

## Saturday, June 1, 2024

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### Family Storytime (Newcastle)

Date and Time: Saturday, June 1 10:30 am - 11:00 am

Address: Newcastle Library

**Newcastle Library**

**Alternate Saturdays; Apr 6, 20, May 4, 18, Jun 1  
10:30-11:00am**

**All ages | Drop in**

Join us for stories, songs and fun!

### Engineering Outreach Workshop: STEM (Gr 5-8, Newcastle)

Date and Time: Saturday, June 1 2:00 pm - 4:00 pm

Address: Newcastle Library

**Newcastle Library**

**Saturday, Jun 1**

**2-4pm**

**Grades 5-8 | Registered -- [register now!](#)**

Boost your child's STEM (science, technology, engineering, and math) skills with Ontario Tech University's Engineering Outreach!

Students will learn the fundamentals of the engineering design process and tackle design challenges, exploring how engineering can solve diverse and real-world issues.

Presented in partnership with Engineering Outreach, Faculty of Engineering and Applied Science, Ontario Tech University.

**Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CLMA library location.**

## Stay and Play (Bowmanville)

Date and Time: Monday, June 3 10:30 am - 11:30 am

Address: Bowmanville Library

### **Bowmanville Library**

**Mondays, Apr 8 to Jun 17 (excluding May 20)**

**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

## Musical Babies (Newcastle)

Date and Time: Monday, June 3 1:30 pm - 3:00 pm

Address: Newcastle Library

### **Newcastle Library**

**Mondays, Jun 3, 10, 17, 24**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

**Thursdays, Jun 13, 20, 27**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into our child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Musical Babies (Courtice)

Date and Time: Monday, June 3 1:30 pm - 3:00 pm

Address: Courtice Library

### **Courtice Library**

**Wednesdays, Apr 3 to Jun 12**

**1:30-3pm**

**Ages birth to pre-crawling | Drop in**

**Mondays, Apr 8 to Jun 17** (excluding May 20)

**1:30-3pm**

**Ages crawling up to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## **Zumba Gold**

Date and Time: Monday, June 3 6:00 pm - 7:00 pm

Address: Newcastle Library

**Newcastle Library**

**Mondays, Apr 8 to Jun 24** (excluding May 20)

**6-7pm**

**Ages 55+ | Drop in**

Enjoy low impact movements and lower intensity with fun, music, and fitness. Suitable for any fitness level; no experience required.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## **Tuesday, June 4, 2024**

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### **Baby Bookworms (Newcastle)**

Date and Time: Tuesday, June 4 10:30 am - 11:15 am

Address: Newcastle Library

**Newcastle Library**

**Tuesdays, Apr 2 to Jun 18**  
**10:30-11:15am**

**Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

## **Tales for Toddlers (Bowmanville)**

Date and Time: Tuesday, June 4 10:30 am - 11:15 am

Address: Bowmanville Library

**Bowmanville Library**  
**Tuesdays, Apr 2 to Jun 18**  
**10:30-11:15am**

**Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read©, designed to help build early literacy skills!

## **Tai Chi (1pm)**

Date and Time: Tuesday, June 4 1:00 pm - 1:45 pm

Address: Newcastle Library

**Newcastle Library**  
**Tuesdays, Apr 30 to Jun 25**  
**1-1:45pm**  
(Classes also offered at 2-2:45pm )

**Ages 55+ | Drop in**

Discover the slow, intentional movements of tai chi. This form of gentle exercise and moving meditation, benefits both mental and physical health. No experience required.

With classes incorporating gentle movements and changes in physical postures, Tai Chi is a great form of exercise for many older adults. Regular participation in Tai Chi has shown to promote improvements in fitness, including strength, endurance, flexibility, and balance. Classes are free and open to older adults 55 years of age and over. No previous experience is needed, but movements are done in a standing position and require participants to do so independently.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold

- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Infant Massage (Courtice)

Date and Time: Tuesday, June 4 1:30 pm - 3:00 pm

Address: Courtice Library

### Courtice Library

**Alternate Tuesdays; Apr 9, 23, May 7, 21, Jun 4, 18  
1:30-3pm**

**Ages birth to 12 months | Registered -- [register now!](#)**

**Please note:** separate registration required for each session. Registration is through the EarlyON KeyON system at <https://www.keyon.ca/>.

Learn techniques in Infant massage that will promote healthy development, growth and positive interaction between parents/caregivers and children in this course.

This course is facilitated by a certified infant massage instructor.

Presented with EarlyON Child and Family Centres.

## Durham College Community Employment Services (Newcastle)

Date and Time: Tuesday, June 4 1:30 pm - 4:30 pm

Address: Newcastle Library

### Newcastle Library

**Tuesdays, Mar 12 to Jun 25**

**Adults | Registered -- please call Durham College CES Bowmanville Office at 905-697-4472 to register**

**In-take appointments: Mar 12, 26; Apr 9, 23; May 7, 21; Jun 4, 18**

**Job searches and resume building assistance: Mar 19; Apr 2, 16, 30; May 14, 28; Jun 11, 25**

Give your career and skills a boost with Durham College Community Employment Services! Their free services include:

- Professional assistance with resumes and cover letters;
- Job search support;
- Employment Counselling support; and
- Interview skills practice and advice.

**Sessions and services are available by appointment only. Please call Durham College CES Bowmanville Office at 905-697-4472 to register.**

## Tai Chi (2pm)

Date and Time: Tuesday, June 4 2:00 pm - 2:45 pm

Address: Newcastle Library

**Newcastle Library**  
**Tuesdays, Apr 30 to Jun 25**  
**2-2:45pm**  
(Classes also offered at 1-1:45pm )

**Ages 55+ | Drop in**

Discover the slow, intentional movements of tai chi. This form of gentle exercise and moving meditation, benefits both mental and physical health. No experience required.

With classes incorporating gentle movements and changes in physical postures, Tai Chi is a great form of exercise for many older adults. Regular participation in Tai Chi has shown to promote improvements in fitness, including strength, endurance, flexibility, and balance. Classes are free and open to older adults 55 years of age and over. No previous experience is needed, but movements are done in a standing position and require participants to do so independently.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## National Indigenous History Month Short Film Festival

Date and Time: Tuesday, June 4 6:30 pm - 7:30 pm

Address: Bowmanville Library

**Bowmanville Library**  
**Tuesday, Jun 4**  
**6:30-7:30pm**

**All ages | Drop in**

Celebrate National Indigenous History Month and learn about Indigenous experiences with this compilation of four short films provided by the National Film Board of Canada:

- **Miss Campbell: Inuk Teacher (Heather Campbell, 2023)**
  - To Heather Campbell, her grandmother Evelyn was a teacher, a matriarch and a beloved family member, but to everyone else in the small community of Rigolet, Labrador, she was a force of nature

otherwise known as Miss Campbell.

As a trailblazer for an Inuit-led educational system, Evelyn was the only teacher in a one-room school, teaching grades K–12. Although she had inherited the methodologies of earlier educators, her motivation was entirely different. In a career that spanned more than 35 years, she embraced her Inuit heritage and passed on her passion for learning through music and stories. In 1986, Evelyn Campbell was awarded the Order of Canada.

Part oral history and part visual poem, *Miss Campbell: Inuk Teacher* combines Heather's exquisite water colour paintings of narwals, polar bears, seals and birds with home movies, family photos and lively animation to capture the spirit of this extraordinary woman for her documentary portrait.

- **Hebron Relocation (Holly Andersen, 2023)**

- Filmmaker Holly Andersen of Makkovik, Nunatsiavut, always knew that the house she lives in carries within its frame the echoes of the forced displacement of northern Labrador Inuit. In *Hebron Relocation*, Andersen explores what makes a place a home as she speaks with friends and family about how the relocation impacted generations of Labrador Inuit.

Andersen's house was one of many homes across Labrador hastily built for incoming northern Inuit relocatees. In 1959, residents of the community of Hebron were told that, without question, they would be divided up and relocated to more southerly communities across Labrador. Most families were not prepared for such a drastic change and left everything they knew behind.

