by Ontario Health at Home.

**Registration and 55+ Membership required.**

## **Free for Youth Drop-in Basketball**

Date and Time: Tuesday, May 6 3:30 pm - 4:55 pm

Address: 8 Vipond Road

As part of Youth Week in Whitby come and participate in Free Drop-in Basketball. For youth ages 12-18. Spots are limited. First come, first serve.

## **Youth Room Open House- Henry Street High Youth Hub**

Date and Time: Tuesday, May 6 3:30 pm - 5:30 pm

Address: 600 Henry Street. Whitby, ON

As part of Youth Week in Whitby come and check out the Youth Hub inside of Henry Street High School. Free pizza, games and tournaments with prizes to be won.

## **Youth Room Open House- McKinney Centre**

Date and Time: Tuesday, May 6 4:00 pm - 6:00 pm

Address: 222 McKinney Drive

As part of Youth Week in Whitby come and check out the McKinney Youth Room. Free pizza, games and tournaments will be taking place with prizes to be won.

## **Youth Room Open House- Brooklin Community Centre and Library**

Date and Time: Tuesday, May 6 4:00 pm - 6:00 pm

Address: 8 Vipond Road

As part of Youth Week in Whitby come and check out the Brooklin Youth Room. Free pizza, games and tournaments will be provided with prizes to be won.

## Home Energy Retrofit Orientation Webinar

Date and Time: Tuesday, May 6 6:30 pm - 8:30 pm

Address: 575 Rossland Road East, Whitby, ON L1N 2M8

Join us for the Home Energy Retrofit Orientation program, designed to help homeowners integrate energy-efficient upgrades into home renovations. These improvements can enhance comfort, increase resilience, and lower energy costs. In this webinar, you'll learn about the benefits of home energy retrofits, available rebates, incentives and financing options to support your energy upgrades.

This event is happening online on Tuesday, May 6, 2025, from 6:30 - 8:30 p.m.

Register to attend and get a chance to win 1 of 3 eco-friendly gift bags, featuring:

- Odour-free compost collector
- Carbon capture soap
- Cutting board
- YETI stackable mug

Registration is required.

## Free for Youth Girls Shinny

Date and Time: Tuesday, May 6 7:30 pm - 9:00 pm

Address: 500 Victoria Street West. Whitby, ON.

As part of Youth Week in Whitby come and participate in Girls Shinny.

## Wednesday, May 7, 2025

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### Youth Room Pop Culture Trivia Night

Date and Time: Wednesday, May 7 5:00 pm - 6:30 pm

Address: 8 Vipond Road

As part of Youth Week in Whitby come and participate in Pop Culture Trivia at the Brooklin and McKinney Youth Rooms. Must be a registered youth room member to attend.

### Free Zumba for Youth

Date and Time: Wednesday, May 7 6:00 pm - 6:55 pm

Address: 555 Rossland Road East. Whitby, ON.

As part of Youth Week in Whitby come and try a Free Zumba class for youth ages 12-18. Registration in advance.

ce required to attend.

## Community Gardens Webinar

Date and Time: Wednesday, May 7 7:00 pm - 8:00 pm

Address: Online

Climate Justice Durham is hosting a webinar on Wednesday, May 7th from 7:00-8:00 pm for a presentation by Carol Vandersanden from We Grow Foods. 🥕

This is our second Learning Circle webinar where we invite knowledgeable speakers to talk about various topics to do with the environment and climate change. 💻

These Learning Circles will be online only and will take place on Zoom. Please register for the webinar using the link below! 🔗

<https://trentu.zoom.us/meeting/register/61a9mpFUS6qIj5tNBlo4zQ#/registration?os=ipad>

Carol has been growing her own food for over 25 years, harvesting 2500 lb on her front lawn. In 2013, Carol and six other urban farmers began We Grow Food, which has installed over 28 gardens throughout Oshawa since its inception. Carol believes that hands-on education about our food source, how to grow food, and how to prepare healthy meals is a basic life skill that everyone should know.

