

Wednesday, November 2, 2022

Free Public Skating (Seniors & Pre-School) - Clarence-Rockland Arena

Date and Time: Wednesday, November 2 1:00 pm - 2:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 5, 2022, every other Wednesday – 1:00 p.m. to 2:00 p.m.

[More information and rules.](#)

Planning Committee

Date and Time: Wednesday, November 2 7:00 pm

Saturday, November 5, 2022

Free Public Skating - Clarence-Rockland Arena

Date and Time: Saturday, November 5 12:00 pm - 1:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 8, 2022, every Saturday from 12:00 p.m. - 1:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

Free Public Skating - Clarence Creek Arena

Date and Time: Saturday, November 5 6:00 pm - 7:00 pm

Address: 418 Lemay Street, Clarence-Creek, ON

Starting on October 8, 2022, every Saturday from 6:00 p.m. - 7:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

Sunday, November 6, 2022

Remembrance Day Ceremony

Date and Time: Sunday, November 6 2:00 pm

Address: 1560 Laurier Street, Rockland

Remembrance Day ceremony at the cenotaph

Wednesday, November 9, 2022

Viroha Fitness Yoga

Date and Time: Wednesday, November 9 7:00 pm - 8:00 pm

Address: 1517 Laurier Street, Clarence-Rockland

Our next session at Chamberland Centre is in-person Hatha Yoga. Beginning Wednesday, November 9 and continuing weekly right through to March 15th, focus will be on balance, strength & flexibility. Breath-work will be synchronized to the flow of movement. Grounding, meditation & relaxation will all be included.

Your instructor will gently guide you through 7 beginner sequences, safely transition you on to 6 intermediate level, then smoothly lead the way for 6 advanced classes. This is your path and your practice. We respect that everyone has a different journey, so progression does take place at each individual's own separate pace. There is no pressure to perform. We are a place of growth. Modifications/variations will always be offered to suit every level.

The goal will be to build confidence and power within.

Please visit our Facebook page events to sign up.

<https://fb.me/e/1qumel1eYx>

Friday, November 11, 2022

Remembrance Day - City Hall closed

Date and Time: Friday, November 11 11:00 am

Address: 1560, Laurier Street, Rockland, Ontario, K4K 1P7

Saturday, November 12, 2022

Free Public Skating - Clarence-Rockland Arena

Date and Time: Saturday, November 12 12:00 pm - 1:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 8, 2022, every Saturday from 12:00 p.m. - 1:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

Free Public Skating - Clarence Creek Arena

Date and Time: Saturday, November 12 6:00 pm - 7:00 pm

Address: 418 Lemay Street, Clarence-Creek, ON

Starting on October 8, 2022, every Saturday from 6:00 p.m. - 7:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

Tuesday, November 15, 2022

Inaugural Meeting

Date and Time: Tuesday, November 15 7:00 pm - 9:00 pm

Wednesday, November 16, 2022

Free Public Skating (Seniors & Pre-School) - Clarence-Rockland Arena

Date and Time: Wednesday, November 16 1:00 pm - 2:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 5, 2022, every other Wednesday – 1:00 p.m. to 2:00 p.m.

[More information and rules.](#)

Viroha Fitness Yoga

Date and Time: Wednesday, November 16 7:00 pm - 8:00 pm

Address: 1517 Laurier Street, Clarence-Rockland

Our next session at Chamberland Centre is in-person Hatha Yoga. Beginning Wednesday, November 9 and continuing weekly right through to March 15th, focus will be on balance, strength & flexibility. Breath-work will be synchronized to the flow of movement. Grounding, meditation & relaxation will all be included.

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Friday, November 18, 2022

An Evening of Sharing

Date and Time: Friday, November 18 7:00 pm - 9:00 pm

Address: 1535 Du Parc Avenue, Rockland

The tradition continues! An Evening of Sharing, the most spectacular Christmas variety show this holiday season is back and comes to the Optimiste Performance Hall on November 18 at 7 pm!

Saturday, November 19, 2022

Free Public Skating - Clarence-Rockland Arena

Date and Time: Saturday, November 19 12:00 pm - 1:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 8, 2022, every Saturday from 12:00 p.m. - 1:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

Free Public Skating - Clarence Creek Arena

Date and Time: Saturday, November 19 6:00 pm - 7:00 pm

Address: 418 Lemay Street, Clarence-Creek, ON

Starting on October 8, 2022, every Saturday from 6:00 p.m. - 7:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

Monday, November 21, 2022

Regular Council Meeting

Date and Time: Monday, November 21 7:15 pm

Committee of the Whole

Date and Time: Monday, November 21 8:00 pm

Wednesday, November 23, 2022

Viroha Fitness Yoga

Date and Time: Wednesday, November 23 7:00 pm - 8:00 pm

Address: 1517 Laurier Street, Clarence-Rockland

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Saturday, November 26, 2022

Free Public Skating - Clarence-Rockland Arena

Date and Time: Saturday, November 26 12:00 pm - 1:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 8, 2022, every Saturday from 12:00 p.m. - 1:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

Free Public Skating - Clarence Creek Arena

Date and Time: Saturday, November 26 6:00 pm - 7:00 pm

Address: 418 Lemay Street, Clarence-Creek, ON

Starting on October 8, 2022, every Saturday from 6:00 p.m. - 7:00 p.m. (Closed December 24 & 31, 2022)

[More information and rules.](#)

Wednesday, November 30, 2022

Reconciliation Day

Date and Time: Wednesday, November 30 12:00 am

Address: 1560, Laurier Street, Rockland, Ontario, K4K 1P7

Free Public Skating (Seniors & Pre-School) - Clarence-Rockland Arena

Date and Time: Wednesday, November 30 1:00 pm - 2:00 pm

Address: 8710 County Road 17, Rockland, ON

Starting on October 5, 2022, every other Wednesday – 1:00 p.m. to 2:00 p.m.

[More information and rules.](#)

Viroha Fitness Yoga

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

Address: 1517 Laurier Street, Clarence-Rockland

Our next session at Chamberland Centre is in-person Hatha Yoga. Beginning Wednesday, November 9 and continuing weekly right through to March 15th, focus will be on balance, strength & flexibility. Breath-work will be synchronized to the flow of movement. Grounding, meditation & relaxation will all be included.

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<https://calendar.clarence-rockland.com>