Weaving together intimate stories from her community with rare footage that gives us a glimpse of community life during this upheaval, Andersen provides a heartfelt look at a difficult past that has changed the lives of Labrador Inuit forever.

- **Nalujuk Night (Jennie Williams, 2021)**

- *Nalujuk Night* is an up close look at an exhilarating, and sometimes terrifying, Labrador Inuit tradition. Every January 6th from the dark of the Nunatsiavut night, the Nalujuit appear on the sea ice. They walk on two legs, yet their faces are animalistic, skeletal, and otherworldly. Snow crunches underfoot as they approach their destination: the Inuit community of Nain.

Despite the frights, *Nalujuk Night* is a beloved annual event, showing that sometimes it can be fun to be scared. Rarely witnessed outside of Nunatsiavut, this annual event is an exciting chance for Inuit, young and old, to prove their courage and come together as a community to celebrate culture and tradition.

Inuk filmmaker Jennie Williams brings audiences directly into the action in this bone-chilling black and white short documentary about a winter night like no other.

- **Evan's Drum (Ossie Michelin, 2021)**

- An adventurous young boy and his determined mother share a passion for Inuit drum dancing in Happy Valley-Goose Bay. *Evan's Drum* is a joyful visit to a family's loving home, and an uplifting story of cultural pride. After generations of silence, the rhythm of the traditional Inuit drum has returned to Labrador, and seven-year-old Evan is part of the new generation that will keep its heartbeat strong.

For more information about National Indigenous History Month, please see the [Government of Canada website](#)

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## Wednesday, June 5, 2024

### Tales for Toddlers (Courtice)

Date and Time: Wednesday, June 5 10:30 am - 11:15 am

Address: Courtice Library

### **Courtice Library**

**Wednesdays, Apr 3 to Jun 19**

**10:30-11:15am**

**Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read®, designed to help build early literacy skills!

### **Stay and Play (Sarah Jane Williams HC)**

Date and Time: Wednesday, June 5 10:30 am - 11:30 am

Address: Sarah Jane Williams Heritage Centre

### **Sarah Jane Williams Heritage Center**

**Wednesdays, Apr 3 to Jun 19**

**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

### **Baby Bookworms (Bowmanville)**

Date and Time: Wednesday, June 5 10:30 am - 11:15 am

Address: Bowmanville Library

### **Bowmanville Library**

**Wednesdays, Apr 3 to Jun 19**

**10:30-11:15am**

**Please note:** a Mayor and Councillor Storytime is being held on Jun 19 with Councillor Rang!

**Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

### **Musical Babies (Courtice)**

Date and Time: Wednesday, June 5 1:30 pm - 3:00 pm



Address: Courtice Library

## **Courtice Library**

**Wednesdays, Apr 3 to Jun 12**

**1:30-3pm**

**Ages birth to pre-crawling | Drop in**

**Mondays, Apr 8 to Jun 17** (excluding May 20)

**1:30-3pm**

**Ages crawling up to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## **Tech Help Desk**

Date and Time: Wednesday, June 5 2:00 pm - 4:00 pm

Address: Bowmanville Library

**Bowmanville Library**

**Wednesdays, Apr 3 to Jun 26**

**2-4pm**

**All Ages | Drop in**

Do you need help with a device or online resource? Visit our Tech Help Desk and we'll work together to solve your technology troubles.

## **TAG (Teen Advisory Group) (Bowmanville)**

Date and Time: Wednesday, June 5 3:30 pm - 4:30 pm

Address: Bowmanville Library

**Bowmanville Library**

**Wednesdays; Apr 3, May 1, Jun 5**

**3:30-4:30pm**

**Grades 7-12 | Registered -- [register today!](#)**

Earn volunteer hours at the library! Enthusiastic youth in grades 7-12 are invited to join our Teen Advisory Group. TAG members will have a say in library programs and services for teens and assist with children's programs, learn leadership skills and more.

Register through the Clarington Volunteers Portal, and don't forget to download the CauseConnect app to track your hours and available opportunities!

## Monster Movie (Maker's Space)

Date and Time: Wednesday, June 5 4:00 pm - 6:00 pm

Address: Courtice Library

**Courtice Library, Maker's Space**  
**Wednesday, Jun 5**  
**4-6pm**

**Grades 5-8 | Registered -- [register now!](#)**

Make your own movie full of wonderful worlds and dramatic scenes! Join us for an introduction into the movie making experience. Explore the skills and areas needed to work through creating and rendering a monster movie!

**Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CL MA library location.**

## Chair Yoga

Date and Time: Wednesday, June 5 4:00 pm - 5:00 pm

Address: Newcastle Library

**Newcastle Library**  
**Wednesdays, Apr 3 to Jun 26 (no classes on May 29)**  
**4-5pm**

**Ages 55+ | Drop in**

Increase flexibility, relax the mind and body, and meet new people from your community with this gentle form of yoga! Classes are suitable for all fitness levels, with alternative movements or modifications provided.!

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## An Evening with Drew Hayden Taylor

Date and Time: Wednesday, June 5 7:00 pm - 8:30 pm

Address: Community Event

**St. Francis Centre for Community Arts, Ajax, and online via Zoom**  
**Wednesday, Jun 5**  
**7-8:30pm**

**Adults | Registered -- register now for in person or Zoom!**

Join us for a special evening with author Drew Hayden Taylor, award-winning playwright and author from the Curve Lake First Nation. Drew will share a reading from his newest novel, *Cold*, and will speak about his journey to becoming a writer. A book signing will follow. Drinks and refreshments available for purchase.

Presented in partnership with the Ajax Public Library, Oshawa Public Libraries, Whitby Public Library, and Pickering Public Library.

## Thursday, June 6, 2024

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### Durham College Community Employment Services (Orono)

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

Address: Orono Library

**Orono Library**

**Thursdays, Mar 14 to Jun 27**

**Adults | Registered -- please call Durham College CES Bowmanville Office at 905-697-4472 to register**

**In-take appointments: Mar 14, 28; Apr 11, 25; May 9, 23; Jun 6, 20**

**Job searches and resume building assistance: Mar 21; Apr 4, 18; May 2, 16, 30; Jun 13, 27**

Give your career and skills a boost with Durham College Community Employment Services! Their free services include:

- Professional assistance with resumes and cover letters;
- Job search support;
- Employment Counselling support; and
- Interview skills practice and advice.

**Sessions and services are available by appointment only. Please call Durham College CES Bowmanville Office at 905-697-4472 to register.**

## Mayor and Councillor Storytimes

Date and Time: Thursday, June 6 10:30 am - 11:15 am

Address: Multiple Locations

**Bowmanville, Courtice, Newcastle, Orono Libraries**  
**All ages | Drop in**

Enjoy stories and songs with special guests, Mayor Foster and Councillors!

Please click the "See More" button for full program details.

Special Guest	Date	Time	Location
Councillor Elhajjeh	Thursday, Jun 6	10:30-11:15am	Courtice Library
Councillor Rang	Wednesday, Jun 19	10:30-11:15am	Bowmanville Library
Councillor Woo	Tuesday, Jul 9	10:30-11:15am	Newcastle Library
Councillor Traill	Wednesday, Jul 17	10:30-11:15am	Bowmanville Library
Councillor Zwart	Friday, Jul 19	10:30-11:15am	Orono Library
Councillor Anderson	Thursday, Jul 25	10:30-11:15am	Courtice Library
Mayor Foster	Wednesday, Aug 14	10:30-11:15am	Bowmanville Library

For more information about the Mayor and Council, please see the [Municipality of Clarington's website](#).

## Gidadibaajimomin: Indigenous Storytime

Date and Time: Thursday, June 6 10:30 am - 11:15 am

Address: Bowmanville Library

**Bowmanville Library**  
**Thursday, Jun 6**  
**10:30-11:15am**

**Grades 1-3 | Drop in**  
**Classes welcome -- [confirm your classroom now!](#)**

Join Enaahdig Healing Lodge and Centre & Indigenous Initiatives at Durham Community Health Centre for a special program filled with Indigenous voices, stories and drumming in celebration of Indigenous Heritage Month.