## Thursday, May 8, 2025

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### Living a Healthy Life with Chronic Pain Workshop

Date and Time: Thursday, May 8 9:30 am - 12:00 pm

Address: 801 Brock St S

#### Living a Healthy Life with Chronic Pain Workshop

Code: 60706 Cost: Free

Thursdays, 9:30 am – 12:00 pm

May 1 – June 5

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. Presented by Ontario Health at Home.

**Registration and 55+ Membership required.**

## Retirement Income Management

Date and Time: Thursday, May 8 10:00 am - 12:00 pm

Address: 801 Brock St S

### Retirement Income Management

Code: 59461 Cost: Free

Thursday, May 8, 10:00 am – 12:00 pm

Learn what happens to investments when you retire, what to consider

when deciding to start your CPP pension, and investment and withdrawal

strategies to build your retirement income. Its common for a retiree to have

to manage 5 to 10 different investment accounts and sources of income.

Each having different tax treatment withdrawal rules and impact government

benefits differently. This session will give you an overview of considerations

when deciding how to manage your retirement income.

Presented by John from Retirement Income Group.

**Registration and 55+ Membership required.**

## Wire Earrings 101 with Tara

Date and Time: Thursday, May 8 5:00 pm - 6:00 pm

Address: 8 Vipond Rd

### Wire Earrings 101 with Tara

Code: 60685 Cost: \$21.85

Thursday, May 8, 10:00 am – 12:00 pm

Learn the basics on how to make lots of fun wire earrings. Students will complete

5 pairs of earrings using wire, findings, and glass and crystal beads. Materials cost

of \$20 can be paid to instructor day of workshop.

**Registration and 55+ Membership required.**

## East Ward Town Hall

Date and Time: Thursday, May 8 7:00 pm - 8:00 pm

Address: 575 Rossland Road East, Whitby, ON L1N 2M8

Join East Ward Councillor Victoria Bozinovski and Regional Councillor Steve Yamada for updates on local issues as well as answers to your questions.

No registration is required.

Not sure what ward you live in? [Find your ward and councillor online.](#)

## Friday, May 9, 2025

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### Stress and Sleep Workshop

Date and Time: Friday, May 9 10:00 am - 11:30 am

Address: 801 Brock St S

#### Stress and Sleep Workshop

Code: 60723 Cost: Free

Friday, May 9, 10:00 – 11:30 am

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.

**Registration and 55+ Membership required.**

## Saturday, May 10, 2025

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### World Migratory Bird Day: A Birdwatching Experience

Date and Time: Saturday, May 10 10:00 am - 12:00 pm

Address: 623 Halls Road South, Whitby

Join the Town of Whitby and Central Lake Ontario Conservation Authority for our Birdwatching Experience event to celebrate World Migratory Bird Day! Enjoy activities like bird crafts for kids, bird ID tips, trivia, a bird hike, and more. Event will be held rain or shine.

This event is happening at Lynde Shores Conservation Area (623 Halls Road South, Whitby) on Saturday, May 10, 2025, from 10 a.m. to 12 p.m. Please note registration is limited so [register](#) as soon as you can.

## Sunday, May 11, 2025

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### Mother's Day Tea Party & Workshop

Date and Time: Sunday, May 11 2:00 pm - 4:30 pm

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

#### **Celebrate Mother's Day at Lynde House Museum!**

Join local artist Mina Daya to learn how to paint your own teacup and saucer followed by tea with scones and sweets.

\$50 per guest. Minimum age of 10.

Register online at [lyndehousemuseum.com/events](http://lyndehousemuseum.com/events) or by phone at 905-665-3131.

