

## Thursday, September 10, 2020

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### Safe Cycling 101 Webinar

Date and Time: Thursday, September 10 12:00 pm - 1:00 pm



New to cycling? Need a refresher before getting out on the road? Smart Commute Durham invites you to participate in an educational webinar lead by Cycle Toronto that will guide you through how to safely cycle in Durham Region!

Topics include:

- Equipment and bike fit
- Safe riding techniques
- Rules and responsibilities
- Interactions with others
- Choosing your route

Please register on Eventbrite at least one (1) hour before the webinar. A link to the webinar will be provided via email to all registrants in advance of the webinar.

We hope you will join us!

Planning to bike with children? You may want to check out our [Family Biking Webinar](#).

## Tuesday, September 15, 2020

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### Family Biking Webinar - Tips and tricks for biking while pregnant and with small children!

Date and Time: Tuesday, September 15 6:00 pm - 7:00 pm

# Family Biking Webinar

September 15th, 2020  
6:00pm - 7:00pm



Learn tips and tricks for biking while pregnant, biking with babies and toddlers and teaching kids to ride for the first time in this free online webinar hosted by Smart Commute Durham and lead by Cycle Toronto. We'll discuss the equipment you'll need, go over best practices, and teach you about bike safety.

Topics include:

- Riding while pregnant
- Riding with toddlers and small children
- Child seats and accessories
- Teaching your child to ride
- Riding to school
- Safety tips
- First road rides

We hope you will join us!

Register on Eventbrite at least one (1) hour before the webinar - <https://www.eventbrite.ca/e/family-biking-webinar-tickets-117976100693>

Are you new to cycling? You may want to also join our **Safe Cycling 101** webinar: <https://www.eventbrite.ca/e/safe-cycling-101-webinar-tickets-117972802829>

## Friday, September 18, 2020

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### Building a Culture of Cycling

Date and Time: Friday, September 18 12:00 pm - 1:00 pm



Learn about what it takes to build a community where cycling is accessible, celebrated and commonplace

## About this Event

Join us for a candid conversation about what it means to build a culture of cycling. Four panelists with experience shaping cycling culture across different communities in Ontario will share lessons and best practices during this one-hour online panel discussion.

### The conversation will focus on a variety of topics including:

- Engaging different communities and types of cyclists (youth, newcomers, suburban and urban settings);
- How programming and cycling hubs contribute to shaping and shifting cycling culture;
- The roles that policy, infrastructure and network planning play in supporting cycling culture.

### Who is this event for?

- Professionals, advocates and students with an interest in active transportation / cycling
- Anyone with a passion for cycling and community-building

### How to register

- Registration is free. Please register on Eventbrite at least one (1) hour before the event.  
<https://www.eventbrite.ca/e/building-a-culture-of-cycling-panel-discussion-tickets-118056051829>



**Armi de Francia**  
*Active Transportation Coordinator  
Town of Ajax*



**Kate Walker**  
*Vice Chair of the Board of Directors  
Vélo Canada Bikes*



**Matt Pinder**  
*Senior Designer and EIT  
Alta Planning & Design*



**Yvonne Verlinden**  
*Project Manager  
The Centre for Active Transportation*

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## Monday, September 21, 2020

Living Safely with Dementia Online Forum

Date and Time: Monday, September 21 10:00 am - 8:00 pm

Address: 1600 Stellar Dr. (formerly Champlain Ave.), Suite 202, Whitby, ON L1N 9B2

## **Living Safely With Dementia Online Forum**

In recognition of World Alzheimer's Day. Let's Talk About Dementia

**Join us for any or all of the online sessions.**

Agenda for the day

10 - 10:30 a.m. Welcome, Living Safely Toolkit, update on Alzheimer Society of Durham Region services, Perspective of a persons living with dementia

10:30 - 11 a.m. WindReach Farm Tour (live virtual visit)

11:30 a.m - 1 p.m. Lunch and Learn with Dr. Noelannah Neubauer, Canadian Researcher and Co-Founder International Consortium on Dementia and Wayfinding (45 min), Dementia and Going Missing – Reduce the Risk of Getting Lost

Community Partners: Durham Regional Police Services and Safety tips; MedicAlert Safely Home

2 - 3 p.m. Arts-based activity

3 - 4:30 p.m. Vivre avec un trouble neurocognitif en toute sécurité: CMHA Durham, Bendale Long Term Care, CAH's Adult Day Program, Durham Regional Police Services (French language panel presentation)

6:30 - 8 p.m. Keynote with Ron Beleno, Making Choices to Live Better in the Community

**Join us for any or all of the online sessions. Call phone 905-576-2567 | Toll-free 1-888-301-1106 ext. 5228 for assistance with registration.**

**Vous pouvez vous inscrire à toutes les sessions qui vous intéressent. Une assistance technique est disponible pour ceux qui en ont besoin.**

Following registration you will receive more information and joining details by email; for technical support contact [asthenson@alzheimerdurham.com](mailto:asthenson@alzheimerdurham.com)

## **Wednesday, September 23, 2020**

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### **Blood Drive in Port Perry at Scugog Community Centre!**

Date and Time: Wednesday, September 23 2:00 pm - 7:00 pm

Join Canada's lifeline by donating blood on September 23rd from 2-7pm at Scugog Community Centre, 1655 Reach Street, Port Perry, ON, L9L 1A7! If you are 17 or older we encourage you to visit [www.blood.ca](http://www.blood.ca), download our Giveblood app, or call 1-888-2DONATE.

If you are having trouble booking online please call 905-243-4690 to book your next appointment to save a life. We are NOT accepting WALKINS. Please book an appointment.

# Thursday, September 24, 2020

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## Roughin' it for a Reason

Date and Time: Thursday, September 24 6:00 pm - 9:30 pm

Address: Your own backyard or balcony

Will they camp in comfort or cold... that's up to you!?

Roughin' it for a Reason is a campout fundraiser in support of the Connect Campaign to build a new Nature Centre at Scanlon Creek. On September 24, 2020, join celebrity camper Frankie 'Flowers' Ferragine by camping in your own backyard or balcony. Live streaming begins at 6:00 pm.

Stay connected all night long by sharing your camping photos on social media using #RoughinitforaReason and tune in online throughout the evening for campfire music, activities for kids, a bonfire cooking demonstration and much, much more!

## Saturday, September 26, 2020

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### Culture Days in Scugog

Date and Time: Saturday, September 26 10:00 am - 5:00 pm

Culture Days is coming back to Scugog. This year there will be 4-weeks of exciting activities and programs, as well as virtual experiences for the first time. Scugog Arts will once again organize the lineup of events and host a hub of in-person workshops, demonstrations, and live performances - with all health guidelines being followed. Discover the festivities on Saturday, September 26th from 10 am to 5 pm at 175B Queen St.

Virtual programs can be found on the Scugog Arts Facebook page, as well as the national Culture Days website. The online program schedule includes discussions about Indigenous culture hosted by Matthew Stevens from the Mississaugas of Scugog Island First Nation, podcasts from Theatre on the Ridge, and a Music Monday series that will feature basic music industry overview from copyright to publishing. Online events begin on Monday, September 28th.

Visit the Scugog Arts website for the full event list at [scugogarts.ca/culture-days/](http://scugogarts.ca/culture-days/).

COVID-19 guidelines will be in place at all in-person events, including wearing a mask and using hand sanitizer at each activity. The number of people entering the hub will also be monitored.

<http://events.scugog.ca>