## Tales for Toddlers (Newcastle)

Date and Time: Thursday, June 6 10:30 am - 11:15 am

Address: Newcastle Library

**Newcastle Library**  
**Thursdays, Apr 4 to Jun 20**  
**10:30-11:15am**

**Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read®, designed to help build early literacy skills!

## **Baby Bookworms (Courtice)**

Date and Time: Thursday, June 6 10:30 am - 11:15 am

Address: Courtice Library

**Courtice Library**  
**Thursdays, Apr 4 to Jun 20**  
**10:30-11:15am**

**Please note:** a [Mayor and Councillor Storytime](#) is being held on Jun 6 with Councillor Elhajjeh!

**Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

## **Music and Movement (Courtice)**

Date and Time: Thursday, June 6 1:30 pm - 2:30 pm

Address: Courtice Library

**Courtice Library**  
**Thursdays, Apr 4 to Jun 27**  
**1:30-2:30pm**

**Ages birth to 6 years | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into our child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Thursdays at the Museum

Date and Time: Thursday, June 6 6:00 pm - 7:00 pm

Address: Sarah Jane Williams Heritage Centre

**Sarah Jane Williams Heritage Centre**  
**Thursdays, Apr 4 to Jun 13**  
**6-7pm**

**Adults | Registered recommended; drop in's welcome space pending -- [register now!](#)**

**Please note:** separate registration is required for each week

**Please click the "See More" button for weekly topics!**

Enjoy informal chats about local history topics! Bring your curiosity and friends and learn something new!

Upcoming topics include:

- **Apr 4:** Genealogy Research Tips
- **Apr 11:** After Hours at Waverley Tour
- **Apr 18:** Earth Day documentary, screening of *Weather Report* (2007)
- **Apr 25:** Local Heritage Souvenirs Show & Tell
- **May 2:** History of the Rotary Club in Bowmanville
- **May 9:** Guided Tours of Waverley Place (drop in)
- **May 16:** Jury Lands Foundation Presentation: Camp 30 Stories: How a "Boy Mayor" inspired the Boys Training School
- **May 23:** Pop-up Exhibit: Books to Educate
- **May 30:** Show and Tell: Retro Recipe Rewind: Recipe Sharing
- **Jun 6:** Documentary Screening: Remembering D-Day
- **Jun 13:** Social Night: Vintage Games

**Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CL MA library location.**

## Online English Conversation Circle

Date and Time: Thursday, June 6 6:30 pm - 7:30 pm

Address: Virtual

**Online via Zoom**  
**Thursdays, Apr 4 to Jun 13**  
**6:30-7:30pm**

**Adults | Registered -- [register now!](#)**

Practice speaking English and learn more about the Clarington community and life in Canada! Join the English Conversation Circle and discover English as a Second Language resources, get connected to your community a

and new friends, and practice your English speaking skills!

Presented with Community Development Council Durham (CDCD).

## Friday, June 7, 2024

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### Budding Builders (P.A. Day)

Date and Time: Friday, June 7 10:30 am - 11:30 am

Address: Newcastle Library

**Newcastle Library**

**Friday, Jun 7**

**10:30-11:30am**

**Grades JK-6 | Drop in**

Discover your building skills with a variety building activities! Hear a story, and then you can test out the laws of gravity by building towers and bridges. Experiment with LEGO and tinker toys and blocks or haul sensory material with trucks and other construction toys.

### Stay and Play (Courtice)

Date and Time: Friday, June 7 10:30 am - 11:30 am

Address: Courtice Library

**Courtice Library**

**Fridays, Apr 5 to Jun 21**

**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

### Stay and Play (Orono)

Date and Time: Friday, June 7 10:30 am - 11:30 am

Address: Orono Library

**Orono Library**

**Fridays, Apr 5 to Jun 21**  
**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

## **Falls Prevention Class**

Date and Time: Friday, June 7 1:00 pm - 2:00 pm

Address: Newcastle Library

**Newcastle Library**

**Fridays, Apr 5 to Jun 28 (No classes on May 24 and 31)**

**1-2pm**

**Ages 55+ | Drop in**

Learn exercises and balance activities that can help reduce your risk of falls. Increase your lower body and core strength, and improve balance and posture.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## **LEGO Challenge! (P.A. Day)**

Date and Time: Friday, June 7 1:30 pm - 2:30 pm

Address: Bowmanville Library

**Bowmanville Library**

**Friday, Jun 7**

**1:30-2:30pm**

**Grades JK-6 | Drop in**

Build, explore, create and put your LEGO skills to the test! Choose a challenge card then have fun creating a LEGO masterpiece!



## Oodles of Oobleck! (P.A. Day)

Date and Time: Friday, June 7 1:30 pm - 2:30 pm

Address: Courtice Library

**Courtice Library**

**Friday, Jun 7**

**1:30-2:30pm**

**Grades JK-6 | Registered -- [register now!](#)**

Do you know what ooey-gooey Oobleck is? Experiment with this non-Newtonian fluid, and have fun getting your hands dirty making some of your own!

## Saturday, June 8, 2024

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### Babysitting Course (Newcastle)

Date and Time: Saturday, June 8 10:15 am - 4:45 pm

Address: Newcastle Library

**Newcastle Library**

**Saturday, Jun 8**

**10:15am-4:45pm**

**Ages 11-15 | Registered -- [register now!](#)**

**Cost \$65.00 + non-refundable Eventbrite fees; includes participant manual.**

Presented with React Right Safety Services

**Recommended that attendees bring a lunch or snack.**

This course teaches youth the fundamental skills they need to start their own babysitting service. A Red Cross certified instructor from React Right Safety Services teaches the class.

Topics include:

- How to give appropriate care for infants, toddlers and school-aged children;
- Dealing with basic First Aid emergencies;
- How to recognize potential hazards;
- What parents expect of a babysitter;
- How to safely find customers; and
- Rural babysitting.

Note: Bring a teddy bear to practice on!

Caregivers and support staff for people with disabilities are admitted free of charge.

Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CL MA library location.

## Family Storytime (Courtice)

Date and Time: Saturday, June 8 10:30 am - 11:00 am

Address: Courtice Library

### **Courtice Library**

**Alternate Saturdays; Apr 13, 27, May 11, 25, Jun 8, 22  
10:30-11:00am**

**All ages | Drop in**

Join us for stories, songs and fun!

## Drag Queen Storytime

Date and Time: Saturday, June 8 1:00 pm - 2:30 pm

Address: Bowmanville Library

### **Bowmanville Library**

**Saturday, Jun 8  
1-2:30pm**

**All ages | Drop in**

The award-winning Drag Queen Story Time returns! Featuring two fabulous queens, this family-friendly program showcases stories celebrating diversity and inclusion. Storytime will be followed by musical performances and a variety of fun activities.

This program is brought to you in partnership with Durham Children's Aid Society, Youth Pride Durham, and the Durham Region Public Libraries.

## Sunday, June 9, 2024

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### **Eid Celebration: Eid al-Adha**

Date and Time: Sunday, June 9 1:00 pm - 3:00 pm

Address: Newcastle Library

**Newcastle Library**  
**Sunday, Jun 9**  
**1-3pm**

**All ages | Drop in**

Celebrate and learn Eid. All are welcome.

Presented with the Al-Ikram Foundation.