## Monday, May 12, 2025

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### Reflexology Workshop

Date and Time: Monday, May 12 10:00 am - 11:30 am

Address: 801 Brock St S

#### **Reflexology Workshop**

Code: 60727 Cost: Free

Friday, May 2, 10:00 – 11:30 am

A free informal workshop to explore the benefits of reflexology. This one hour workshop will review the health benefits of what this treatment can do to help with your health. Presented by a certified reflexologist with 30 years experience.

**Registration and 55+ Membership required.**

# Tuesday, May 13, 2025

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## Take Action on Litter - Join the Provincial Day of Action on Litter

Date and Time: Tuesday, May 13 12:00 am - 11:55 pm

Address: Town of Whitby

Help keep Whitby clean and green! In recognition of Ontario's Provincial Day of Action on Litter - celebrated every second Tuesday in May - we're inviting residents, organizations, businesses, and community groups to take part by organizing or joining a local cleanup through [Whitby's Anti-Litter Cleanup Program](#).

This day is all about raising awareness of the environmental impact of litter and encouraging everyone to take meaningful steps at home and in the community. Did you know?

- Each year, Ontarians generate approximately one tonne of waste per person.
- An estimated 10,000 tonnes of plastic enter Ontario's lakes and rivers annually.

Let's work together to keep Whitby's environment clean and healthy for generations to come. Learn more at [Act on Litter](#).

## Living a Healthy Life with Diabetes Workshop

Date and Time: Tuesday, May 13 9:30 am - 12:00 pm

Address: 801 Brock St S

### Living a Healthy Life with Diabetes Workshop

Code: 60705 Fee: Free

Tuesdays, 9:30 am – 12:00 pm

April 15 – May 20

Participants learn skills and tools to manage their diabetes pre-diabetes. Some topics covered included monitoring, preventing or delaying complications, menu planning, food care, strategies for sick days, managing difficult emotions and working with your Health Care Professional and Health care System. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Presented by Ontario Health at Home.

**Registration and 55+ Membership required.**

## Durham College's Program Information Night

Date and Time: Tuesday, May 13 5:30 pm - 7:30 pm

Address: 2000 Simcoe St. N., Oshawa, ON

[Register now](#) for Durham College's (DC) Join Program Information Nights and see why so many students choose DC!

We're opening our doors and inviting you to:

- Discover our 145+ career-driven programs
- Learn about student services like financial aid, academic support and health and wellness support
- Explore our state-of-the-art facilities
- Apply for your program – we'll cover the \$150 application fee!

Whatever your career goals, we'll help you find the right fit. [Register now](#) and you'll be entered for a chance to win a \$5,000 tuition credit.

## Wednesday, May 14, 2025

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### Whitby Farmers Market

Date and Time: Wednesday, May 14 9:00 am - 3:00 pm

Address: Celebration Square

Don't miss the Whitby Farmers Market every Wednesday at Celebration Square beginning on May 14 from 9 am to 3 pm!

Whether you are looking for tasty treats, fresh produce or one of a kind creations, the Whitby Farmers Market is a great way to #ShopLocal!

<https://www.whitbyfarmersmarket.ca/>

### Durham College's Program Information Night

Date and Time: Wednesday, May 14 5:30 pm - 7:30 pm

Address: 1610 Champlain Ave. Whitby, ON

[Register now](#) for Durham College's (DC) Join Program Information Nights and see why so many students choose DC!

We're opening our doors and inviting you to:

- Discover our 145+ career-driven programs
- Learn about student services like financial aid, academic support and health and wellness support
- Explore our state-of-the-art facilities
- Apply for your program – we'll cover the \$150 application fee!

Whatever your career goals, we'll help you find the right fit. [Register now](#) and you'll be entered for a chance to win a \$5,000 tuition credit.

# Thursday, May 15, 2025

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## Living a Healthy Life with Chronic Pain Workshop

Date and Time: Thursday, May 15 9:30 am - 12:00 pm

Address: 801 Brock St S

### Living a Healthy Life with Chronic Pain Workshop

Code: 60706 Cost: Free

Thursdays, 9:30 am – 12:00 pm

May 1 – June 5

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. Presented by Ontario Health at Home.

