

TRIANGLE TIPS AND RESOURCES

From a Canadian Lover of Durham!

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Networking and Community-Building

Chapel Hill

The International Women's English Conversation (open to all students and spouses)

- Class meets from 10:00-12:00 on most Thursdays during the academic year.
- The class will resume in the fall of 2014 on Thursday, 4 September.
- This group meets at Amity United Methodist Church
- The classes are free.

Mom in Chapel Hill blog: <http://www.mominchapelhillnc.com/>

Chapel Hill Mothers Club: <http://chapelhillmothersclub.org/>

CHillKids: <http://www.chillkids.com/>

- Good resource for finding current events for kids.

Durham

Alternative Parenting of Durham Meetup group:

<http://www.meetup.com/Alternative-Parenting-of-Durham/members/>

- Alternative Parenting of Durham is a community of parents who wish to approach parenting mindfully, respectfully questioning what others often take for granted.
- Another parenting meetup that you could check out is:
<http://www.meetup.com/South-Durham-Moms/>

Stir Crazy Moms of Durham blog: <http://stircrazymomsofdurham.blogspot.ca/>

Durham Mothers Club: <https://www.bigtent.com/groups/durhammoms>

Neighborhood listservs

- Does your neighborhood have a listserv? Search the web or check www.durhamhoods.com
- Great source of community news, safety, etc.

iHouse: <http://studentaffairs.duke.edu/ihouse>

- Very helpful resource for internationals, including spouses
- Sign up for at least one of their listservs
- International spouse's listserv lets you find out about weekly cooking class, etc.

Nearby

Triangle Mommies: www.trianglemommies.com

- TriangleMommies.com offers a simple way to connect with local moms for friendship, support and fun. Members meet on private discussion forums to share information of common interest.
- Regular face-to-face events.

CH-Raleigh-Durham Area Perfect Mix Playgroup: <http://www.meetup.com/triangleplay/>

Meetup.com

- Find your community!
- Meetup groups based on myriad interests, hobbies, etc.

Things to do

Chapel Hill

UNC sports events: <http://www.goheels.com/>

UNC Carolina Performing Arts:

- Free events: <https://www.carolinaperformingarts.org/free-events/>
- No children under 5 are allowed to attend performances, however exceptions are made for The Nutcracker performance, which is held in December.
- Student Tickets: \$10
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Kidzu (Chapel Hill) <http://www.kidzuchildrensmuseum.org/>

- Great for kids up to 10 years of age

NC Botanical Garden (Chapel Hill): <http://ncbg.unc.edu/>

Ackland Art Museum: <http://ackland.org/events-programs/>

- Free Admission
- Art classes for kids and adults (\$5/class for kids) Classes fill fast.

Scrap Exchange: <http://www.scrapexchange.org/>

- Non-profit creative reuse center
- Great source for craft, art project materials

Glazed Expectations: <http://www.glazedexpectations.com/index.aspx>

- Make your own pottery
- Paint all day: \$8 for adults, \$6 for children (plus the cost of the pieces).
- Take as much time as you like...no hourly fee.
- Clear glazing fee of \$1.00 per item for large items only.

Durham

American Tobacco Campus: <http://www.americantobaccohistoricdistrict.com/>

- Attend their free music-on-the-lawn concert series in the warmer months
- Watch their calendar for other events throughout the year

Duke Performances: <http://dukeperformances.duke.edu/>

- Tickets for these world-class and varied performances are only \$10 for Duke Students (allowed two tickets per performance)

Duke sports events (i.e., basketball, football)

- High caliber, fun atmosphere, great American college-culture experience
- Free tickets for students and spouses with a spousal id card

Durham Bulls game: <http://www.milb.com/index.jsp?sid=t234>

- Affordable (around \$10), family-friendly
- Beautiful venue in the heart of downtown Durham

Nasher Museum of Art (Duke Campus): <http://nasher.duke.edu/>

- Free Thursday evenings, Regular "Family Day" events

Museum of Life and Science (Durham): <http://lifeandscience.org/>

- Free Wednesday afternoons for Durham County residents
- Membership highly recommended

Nearby

Sarah P. Duke Gardens (Durham): <https://gardens.duke.edu/>

- Free and beautiful. What's not to like?

North Carolina Museum of Natural Sciences (Raleigh): <http://naturalsciences.org/>

- Free, great exhibits

West Point on the Eno (Durham):

http://www.durham-nc.com/group-tours/search_features/west_eno.php

- Beautiful nature and trails right in Durham
- Interesting and affordable (often free) recreational and cultural programming

Eno River State Park (Durham): <http://www.ncparks.gov/Visit/parks/enri/main.php>

Poet's Walk (Hillsborough):

<http://www.visithillsboroughnc.com/content/poets-walk-ayr-mount>

- Easily accessible. Hiking, camping, swimming.

North Carolina Museum of Art (Raleigh): <http://www.ncartmuseum.org/>

- Free. Impressive and varied art collection
- Hands-on experiential "tour kits" are available for kids at the main reception
- Beautiful grounds for walking or bring your kids' bikes
- Outdoor amphitheater hosts concerts in warmer months

Saxapahaw: www.rivermillvillage.com

- Try to tie your visit in with a local market day or other event (check calendar)
- 40 min from Durham, closer to Chapel Hill
- Quaint, up-and-coming little town, loaded with creative people
- See this NYT article: http://www.nytimes.com/2012/01/22/travel/saxapahaw-nc-middle-of-somewhere-becomes-a-draw.html?_r=0
- Home of Paperhand Puppet Intervention and Haw River Ballroom: www.paperhand.org, www.hawriverballroom.com

Other

The INDY Weekly: <http://www.indyweek.com/>

- Free local weekly paper, available in many businesses
- Great place to read about local "news" and [events calendar](#) for Durham and area

Geocaching: www.geocaching.com

- Many caches in the area, at all levels
- Fun way to get to know the place!

Municipal resources

Chapel Hill

Town of Chapel Hill

- Listing of Festivals and Events:
<http://www.townofchapelhill.org/index.aspx?page=506>
 - Parades, Fall Festivals
- Public Library Events: <http://chapelhillpubliclibrary.org/cal/>
 - Crafts/Story Time/Free Workshops
- Community Center: <http://townofchapelhill.org/index.aspx?page=814>
 - Pool/ open gym/childrens programs/playground/walking trails

Town of Carrboro

- Parks and Recreation: <http://www.carrbororec.org/parks.htm>
- Listing of activities for youth and families in Carrboro:
<https://online.activecommunities.com/carrboro/Activities/ActivitiesAdvSearch.asp>

Durham

Durham County Libraries: <http://durhamcountylibrary.org/>

- Free daily kids and adult programming
- Library card benefits (requesting materials, including e-books, etc.)

Durham Department of Parks and Recreation (DPR):

<http://durhamnc.gov/ich/op/prd/Pages/Home.aspx>

- Amazing value (i.e. holiday cookie making workshop for kids, \$1.50)
- Programming for all ages
- Available to anyone, but prices reduced if you are a Durham resident and even further if you have a PlayMore card.
- Keep your eyes open for neighborhood campfires with s'mores in the spring!

City of Durham: <http://durhamnc.gov/play/Pages/Home.aspx>

- Keep your eye on city's website for news of festivals, events, etc.