## **Monday, June 10, 2024**

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### **Stay and Play (Bowmanville)**

Date and Time: Monday, June 10 10:30 am - 11:30 am

Address: Bowmanville Library

**Bowmanville Library**  
**Mondays, Apr 8 to Jun 17** (excluding May 20)  
**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

### **Musical Babies (Newcastle)**

Date and Time: Monday, June 10 1:30 pm - 3:00 pm

Address: Newcastle Library

**Newcastle Library**

**Mondays, Jun 3, 10, 17, 24**  
**1:30-3pm**  
**Ages birth to 15 months | Drop in**

**Thursdays, Jun 13, 20, 27**  
**1:30-3pm**  
**Ages birth to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into our child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Musical Babies (Courtice)

Date and Time: Monday, June 10 1:30 pm - 3:00 pm

Address: Courtice Library

### Courtice Library

**Wednesdays, Apr 3 to Jun 12**

**1:30-3pm**

**Ages birth to pre-crawling | Drop in**

**Mondays, Apr 8 to Jun 17** (excluding May 20)

**1:30-3pm**

**Ages crawling up to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Zumba Gold

Date and Time: Monday, June 10 6:00 pm - 7:00 pm

Address: Newcastle Library

### Newcastle Library

**Mondays, Apr 8 to Jun 24** (excluding May 20)

**6-7pm**

**Ages 55+ | Drop in**

Enjoy low impact movements and lower intensity with fun, music, and fitness. Suitable for any fitness level; no experience required.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

# Tuesday, June 11, 2024

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## Baby Bookworms (Newcastle)

Date and Time: Tuesday, June 11 10:30 am - 11:15 am

Address: Newcastle Library

**Newcastle Library**  
**Tuesdays, Apr 2 to Jun 18**  
**10:30-11:15am**

**Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

## Tales for Toddlers (Bowmanville)

Date and Time: Tuesday, June 11 10:30 am - 11:15 am

Address: Bowmanville Library

**Bowmanville Library**  
**Tuesdays, Apr 2 to Jun 18**  
**10:30-11:15am**

**Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read©, designed to help build early literacy skills!

## French Storytime | L'Heure du conte

Date and Time: Tuesday, June 11 11:45 am - 12:15 pm

Address: Bowmanville Library

**Bowmanville Library**  
**Tuesdays; Apr 9, May 14, Jun 11**  
**11:45am - 12:15pm**

**All ages | Drop in**

Bonjour! Drop in for a fun French storytime! We'll sing songs, read books, and practice the language together! Fluency in French is not required, all are welcome.

Bonjour! Passez nous voir pour une heure d'histoires amusante! Nous allons chanter, lire des livres et pratiquer la langue française ensemble! La maîtrise du français n'est pas requise, tous sont bienvenus.

## Tai Chi (1pm)

Date and Time: Tuesday, June 11 1:00 pm - 1:45 pm

Address: Newcastle Library

**Newcastle Library**

**Tuesdays, Apr 30 to Jun 25**

**1-1:45pm**

(Classes also offered at 2-2:45pm )

**Ages 55+ | Drop in**

Discover the slow, intentional movements of tai chi. This form of gentle exercise and moving meditation, benefits both mental and physical health. No experience required.

With classes incorporating gentle movements and changes in physical postures, Tai Chi is a great form of exercise for many older adults. Regular participation in Tai Chi has shown to promote improvements in fitness, including strength, endurance, flexibility, and balance. Classes are free and open to older adults 55 years of age and over. No previous experience is needed, but movements are done in a standing position and require participants to do so independently.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Durham College Community Employment Services (Newcastle)

Date and Time: Tuesday, June 11 1:30 pm - 4:30 pm

Address: Newcastle Library

**Newcastle Library**

**Tuesdays, Mar 12 to Jun 25**

**Adults | Registered -- please call Durham College CES Bowmanville Office at 905-697-4472 to register**

**In-take appointments: Mar 12, 26; Apr 9, 23; May 7, 21; Jun 4, 18**

**Job searches and resume building assistance: Mar 19; Apr 2, 16, 30; May 14, 28; Jun 11, 25**

Give your career and skills a boost with Durham College Community Employment Services! Their free services include:

- Professional assistance with resumes and cover letters;
- Job search support;
- Employment Counselling support; and
- Interview skills practice and advice.

**Sessions and services are available by appointment only. Please call Durham College CES Bowmanville Office at 905-697-4472 to register.**

## Tai Chi (2pm)

Date and Time: Tuesday, June 11 2:00 pm - 2:45 pm

Address: Newcastle Library

**Newcastle Library**  
**Tuesdays, Apr 30 to Jun 25**  
**2-2:45pm**  
(Classes also offered at 1-1:45pm )

**Ages 55+ | Drop in**

Discover the slow, intentional movements of tai chi. This form of gentle exercise and moving meditation, benefits both mental and physical health. No experience required.

With classes incorporating gentle movements and changes in physical postures, Tai Chi is a great form of exercise for many older adults. Regular participation in Tai Chi has shown to promote improvements in fitness, including strength, endurance, flexibility, and balance. Classes are free and open to older adults 55 years of age and over. No previous experience is needed, but movements are done in a standing position and require participants to do so independently.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Wednesday, June 12, 2024

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### Baby Bookworms (Bowmanville)

Date and Time: Wednesday, June 12 10:30 am - 11:15 am

Address: Bowmanville Library

**Bowmanville Library**  
**Wednesdays, Apr 3 to Jun 19**  
**10:30-11:15am**

**Please note:** a Mayor and Councillor Storytime is being held on Jun 19 with Councillor Rang!

**Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

## **Tales for Toddlers (Courtice)**

Date and Time: Wednesday, June 12 10:30 am - 11:15 am

Address: Courtice Library

**Courtice Library**  
**Wednesdays, Apr 3 to Jun 19**  
**10:30-11:15am**

**Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read©, designed to help build early literacy skills!

## **Stay and Play (Sarah Jane Williams HC)**

Date and Time: Wednesday, June 12 10:30 am - 11:30 am

Address: Sarah Jane Williams Heritage Centre

**Sarah Jane Williams Heritage Center**  
**Wednesdays, Apr 3 to Jun 19**  
**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

## **Musical Babies (Courtice)**

Date and Time: Wednesday, June 12 1:30 pm - 3:00 pm

Address: Courtice Library



## **Courtice Library**

**Wednesdays, Apr 3 to Jun 12**

**1:30-3pm**

**Ages birth to pre-crawling | Drop in**

**Mondays, Apr 8 to Jun 17 (excluding May 20)**

**1:30-3pm**

**Ages crawling up to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## **Tech Help Desk**

Date and Time: Wednesday, June 12 2:00 pm - 4:00 pm

Address: Bowmanville Library

**Bowmanville Library**

**Wednesdays, Apr 3 to Jun 26**

**2-4pm**

**All Ages | Drop in**

Do you need help with a device or online resource? Visit our Tech Help Desk and we'll work together to solve your technology troubles.

## **Chair Yoga**

Date and Time: Wednesday, June 12 4:00 pm - 5:00 pm

Address: Newcastle Library

**Newcastle Library**

**Wednesdays, Apr 3 to Jun 26 (no classes on May 29)**

**4-5pm**

**Ages 55+ | Drop in**

Increase flexibility, relax the mind and body, and meet new people from your community with this gentle form of yoga! Classes are suitable for all fitness levels, with alternative movements or modifications provided.!

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Math is a Drag

Date and Time: Wednesday, June 12 7:00 pm - 8:15 pm

Address: Online

**Online via Zoom**  
**Wednesday, Jun 12**  
**7-8:15pm**

**Adults | Registered -- [register now!](#)**

Kyne shares her story of coming out as a young gay boy in a conservative household, excelling in math at school and being a makeup star on the Internet, all leading up to her meteoric rise to becoming a famous math teaching drag queen. She shares some of her favourite math problems and her advice on embracing yourself and what makes you.

Kyne is the stage name for Kyne Santos, a world class drag queen, mathematics communicator, author, podcast host, and keynote speaker.

Known as the math queen, Kyne makes popular educational videos on social media, about math, science, history, and drag, which have been viewed more than 350 million times. She shows viewers that math is fun, artistic, and inclusive.

Presented in partnership with the Libraries of York and Durham Region and Regina Public Library.

**Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CLMA library location.**

## Thursday, June 13, 2024

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### Infant Hearing Screening Clinic

Date and Time: Thursday, June 13 10:00 am - 5:00 pm

Address: Newcastle Library

**Newcastle Library, Study Suite**  
**Alternate Thursdays; Apr 4, 18, May 2, 30, Jun 13, 27**  
(excluding May 16)

**10am-5pm**

**Ages 2 months and under | Registered -- [register now!](#)**

**Advanced registration required for each 20 minute session through the Tri-Regional Infant Hearing Program at [www.childdevelopmentprograms.ca/bookmybaby](http://www.childdevelopmentprograms.ca/bookmybaby) or 1-888-703-5437 x4.**

Children develop speech and language skills by listening and imitating those around them, but these skills may be delayed in the case of deafness or hearing loss.

Sign up your infant for a screening if you have hearing-related concerns, and learn about the follow-up services available to your family.

Presented in partnership with Markham Stouffville Hospital, the lead agency for the Tri-Regional Infant Hearing Program.

## **Durham College Community Employment Services (Orono)**

Date and Time: Thursday, June 13 10:00 am - 12:00 pm

Address: Orono Library

**Orono Library**

**Thursdays, Mar 14 to Jun 27**

**Adults | Registered -- please call Durham College CES Bowmanville Office at 905-697-4472 to register**

**In-take appointments: Mar 14, 28; Apr 11, 25; May 9, 23; Jun 6, 20**

**Job searches and resume building assistance: Mar 21; Apr 4, 18; May 2, 16, 30; Jun 13, 27**

Give your career and skills a boost with Durham College Community Employment Services! Their free services include:

- Professional assistance with resumes and cover letters;
- Job search support;
- Employment Counselling support; and
- Interview skills practice and advice.

**Sessions and services are available by appointment only. Please call Durham College CES Bowmanville Office at 905-697-4472 to register.**

## **Tales for Toddlers (Newcastle)**

Date and Time: Thursday, June 13 10:30 am - 11:15 am

Address: Newcastle Library

**Newcastle Library**

**Thursdays, Apr 4 to Jun 20**

**10:30-11:15am**

## **Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read©, designed to help build early literacy skills!

## **Baby Bookworms (Courtice)**

Date and Time: Thursday, June 13 10:30 am - 11:15 am

Address: Courtice Library

**Courtice Library**  
**Thursdays, Apr 4 to Jun 20**  
**10:30-11:15am**

**Please note:** a Mayor and Councillor Storytime is being held on Jun 6 with Councillor Elhajjeh!

## **Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

## **Music and Movement (Courtice)**

Date and Time: Thursday, June 13 1:30 pm - 2:30 pm

Address: Courtice Library

**Courtice Library**  
**Thursdays, Apr 4 to Jun 27**  
**1:30-2:30pm**

## **Ages birth to 6 years | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## **Musical Babies (Newcastle)**

Date and Time: Thursday, June 13 1:30 pm - 3:00 pm

Address: Newcastle Library

## Newcastle Library

**Mondays, Jun 3, 10, 17, 24**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

**Thursdays, Jun 13, 20, 27**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## **TAG (Teen Advisory Group) (Newcastle)**

Date and Time: Thursday, June 13 6:00 pm - 7:00 pm

Address: Newcastle Library

**Newcastle Library**

**Thursdays; Apr 11, May 9, Jun 13**

**6-7pm**

**Grades 7-12 | Registered -- [register today!](#)**

Earn volunteer hours at the library! Enthusiastic youth in grades 7-12 are invited to join our Teen Advisory Group. TAG members will have a say in library programs and services for teens and assist with children's programs, learn leadership skills and more.

Register through the Clarington Volunteers Portal, and don't forget to download the CauseConnect app to track your hours and available opportunities!

## **Thursdays at the Museum**

Date and Time: Thursday, June 13 6:00 pm - 7:00 pm

Address: Sarah Jane Williams Heritage Centre

**Sarah Jane Williams Heritage Centre**

**Thursdays, Apr 4 to Jun 13**

**6-7pm**

**Adults | Registered recommended; drop in's welcome space pending -- [register now!](#)**

**Please note:** separate registration is required for each week

**Please click the "See More" button for weekly topics!**

Enjoy informal chats about local history topics! Bring your curiosity and friends and learn something new!

Upcoming topics include:

- **Apr 4:** Genealogy Research Tips
- **Apr 11:** After Hours at Waverley Tour
- **Apr 18:** Earth Day documentary, screening of *Weather Report* (2007)
- **Apr 25:** Local Heritage Souvenirs Show & Tell
- **May 2:** History of the Rotary Club in Bowmanville
- **May 9:** Guided Tours of Waverley Place (drop in)
- **May 16:** Jury Lands Foundation Presentation: Camp 30 Stories: How a "Boy Mayor" inspired the Boys Training School
- **May 23:** Pop-up Exhibit: Books to Educate
- **May 30:** Show and Tell: Retro Recipe Rewind: Recipe Sharing
- **Jun 6:** Documentary Screening: Remembering D-Day
- **Jun 13:** Social Night: Vintage Games

Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CL MA library location.

## Online English Conversation Circle

Date and Time: Thursday, June 13 6:30 pm - 7:30 pm

Address: Virtual

**Online via Zoom**

**Thursdays, Apr 4 to Jun 13**

**6:30-7:30pm**

**Adults | Registered -- [register now!](#)**

Practice speaking English and learn more about the Clarington community and life in Canada! Join the English Conversation Circle and discover English as a Second Language resources, get connected to your community and new friends, and practice your English speaking skills!

Presented with Community Development Council Durham (CDCD).

## Friday, June 14, 2024

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### Stay and Play (Courtice)

Date and Time: Friday, June 14 10:30 am - 11:30 am

Address: Courtice Library

**Courtice Library**  
**Fridays, Apr 5 to Jun 21**  
**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

## **Stay and Play (Orono)**

Date and Time: Friday, June 14 10:30 am - 11:30 am

Address: Orono Library

**Orono Library**  
**Fridays, Apr 5 to Jun 21**  
**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

## **Falls Prevention Class**

Date and Time: Friday, June 14 1:00 pm - 2:00 pm

Address: Newcastle Library

**Newcastle Library**  
**Fridays, Apr 5 to Jun 28 (No classes on May 24 and 31)**  
**1-2pm**

**Ages 55+ | Drop in**

Learn exercises and balance activities that can help reduce your risk of falls. Increase your lower body and core strength, and improve balance and posture.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## TAG (Teen Advisory Group) (Courtice)

Date and Time: Friday, June 14 3:30 pm - 4:30 pm

Address: Courtice Library

### **Courtice Library**

**Fridays; Apr 5, May 3; Jun 14**

**3:30-4:30pm**

**Grades 7-12 | Registered -- register today!**

Earn volunteer hours at the library! Enthusiastic youth in grades 7-12 are invited to join our Teen Advisory Group. TAG members will have a say in library programs and services for teens and assist with children's programs, learn leadership skills and more.

Register through the Clarington Volunteers Portal, and don't forget to download the CauseConnect app to track your hours and available opportunities!

## Saturday, June 15, 2024

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### **Father's Day Storytime (Courtice) [CANCELLED]**

Date and Time: Saturday, June 15 10:30 am - 11:30 am

Address: Courtice Library

**PLEASE NOTE: this program has been cancelled. Please consider the Father's Day Storytime in Newcastle on Saturday, Jun 15, 10:30am instead.**

### **Courtice Library**

**Saturday, Jun 15**

**10:30-11:30am**

**All ages | Drop in**

Have fun enjoying stories, songs and rhymes celebrating special people in your family, then make a gift and a card.

### **Father's Day Storytime (Newcastle)**

Date and Time: Saturday, June 15 10:30 am - 11:30 am

Address: Newcastle Library



**Newcastle Library**  
**Saturday, Jun 15**  
**10:30-11:30am**

**All ages | Drop in**

Have fun enjoying stories, songs and rhymes celebrating special people in your family, then make a gift and a card.