**Registration and 55+ Membership required.**

# Friday, May 16, 2025

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## Summer Unwind: A Sound Healing Experience

Date and Time: Friday, May 16 10:00 am - 11:15 am

Address: 270 Simcoe Street North

**COST: \$37**

Join Janine, Founder of Soulful Connections and Mindfully Created, for an outdoor sound healing experience that invites you to unwind from the fullness of summer and prepare for the abundant harvest season ahead. This session offers a peaceful space to reflect on the energy of summer, release what no longer serves you, and create space for the grounding and growth of fall.

Held outdoors in a serene setting, the experience begins with a calming meditation designed to ground you and help you connect with the present moment. As you settle in, the soothing sounds of crystal sound bowls will guide you into a deep state of relaxation, promoting inner peace and harmony.

This session serves as a gentle transition, honoring the vibrant energy of summer while inviting you to unwind and prepare for the harvest season.

No prior experience is required—this session is open to all, whether you're new to sound healing or have explored it before.

This event is Rain or Shine. In the event of weather, the workshop will take place in our covered Arbour.

## **What's included**

Sound healing and guided meditation experience.

## **What's not included**

Yoga mat

## **Saturday, May 17, 2025**

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### **Spring Planter Workshop**

Date and Time: Saturday, May 17 10:00 am - 12:00 pm

Address: 270 Simcoe Street North

Celebrate the season of renewal and growth with a hands-on workshop in the stunning Parkwood Greenhouses!

Join us to craft your very own Spring Planter, perfect for adding a fresh burst of colour to your home or garden.

With expert guidance, you will:

- Select a variety of vibrant spring plants and flowers
- Arrange them beautifully in a planter
- Learn tips and tricks for planting, care, and design

Spaces are limited, so reserve your spot today and take home a piece of springtime magic!

## **What's included**

Large Planter

Soil

Grass

Plants

### **Mental health storytime and craft**

Date and Time: Saturday, May 17 10:30 am - 11:00 am

Address: 405 Dundas St. W

# Mental Health Storytime & Craft

## All Ages

These stories encourage discussions about big feelings and how to cope with them, followed by a lovely calming craft. In collaboration with Art with a Heart.

Please contact us if you require any accessibility accommodations.

**This is a drop-in program, no registration is required.**

## Sunday, May 18, 2025

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### Spring Planter Workshop

Date and Time: Sunday, May 18 10:00 am - 12:00 pm

Address: 270 Simcoe Street North

Celebrate the season of renewal and growth with a hands-on workshop in the stunning Parkwood Greenhouses!

Join us to craft your very own Spring Planter, perfect for adding a fresh burst of colour to your home or garden.

With expert guidance, you will:

- Select a variety of vibrant spring plants and flowers
- Arrange them beautifully in a planter
- Learn tips and tricks for planting, care, and design

Spaces are limited, so reserve your spot today and take home a piece of springtime magic!

## What's included

Large Planter  
Soil  
Grass  
Plants

## Tuesday, May 20, 2025

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### Living a Healthy Life with Diabetes Workshop

Date and Time: Tuesday, May 20 9:30 am - 12:00 pm

Address: 801 Brock St S

**Living a Healthy Life with Diabetes Workshop**



Tuesdays, 9:30 am – 12:00 pm

April 15 – May 20

Participants learn skills and tools to manage their diabetes pre-diabetes. Some topics covered included monitoring, preventing or delaying complications, menu planning, food care, strategies for sick days, managing difficult emotions and working with your Health Care Professional and Health care System. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Presented by Ontario Health at Home.

**Registration and 55+ Membership required.**

## Discover the World of Bees

Date and Time: Tuesday, May 20 2:30 pm - 3:30 pm

Address: 701 Rossland Road East, Whitby, ON L1N 8Y9

Bees seep into modern life in more ways than you might realize. But bees are at their most vital when pollinating a third of the food we eat.