## **Monday, June 17, 2024**

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### **Stay and Play (Bowmanville)**

Date and Time: Monday, June 17 10:30 am - 11:30 am

Address: Bowmanville Library

**Bowmanville Library**  
**Mondays, Apr 8 to Jun 17** (excluding May 20)  
**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

### **Musical Babies (Newcastle)**

Date and Time: Monday, June 17 1:30 pm - 3:00 pm

Address: Newcastle Library

**Newcastle Library**

**Mondays, Jun 3, 10, 17, 24**  
**1:30-3pm**  
**Ages birth to 15 months | Drop in**

**Thursdays, Jun 13, 20, 27**  
**1:30-3pm**  
**Ages birth to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into our child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Musical Babies (Courtice)

Date and Time: Monday, June 17 1:30 pm - 3:00 pm

Address: Courtice Library

### Courtice Library

**Wednesdays, Apr 3 to Jun 12**

**1:30-3pm**

**Ages birth to pre-crawling | Drop in**

**Mondays, Apr 8 to Jun 17** (excluding May 20)

**1:30-3pm**

**Ages crawling up to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Zumba Gold

Date and Time: Monday, June 17 6:00 pm - 7:00 pm

Address: Newcastle Library

### Newcastle Library

**Mondays, Apr 8 to Jun 24** (excluding May 20)

**6-7pm**

**Ages 55+ | Drop in**

Enjoy low impact movements and lower intensity with fun, music, and fitness. Suitable for any fitness level; no experience required.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Baby Bookworms (Newcastle)

Date and Time: Tuesday, June 18 10:30 am - 11:15 am

Address: Newcastle Library

**Newcastle Library**  
**Tuesdays, Apr 2 to Jun 18**  
**10:30-11:15am**

**Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

## Tales for Toddlers (Bowmanville)

Date and Time: Tuesday, June 18 10:30 am - 11:15 am

Address: Bowmanville Library

**Bowmanville Library**  
**Tuesdays, Apr 2 to Jun 18**  
**10:30-11:15am**

**Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read®, designed to help build early literacy skills!

## Tai Chi (1pm)

Date and Time: Tuesday, June 18 1:00 pm - 1:45 pm

Address: Newcastle Library

**Newcastle Library**  
**Tuesdays, Apr 30 to Jun 25**  
**1-1:45pm**  
(Classes also offered at 2-2:45pm )

**Ages 55+ | Drop in**

Discover the slow, intentional movements of tai chi. This form of gentle exercise and moving meditation, benefits both mental and physical health. No experience required.

With classes incorporating gentle movements and changes in physical postures, Tai Chi is a great form of exercise for many older adults. Regular participation in Tai Chi has shown to promote improvements in fitness, including strength, endurance, flexibility, and balance. Classes are free and open to older adults 55 years of age and over. No previous experience is needed, but movements are done in a standing position and require participants to do so independently.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Infant Massage (Courtice)

Date and Time: Tuesday, June 18 1:30 pm - 3:00 pm

Address: Courtice Library

### **Courtice Library**

**Alternate Tuesdays; Apr 9, 23, May 7, 21, Jun 4, 18  
1:30-3pm**

**Ages birth to 12 months | Registered -- [register now!](#)**

**Please note:** separate registration required for each session. Registration is through the EarlyON KeyON system at <https://www.keyon.ca/>.

Learn techniques in Infant massage that will promote healthy development, growth and positive interaction between parents/caregivers and children in this course.

This course is facilitated by a certified infant massage instructor.

Presented with EarlyON Child and Family Centres.

## Durham College Community Employment Services (Newcastle)

Date and Time: Tuesday, June 18 1:30 pm - 4:30 pm

Address: Newcastle Library

### **Newcastle Library**

**Tuesdays, Mar 12 to Jun 25**

**Adults | Registered -- please call Durham College CES Bowmanville Office at 905-697-4472 to register**

**In-take appointments: Mar 12, 26; Apr 9, 23; May 7, 21; Jun 4, 18**

**Job searches and resume building assistance: Mar 19; Apr 2, 16, 30; May 14, 28; Jun 11, 25**

Give your career and skills a boost with Durham College Community Employment Services! Their free services include:

- Professional assistance with resumes and cover letters;
- Job search support;
- Employment Counselling support; and
- Interview skills practice and advice.

**Sessions and services are available by appointment only. Please call Durham College CES Bowmanville Office at 905-697-4472 to register.**

## Tai Chi (2pm)

Date and Time: Tuesday, June 18 2:00 pm - 2:45 pm

Address: Newcastle Library

### **Newcastle Library**

**Tuesdays, Apr 30 to Jun 25**

**2-2:45pm**

(Classes also offered at 1-1:45pm )

### **Ages 55+ | Drop in**

Discover the slow, intentional movements of tai chi. This form of gentle exercise and moving meditation, benefits both mental and physical health. No experience required.

With classes incorporating gentle movements and changes in physical postures, Tai Chi is a great form of exercise for many older adults. Regular participation in Tai Chi has shown to promote improvements in fitness, including strength, endurance, flexibility, and balance. Classes are free and open to older adults 55 years of age and over. No previous experience is needed, but movements are done in a standing position and require participants to do so independently.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## **Wednesday, June 19, 2024**

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### **Baby Bookworms (Bowmanville)**

Date and Time: Wednesday, June 19 10:30 am - 11:15 am

Address: Bowmanville Library

### **Bowmanville Library**

**Wednesdays, Apr 3 to Jun 19**

**10:30-11:15am**

**Please note:** a [Mayor and Councillor Storytime](#) is being held on Jun 19 with Councillor Rang!

**Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

## **Mayor and Councillor Storytimes**

Date and Time: Wednesday, June 19 10:30 am - 11:15 am

Address: Multiple Locations

**Bowmanville, Courtice, Newcastle, Orono Libraries**

**All ages | Drop in**

Enjoy stories and songs with special guests, Mayor Foster and Councillors!

Please click the "See More" button for full program details.

<b>Special Guest</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Councillor Elhajjeh	Thursday, Jun 6	10:30-11:15am	Courtice Library
Councillor Rang	Wednesday, Jun 19	10:30-11:15am	Bowmanville Library
Councillor Woo	Tuesday, Jul 9	10:30-11:15am	Newcastle Library
Councillor Traill	Wednesday, Jul 17	10:30-11:15am	Bowmanville Library
Councillor Zwart	Friday, Jul 19	10:30-11:15am	Orono Library
Councillor Anderson	Thursday, Jul 25	10:30-11:15am	Courtice Library
Mayor Foster	Wednesday, Aug 14	10:30-11:15am	Bowmanville Library

For more information about the Mayor and Council, please see the [Municipality of Clarington's website](#).

## **Tales for Toddlers (Courtice)**

Date and Time: Wednesday, June 19 10:30 am - 11:15 am

Address: Courtice Library

## **Courtice Library**

**Wednesdays, Apr 3 to Jun 19**

**10:30-11:15am**

**Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read®, designed to help build early literacy skills!

## **Stay and Play (Sarah Jane Williams HC)**

Date and Time: Wednesday, June 19 10:30 am - 11:30 am

Address: Sarah Jane Williams Heritage Centre

**Sarah Jane Williams Heritage Center**

**Wednesdays, Apr 3 to Jun 19**

**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

## **Tech Help Desk**

Date and Time: Wednesday, June 19 2:00 pm - 4:00 pm

Address: Bowmanville Library

**Bowmanville Library**

**Wednesdays, Apr 3 to Jun 26**

**2-4pm**

**All Ages | Drop in**

Do you need help with a device or online resource? Visit our Tech Help Desk and we'll work together to solve your technology troubles.

## **Chair Yoga**

Date and Time: Wednesday, June 19 4:00 pm - 5:00 pm

Address: Newcastle Library

**Newcastle Library**

**Wednesdays, Apr 3 to Jun 26 (no classes on May 29)**

**4-5pm**

**Ages 55+ | Drop in**

Increase flexibility, relax the mind and body, and meet new people from your community with this gentle form of yoga! Classes are suitable for all fitness levels, with alternative movements or modifications provided.!