Humans and honey bees are incredibly intertwined. Learn more about urban beekeeping and the little city that is a beehive. Your beekeeper will recount a bee's life journey, from the moment she emerges from her cell to her final flight.

In partnership with Alveole and the Whitby Public Library, Rossland Branch.

Registration required.

## Wednesday, May 21, 2025

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### Whitby Farmers Market

Date and Time: Wednesday, May 21 9:00 am - 3:00 pm

Address: Celebration Square

Don't miss the Whitby Farmers Market every Wednesday at Celebration Square beginning on May 14 from 9 am to 3 pm!

Whether you are looking for tasty treats, fresh produce or one of a kind creations, the Whitby Farmers Market is a great way to #ShopLocal!

<https://www.whitbyfarmersmarket.ca/>

## Living a Healthy Life with Chronic Pain Workshop

Date and Time: Thursday, May 22 9:30 am - 12:00 pm

Address: 801 Brock St S

### Living a Healthy Life with Chronic Pain Workshop

Code: 60706 Cost: Free

Thursdays, 9:30 am – 12:00 pm

May 1 – June 5

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. Presented by Ontario Health at Home.

**Registration and 55+ Membership required.**

## Cable Knitting with Tara

Date and Time: Thursday, May 22 10:00 am - 1:00 pm

Address: 8 Vipond Rd

### Cable Knitting with Tara

Code: 60684 Cost: \$31.83

Thursday, May 22, 10:00 am – 1:00 pm

Learn the basics of turning a rib into a cable while making a coffee cup cozy.

Pattern supplied. Please bring at least 50 grams of DK weight wool, 4 mm needles and a cable needle.

**Registration and 55+ Membership required.**

# Friday, May 23, 2025

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## Spring Social

Date and Time: Friday, May 23 2:00 pm - 4:00 pm

Address: 801 Brock St S

## Spring Social

Friday May 23

2:00 – 4:00 pm

Code: 60378 Cost: \$10.00

Join us for an afternoon of socializing and dancing.

Snacks and light refreshments will be served.

Pre-registration and 55+ Membership is required.

# Saturday, May 24, 2025

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## IG Wealth Management Walk for Alzheimer's 2025: Alzheimer Society of Durham Region

Date and Time: Saturday, May 24 9:00 am

Address: 4015 Cochrane St, Whitby

**IG Wealth Management Walk for Alzheimer's 2025: Alzheimer Society of Durham Region**

**Locally Presented by Alma Mechanical**

**Registration Link:** [www.walkdurham.ca](http://www.walkdurham.ca)

Join us Saturday May 24, 2025, at Cullen Central Park in Whitby, for the IG Wealth Management Walk for Alzheimer's locally presented by Alma Mechanical. Featuring an accessible 1km, 3km or 5km Walk plus entertainment and activities for all ages to enjoy, rain or shine!

**Who will you walk for?**

There are nearly 12,000 people living with Alzheimer's disease and other dementias across Durham Region. When you fundraise for the IG Wealth Management Walk for Alzheimer's, you support vital programs and services for all those impacted by dementia in our community.

Everyone will be touched by dementia, whether a relative, a friend, a member of your community or yourself. No one should have to face this disease alone.

### **Important Details:**

**Registration Link:** [www.walkdurham.ca](http://www.walkdurham.ca).

**Date:** Saturday, May 24th, 2025

**Time:** Check-in begins at 9 a.m.

**Location:** Cullen Central Park, Whitby

**Address:** 4015 Cochrane St, Whitby

### **For more information:**

To see the full list of activities and to stay up to date, please make sure you're following us on [Facebook](#) and [Instagram](#)! If you have any questions about the IG Wealth Management Walk for Alzheimer's please contact: Amanda McCawley at 905-576-2567 or [amccawley@alzheimerdurham.com](mailto:amccawley@alzheimerdurham.com).

## **Spring Planter Workshop**

Date and Time: Saturday, May 24 10:00 am - 12:00 pm

Address: 270 Simcoe Street North

Celebrate the season of renewal and growth with a hands-on workshop in the stunning Parkwood Greenhouses!

Join us to craft your very own Spring Planter, perfect for adding a fresh burst of colour to your home or garden.

With expert guidance, you will:

- Select a variety of vibrant spring plants and flowers
- Arrange them beautifully in a planter
- Learn tips and tricks for planting, care, and design

Spaces are limited, so reserve your spot today and take home a piece of springtime magic!

# What's included

Large Planter  
Soil  
Grass  
Plants

## Food Truck Frenzy

Date and Time: Saturday, May 24 11:00 am - 9:00 pm

Address: 500 Victoria St, W in Whitby

Get ready for a taste bud extravaganza at Whitby's **FOOD TRUCK FRENZY** hosted by the Rotary Club of Whitby - Durham's biggest culinary bash!

With 30+ mouth watering food trucks, a vibrant Maker's Market, an epic Kids zone this **2 day festival** is a feast for the senses.

Join us for an unforgettable weekend of flavour, fun and community spirit, where every bite supports the Rotary Club's mission to make positive impact in Whitby!.

For more details on **the event, sponsorship opportunities or to volunteer**, please visit our web site <https://rotaryfoodtruckfrenzy.com/>

**High School Students** - We need the support of more than 200 volunteers. This is a great opportunity to complete your community service hours. There are several tasks to volunteer for, all while having fun. Check out our website to register.

## Food Truck Frenzy

Date and Time: Saturday, May 24 11:00 am - 9:00 pm

Address: 500 Victoria St. W in Whitby

Get ready for a taste bud extravaganza at Food Truck Frenzy 2025 – Durham's biggest culinary bash! With 30+ mouthwatering food trucks, a vibrant Makers Market, and an epic Kids Zone, this two-day festival is a feast for the senses. Join us for an unforgettable weekend of flavor, fun, and community spirit – where every bite supports the Rotary Club's mission to make a positive impact in Whitby!

**May 24th from 11 am to 9 pm and Sunday, May 25th from 11 am to 7 pm in the South Parking lot of the Iroquois Park Sports Complex located at 500 Victoria St. W in Whitby.**

**\$5.00 per person, children 14 and under are Free!**

The Annual Food Truck Frenzy is a Fundraising Event hosted by The Rotary Club of Whitby to raise funds that go directly back into our Community.

## Trafalgar Castle School May Day

Date and Time: Saturday, May 24 12:00 pm - 2:00 pm

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

Whether it's carnival games, good food, or great memories, May Day has it all! We welcome you to Trafalgar Castle School to browse products from local vendors, try some delicious treats, and explore our grounds. We hope you join us in celebrating our 118th May Day celebration.

## Spring Planter Workshop

Date and Time: Saturday, May 24 1:00 pm - 3:00 pm

Address: 270 Simcoe Street North

Celebrate the season of renewal and growth with a hands-on workshop in the stunning Parkwood Greenhouses!

Join us to craft your very own Spring Planter, perfect for adding a fresh burst of colour to your home or garden.

With expert guidance, you will:

- Select a variety of vibrant spring plants and flowers
- Arrange them beautifully in a planter
- Learn tips and tricks for planting, care, and design

Spaces are limited, so reserve your spot today and take home a piece of springtime magic!

## What's included

Large Planter  
Soil  
Grass  
Plants

## Sunday, May 25, 2025

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### Food Truck Frenzy

Date and Time: Sunday, May 25 11:00 am - 7:00 pm

Address: 500 Victoria St. W in Whitby

Get ready for a taste bud extravaganza at Food Truck Frenzy 2025 – Durham's biggest culinary bash! With 30+ mouthwatering food trucks, a vibrant Makers Market, and an epic Kids Zone, this two-day festival is a feast for the senses. Join us for an unforgettable weekend of flavor, fun, and community spirit – where every bite supports the Rotary Club's mission to make a positive impact in Whitby!