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## **Thursday, June 20, 2024**

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### **Durham College Community Employment Services (Orono)**

Date and Time: Thursday, June 20 10:00 am - 12:00 pm

Address: Orono Library

#### **Orono Library**

**Thursdays, Mar 14 to Jun 27**

**Adults | Registered -- please call Durham College CES Bowmanville Office at 905-697-4472 to register**

**In-take appointments: Mar 14, 28; Apr 11, 25; May 9, 23; Jun 6, 20**

**Job searches and resume building assistance: Mar 21; Apr 4, 18; May 2, 16, 30; Jun 13, 27**

Give your career and skills a boost with Durham College Community Employment Services! Their free services include:

- Professional assistance with resumes and cover letters;
- Job search support;
- Employment Counselling support; and
- Interview skills practice and advice.

**Sessions and services are available by appointment only. Please call Durham College CES Bowmanville Office at 905-697-4472 to register.**

### **Tales for Toddlers (Newcastle)**

Date and Time: Thursday, June 20 10:30 am - 11:15 am



Address: Newcastle Library

**Newcastle Library**  
**Thursdays, Apr 4 to Jun 20**  
**10:30-11:15am**

**Ages 1.5 - 3 | Drop in**

Enjoy stories, songs and rhymes using the skills taught in Every Child Ready to Read®, designed to help build early literacy skills!

## **Baby Bookworms (Courtice)**

Date and Time: Thursday, June 20 10:30 am - 11:15 am

Address: Courtice Library

**Courtice Library**  
**Thursdays, Apr 4 to Jun 20**  
**10:30-11:15am**

**Please note:** a [Mayor and Councillor Storytime](#) is being held on Jun 6 with Councillor Elhajjeh!

**Ages 0-3 | Drop in**

Drop in each week for stories, songs and rhymes, followed by a social playtime!

## **Music and Movement (Courtice)**

Date and Time: Thursday, June 20 1:30 pm - 2:30 pm

Address: Courtice Library

**Courtice Library**  
**Thursdays, Apr 4 to Jun 27**  
**1:30-2:30pm**

**Ages birth to 6 years | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into our child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## **Musical Babies (Newcastle)**

Date and Time: Thursday, June 20 1:30 pm - 3:00 pm

Address: Newcastle Library

## Newcastle Library

**Mondays, Jun 3, 10, 17, 24**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

**Thursdays, Jun 13, 20, 27**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into your child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Online English Conversation Circle

Date and Time: Thursday, June 20 6:30 pm - 7:30 pm

Address: Virtual

**Online via Zoom**

**Thursdays, Apr 4 to Jun 27**

**6:30-7:30pm**

**Adults | Registered -- [register now!](#)**

Practice speaking English and learn more about the Clarington community and life in Canada! Join the English Conversation Circle and discover English as a Second Language resources, get connected to your community and new friends, and practice your English speaking skills!

Presented with Community Development Council Durham (CDCD).

## Friday, June 21, 2024

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### Stay and Play (Courtice)

Date and Time: Friday, June 21 10:30 am - 11:30 am

Address: Courtice Library

**Courtice Library**

**Fridays, Apr 5 to Jun 21**

**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

## **Stay and Play (Orono)**

Date and Time: Friday, June 21 10:30 am - 11:30 am

Address: Orono Library

**Orono Library**

**Fridays, Apr 5 to Jun 21**

**10:30-11:30am**

**Ages 0-5 | Drop in**

Have fun and make new friends! Children and their caregivers will have an opportunity to play, explore and socialize. This is a casual program, please feel free to arrive late or leave early.

## **Falls Prevention Class**

Date and Time: Friday, June 21 1:00 pm - 2:00 pm

Address: Newcastle Library

**Newcastle Library**

**Fridays, Apr 5 to Jun 28 (No classes on May 24 and 31)**

**1-2pm**

**Ages 55+ | Drop in**

Learn exercises and balance activities that can help reduce your risk of falls. Increase your lower body and core strength, and improve balance and posture.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

# Saturday, June 22, 2024

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## Family Storytime (Courtice)

Date and Time: Saturday, June 22 10:30 am - 11:00 am

Address: Courtice Library

**Courtice Library**

**Alternate Saturdays; Apr 13, 27, May 11, 25, Jun 8, 22  
10:30-11:00am**

**All ages | Drop in**

Join us for stories, songs and fun!

# Monday, June 24, 2024

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## Musical Babies (Newcastle)

Date and Time: Monday, June 24 1:30 pm - 3:00 pm

Address: Newcastle Library

**Newcastle Library**

**Mondays, Jun 3, 10, 17, 24**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

**Thursdays, Jun 13, 20, 27**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into our child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Zumba Gold

Date and Time: Monday, June 24 6:00 pm - 7:00 pm

Address: Newcastle Library

**Newcastle Library**  
**Mondays, Apr 8 to Jun 24** (excluding May 20)  
**6-7pm**

**Ages 55+ | Drop in**

Enjoy low impact movements and lower intensity with fun, music, and fitness. Suitable for any fitness level; no experience required.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## **Tuesday, June 25, 2024**

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### **Tai Chi (1pm)**

Date and Time: Tuesday, June 25 1:00 pm - 1:45 pm

Address: Newcastle Library

**Newcastle Library**  
**Tuesdays, Apr 30 to Jun 25**  
**1-1:45pm**  
(Classes also offered at 2-2:45pm )

**Ages 55+ | Drop in**

Discover the slow, intentional movements of tai chi. This form of gentle exercise and moving meditation, benefits both mental and physical health. No experience required.

With classes incorporating gentle movements and changes in physical postures, Tai Chi is a great form of exercise for many older adults. Regular participation in Tai Chi has shown to promote improvements in fitness, including strength, endurance, flexibility, and balance. Classes are free and open to older adults 55 years of age and over. No previous experience is needed, but movements are done in a standing position and require participants to do so independently.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Durham College Community Employment Services (Newcastle)

Date and Time: Tuesday, June 25 1:30 pm - 4:30 pm

Address: Newcastle Library

**Newcastle Library**

**Tuesdays, Mar 12 to Jun 25**

**Adults | Registered -- please call Durham College CES Bowmanville Office at 905-697-4472 to register**

**In-take appointments: Mar 12, 26; Apr 9, 23; May 7, 21; Jun 4, 18**

**Job searches and resume building assistance: Mar 19; Apr 2, 16, 30; May 14, 28; Jun 11, 25**

Give your career and skills a boost with Durham College Community Employment Services! Their free services include:

- Professional assistance with resumes and cover letters;
- Job search support;
- Employment Counselling support; and
- Interview skills practice and advice.

**Sessions and services are available by appointment only. Please call Durham College CES Bowmanville Office at 905-697-4472 to register.**

## Tai Chi (2pm)

Date and Time: Tuesday, June 25 2:00 pm - 2:45 pm

Address: Newcastle Library

**Newcastle Library**

**Tuesdays, Apr 30 to Jun 25**

**2-2:45pm**

(Classes also offered at 1-1:45pm )

**Ages 55+ | Drop in**

Discover the slow, intentional movements of tai chi. This form of gentle exercise and moving meditation, benefits both mental and physical health. No experience required.

With classes incorporating gentle movements and changes in physical postures, Tai Chi is a great form of exercise for many older adults. Regular participation in Tai Chi has shown to promote improvements in fitness, including strength, endurance, flexibility, and balance. Classes are free and open to older adults 55 years of age and over. No previous experience is needed, but movements are done in a standing position and require participants to do so independently.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Book Club (Newcastle)

Date and Time: Tuesday, June 25 6:00 pm - 7:00 pm

Address: Newcastle Library

**Newcastle Library or online via Zoom**

**Tuesdays; Apr 23, May 28; Jun 25**

**6-7pm**

**Adults | Registered -- [register now!](#)**

First rule about book club? Talk about book club! Drop in to discuss books and literature with your fellow readers!

Books will be available for pickup at your preferred library location.

Upcoming titles:

- **Apr 23:** *The Woman in Cabin 10* by Ruth Ware
- **May 28:** *Afterlife* by Julia Alvarez
- **Jun 25:** *Vinyl Café Turns the Page* by Stuart McLean

**Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CLMA library location.**

## Wednesday, June 26, 2024

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### Lunchtime Book Club

Date and Time: Wednesday, June 26 12:00 pm - 1:00 pm

Address: Bowmanville Library

**Bowmanville Library**

**Wednesdays; Apr 24, May 22, Jun 26**

**12-1pm**

**Adults | Registered -- [register now!](#)**

A literary brown bag! Enjoy your lunch and conversation with fellow readers at our monthly Lunchtime Book Club!

Books will be available for pickup at your preferred library location.

Upcoming titles:

- **Apr 24:** *Hidden Valley Road* by Robert Kolker
- **May 22:** *The Calculating Stars* by Mary Robinette Kowal
- **Jun 26:** *Hum if You Don't Know the Words* by Bianca Marais

**Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CLMA library location.**

## Tech Help Desk

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

Address: Bowmanville Library

**Bowmanville Library**  
**Wednesdays, Apr 3 to Jun 26**  
**2-4pm**

**All Ages | Drop in**

Do you need help with a device or online resource? Visit our Tech Help Desk and we'll work together to solve your technology troubles.

## Chair Yoga

Date and Time: Wednesday, June 26 4:00 pm - 5:00 pm

Address: Newcastle Library

**Newcastle Library**  
**Wednesdays, Apr 3 to Jun 26 (no classes on May 29)**  
**4-5pm**

**Ages 55+ | Drop in**

Increase flexibility, relax the mind and body, and meet new people from your community with this gentle form of yoga! Classes are suitable for all fitness levels, with alternative movements or modifications provided.!

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!



- **Mondays:** Zumba Gold
- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Thursday, June 27, 2024

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### Infant Hearing Screening Clinic

Date and Time: Thursday, June 27 10:00 am - 5:00 pm

Address: Newcastle Library

**Newcastle Library, Study Suite**

**Alternate Thursdays; Apr 4, 18, May 2, 30, Jun 13, 27**

(excluding May 16)

**10am-5pm**

**Ages 2 months and under | Registered -- [register now!](#)**

**Advanced registration required for each 20 minute session through the Tri-Regional Infant Hearing Program at [www.childdevelopmentprograms.ca/bookmybaby](http://www.childdevelopmentprograms.ca/bookmybaby) or 1-888-703-5437 x4.**

Children develop speech and language skills by listening and imitating those around them, but these skills may be delayed in the case of deafness or hearing loss.

Sign up your infant for a screening if you have hearing-related concerns, and learn about the follow-up services available to your family.

Presented in partnership with Markham Stouffville Hospital, the lead agency for the Tri-Regional Infant Hearing Program.

### Durham College Community Employment Services (Orono)

Date and Time: Thursday, June 27 10:00 am - 12:00 pm

Address: Orono Library

**Orono Library**

**Thursdays, Mar 14 to Jun 27**

**Adults | Registered -- please call Durham College CES Bowmanville Office at 905-697-4472 to register**

**In-take appointments: Mar 14, 28; Apr 11, 25; May 9, 23; Jun 6, 20**

**Job searches and resume building assistance: Mar 21; Apr 4, 18; May 2, 16, 30; Jun 13, 27**

Give your career and skills a boost with Durham College Community Employment Services! Their free services include:

- Professional assistance with resumes and cover letters;
- Job search support;
- Employment Counselling support; and
- Interview skills practice and advice.

**Sessions and services are available by appointment only. Please call Durham College CES Bowmanville Office at 905-697-4472 to register.**

## **Musical Babies (Newcastle)**

Date and Time: Thursday, June 27 1:30 pm - 3:00 pm

Address: Newcastle Library

### **Newcastle Library**

**Mondays, Jun 3, 10, 17, 24**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

**Thursdays, Jun 13, 20, 27**

**1:30-3pm**

**Ages birth to 15 months | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into our child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## **Music and Movement (Courtice)**

Date and Time: Thursday, June 27 1:30 pm - 2:30 pm

Address: Courtice Library

### **Courtice Library**

**Thursdays, Apr 4 to Jun 27**

**1:30-2:30pm**

**Ages birth to 6 years | Drop in**

This program will introduce children to interactive songs, nursery rhymes, music, creative movement and musical instruments. Parents/caregivers will learn how to make and incorporate music and musical instruments into our child's everyday play experiences while promoting a healthy lifestyle and intimate social bonds.

Presented with EarlyON Child and Family Centres.

## Book Club (Orono)

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

Address: Orono Library

**Newcastle Library**

**Thursdays; Apr 25, May 30; 3-4pm**

**Thursday, Jun 27, 2-3pm**

*Please note: May 23 session has been changed to May 30; Jun 27 session being held 2-3pm*

**Adults | Registered -- [register now!](#)**

First rule about book club? Talk about book club! Drop in to discuss books and literature with your fellow readers!

Books will be available for pickup at your preferred library location.

Upcoming titles:

- **Apr 25:** *Giver of Stars* by JoJo Moyes
- **May 30:** *The Last Thing He Told Me* by Laura Dave
- **Jun 27:** *Book Lovers* by Emily Henry

**Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CL MA library location.**

## Exploring Core Beliefs

Date and Time: Thursday, June 27 3:00 pm - 4:15 pm

Address: Bowmanville Library

**Bowmanville Library**

**Thursdays, Jun 27 - Aug 1**

**3-4:15pm**

**Adults | Registered -- [register now!](#)**

Gain insight into the profound impact of your core beliefs on your overall wellness. By understanding how these beliefs shape our perceptions and experiences, we empower ourselves to navigate life's challenges with greater clarity and resilience.

Core beliefs represent the foundational notions individuals hold about themselves, others, and the world, profoundly influencing their interpretation and response to life's myriad experiences. Serving as a distinctive lens through which individuals perceive their surroundings, these beliefs shape thoughts, emotions, and behaviours.

Throughout this course, we will delve into the origins of our core beliefs, unpack their daily influence, and uncover strategies to leverage them effectively.

Presented with Ontario Shores Centre for Mental Health Sciences.

Register [online](#), by phone by calling Information Services at 905-623-7322 x2712, or in person at any CLMA library location.

## Online English Conversation Circle

Date and Time: Thursday, June 27 6:30 pm - 7:30 pm

Address: Virtual

**Online via Zoom**

**Thursdays, Apr 4 to Jun 27**

**6:30-7:30pm**

**Adults | Registered -- [register now!](#)**

Practice speaking English and learn more about the Clarington community and life in Canada! Join the English Conversation Circle and discover English as a Second Language resources, get connected to your community and new friends, and practice your English speaking skills!

Presented with Community Development Council Durham (CDCD).

## Friday, June 28, 2024

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### Falls Prevention Class

Date and Time: Friday, June 28 1:00 pm - 2:00 pm

Address: Newcastle Library

**Newcastle Library**

**Fridays, Apr 5 to Jun 28 (No classes on May 24 and 31)**

**1-2pm**

**Ages 55+ | Drop in**

Learn exercises and balance activities that can help reduce your risk of falls. Increase your lower body and core strength, and improve balance and posture.

Presented in partnership with Community Care Durham.

Be sure to check out our other programs offered in partnership with Community Care Durham!

- **Mondays:** Zumba Gold

- **Tuesdays:** Tai Chi
- **Wednesdays:** Chair Yoga
- **Fridays:** Falls Prevention Class

## Summer Launch Party! (SRC)

Date and Time: Friday, June 28 1:30 pm - 3:30 pm

Address: Newcastle Library

**Newcastle Library**

**Friday, Jun 28**

**1:30-3:30pm**

**All ages | Drop in**

Celebrate the start of the TD Summer Reading Club! Register for the Club, enjoy performances by Magician Scott Dietrich, and take part in fun activities!

<http://events.cplma.ca>