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**\$5.00 per person, children 14 and under are Free!**

The Annual Food Truck Frenzy is a Fundraising Event hosted by The Rotary Club of Whitby to raise funds that go directly back into our Community.

## Food Truck Frenzy

Date and Time: Sunday, May 25 11:00 am - 8:00 pm

Address: 500 Victoria St, W in Whitby

Get ready for a taste bud extravaganza at Whitby's **FOOD TRUCK FRENZY** hosted by the Rotary Club of Whitby - Durham's biggest culinary bash!

With 30+ mouth watering food trucks, a vibrant Maker's Market, an epic Kids zone this **2 day festival** is a feast for the senses.

Join us for an unforgettable weekend of flavour, fun and community spirit, where every bite supports the Rotary Club's mission to make positive impact in Whitby!.

For more details on **the event, sponsorship opportunities or to volunteer, please visit our web site <https://rotaryfoodtruckfrenzy.com/>**

**High School Students** - We need the support of more than 200 volunteers. This is a great opportunity to complete your community service hours. There are several tasks to volunteer for, all while having fun. Check out our website to register.

## Monday, May 26, 2025

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### Penny Bingo

Date and Time: Monday, May 26 1:00 pm - 3:00 pm

Address: 8 Vipond Rd

#### **Penny Bingo**

Monday, 1:00 – 3:00 pm, Cost: \$1.00

May 26            Code: 60546

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!

**Registration and 55+ Membership required.**

## Wednesday, May 28, 2025

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### Whitby Farmers Market

Date and Time: Wednesday, May 28 9:00 am - 3:00 pm

Address: Celebration Square

Don't miss the Whitby Farmers Market every Wednesday at Celebration Square beginning on May 14 from 9 am to 3 pm!

Whether you are looking for tasty treats, fresh produce or one of a kind creations, the Whitby Farmers Market is a great way to #ShopLocal!

<https://www.whitbyfarmersmarket.ca/>

## **An Appetite for Gardening: Incorporating Edibles into a Traditional Landscape**

Date and Time: Wednesday, May 28 7:00 pm

Address: 19 Cassels Road East

Presented by Sean James, named by Landscape Ontario as 2020 and 2021's Garden Communicator of the Year, gardening has been Sean James' passion and profession for almost 40 years. A graduate of Niagara Parks School of Horticulture, a Master Gardener, writer, and teacher, Sean focuses on eco-gardening techniques. Sean had the honour of being part of creating the new Ontario Landscape Tree Planting Guide, the Grow-Me-Instead guide, the Ontario Horticultural Apprenticeship Curriculum, the national Red Seal Occupational Standard, and the Master Gardeners Reference Manual.

## **Thursday, May 29, 2025**

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### **Living a Healthy Life with Chronic Pain Workshop**

Date and Time: Thursday, May 29 9:30 am - 12:00 pm

Address: 801 Brock St S

#### **Living a Healthy Life with Chronic Pain Workshop**

Code: 60706 Cost: Free

Thursdays, 9:30 am – 12:00 pm

May 1 – June 5

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



**Registration and 55+ Membership required.**

## **Saturday, May 31, 2025**

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### **Garden of Vendors**

Date and Time: Saturday, May 31 11:00 am - 6:30 pm

Address: 405 Dundas Street West, Whitby, ON

30+ Local Vendors, Small Businesses, and Artisans

Free Admission

Immerse yourself in a vibrant community celebration at the Garden of Vendors Market. Journey through an array of curated offerings from passionate local artisans and small businesses. Every purchase supports the heart and soul of Whitby and surrounding areas.

For more details on the event, or to apply to become a vendor please visit our website.

<https://vividvendors.ca/>

<https://calendars.whitby.ca>