

Monday, February 3, 2025

Free Public Skate - Presented by the Beaverton Lions

Date and Time: Monday, February 3 12:00 pm - 2:00 pm

Address: 176 Main Street Beaverton - Foster Hewitt Memorial Community Centre

Get your skates on! Beaverton Lions are proud to host a FREE Family Skate at the Foster Hewitt Memorial Community Centre. Watch our Facebook page for special announcements!

Tuesday, February 4, 2025

Mobile Food Market

Date and Time: Tuesday, February 4 3:30 pm - 5:30 pm

Address: 16 York Street, Cannington

At the Nourish and Develop Foundation building, Mobile Food Market will have fresh local produce, prepared meals, and much more (at affordable prices)! To see a schedule for other locations and times please visit www.tndf.ca/mobilefoodmarket.

Wednesday, February 5, 2025

Mobile Food Market

Date and Time: Wednesday, February 5 12:17 am

Address: various locations

Every Wednesday & Thursday Varied times and locations. *(excluding holidays)*

The Nourish and Develop Foundation's Mobile Food Market is a refrigerated van that sets up in various locations around Brock Township to offer fresh local produce, meal kits, and prepared meals at affordable prices. Everyone is welcome to shop at Mobile Food Market See the schedule visit www.tndf.ca/mobilefoodmarket

Community Lunch - The Nourish and Develop Foundation

Date and Time: Wednesday, February 5 11:00 am - 11:00 am

Address: 16 York Street, Cannington

Join us for our community lunch! It's a wonderful opportunity to meet new people, socialize, and enjoy a delicious meal. Let's break bread together as a way of fostering community spirit while enjoying a nourishing and delicious meal. The menu varies each week. Check our FB page for more details each week!

Tuesday, February 11, 2025

Mobile Food Market

Date and Time: Tuesday, February 11 3:30 pm - 5:30 pm

Address: 16 York Street, Cannington

At the Nourish and Develop Foundation building, Mobile Food Market will have fresh local produce, prepared meals, and much more (at affordable prices)! To see a schedule for other locations and times please visit www.tndf.ca/mobilefoodmarket.

Wednesday, February 12, 2025

Mobile Food Market

Date and Time: Wednesday, February 12 12:17 am

Address: various locations

Every Wednesday & Thursday Varied times and locations. *(excluding holidays)*

The Nourish and Develop Foundation's Mobile Food Market is a refrigerated van that sets up in various locations around Brock Township to offer fresh local produce, meal kits, and prepared meals at affordable prices. Everyone is welcome to shop at Mobile Food Market See the schedule visit www.tndf.ca/mobilefoodmarket

Community Lunch - The Nourish and Develop Foundation

Date and Time: Wednesday, February 12 11:00 am - 11:00 am

Address: 16 York Street, Cannington

Join us for our community lunch! It's a wonderful opportunity to meet new people, socialize, and enjoy a delicious meal. Let's break bread together as a way of fostering community spirit while enjoying a nourishing and delicious meal. The menu varies each week. Check our FB page for more details each week!

Friday, February 14, 2025

History Circle

Date and Time: Friday, February 14 7:30 pm - 9:00 pm

Address: 284 Simcoe Street

BTEHS - St. Valentines Memories

Tuesday, February 18, 2025

Mobile Food Market

Date and Time: Tuesday, February 18 3:30 pm - 5:30 pm

Address: 16 York Street, Cannington

At the Nourish and Develop Foundation building, Mobile Food Market will have fresh local produce, prepared meals, and much more (at affordable prices)! To see a schedule for other locations and times please visit www.tndf.ca/mobilefoodmarket.

Wednesday, February 19, 2025

Mobile Food Market

Date and Time: Wednesday, February 19 12:17 am

Address: various locations

Every Wednesday & Thursday Varied times and locations. *(excluding holidays)*

The Nourish and Develop Foundation's Mobile Food Market is a refrigerated van that sets up in various locations around Brock Township to offer fresh local produce, meal kits, and prepared meals at affordable prices. Everyone is welcome to shop at Mobile Food Market See the schedule visit www.tndf.ca/mobilefoodmarket

Brock-Georgina Probus Club Meeting

Date and Time: Wednesday, February 19 10:00 am - 12:00 pm

Address: Udora Community Hall, 24 Victoria Rd, Udora, ON

Monthly meeting. New members always welcome to attend.

Community Lunch - The Nourish and Develop Foundation

Date and Time: Wednesday, February 19 11:00 am - 11:00 am

Address: 16 York Street, Cannington

Join us for our community lunch! It's a wonderful opportunity to meet new people, socialize, and enjoy a delicious meal. Let's break bread together as a way of fostering community spirit while enjoying a nourishing and delicious meal. The menu varies each week. Check our FB page for more details each week!

Thursday, February 20, 2025

Manilla Hall Food for Thought Luncheons

Date and Time: Thursday, February 20 10:00 am

Address: Manilla Community Hall

Food For Thought: Informal speakers followed by a home-style lunch (10am - 1pm)

Come fill your brains with useful information, connect with your neighbours and then fill your tummies and your spirits with a delicious homemade communal lunch and dessert. Only \$10.
Speaker information will be posted closer to each event.

RSVP: please RSVP attendance by DMing the Manilla Hall FB page or call Anne 705 357 3637

*Take out lunches and lunch only available with advance notice.

Looking forward to seeing you there!

Feed your Mind, Body & Spirit

Sunday, February 23, 2025

Manilla Hall Old Time Fiddle Jam

Date and Time: Sunday, February 23 1:00 pm

Address: Manilla Community Hall

Manilla Community Hall's Monthly Sunday Music Jam!

Bring your instruments and dancing shoes and join the fun! All musicians welcome! (not just fiddles, we have guitars, piano players, harmonica, singers etc.) Come enjoy the music, kick up your heels and try some square dancing or sign up for the open mic! Door Prizes and Spotlight dances. Wheelchair Access to Hall and Accessible Bathroom, All Welcome!

Time: 1pm - 5pm

Admission: \$5.00

Refreshments available: Coffee, Tea, light lunches and snacks available for sale

facebook.com/manillahall

BTEHS General Meeting

Date and Time: Sunday, February 23 2:00 pm - 4:00 pm

Address: 284 Simcoe Street

Historical Society's Annual Show and Tell

Tuesday, February 25, 2025

Mobile Food Market

Date and Time: Tuesday, February 25 3:30 pm - 5:30 pm

Address: 16 York Street, Cannington

At the Nourish and Develop Foundation building, Mobile Food Market will have fresh local produce, prepared meals, and much more (at affordable prices)! To see a schedule for other locations and times please visit www.tndf.ca/mobilefoodmarket.

Muse, an Evening of Poetry and Music

Date and Time: Tuesday, February 25 7:00 pm - 8:30 pm

Address: Online

This a warm space where we come together to share our poetry, spoken word, short stories, songs, and music. Where we share the light we have within and get warmth and light from each other.

If you are interested please fill this form:

<https://docs.google.com/.../1FAIpQLScrifNzik.../viewform...>

Wednesday, February 26, 2025

Mobile Food Market

Date and Time: Wednesday, February 26 12:17 am

Address: various locations

Every Wednesday & Thursday Varied times and locations. *(excluding holidays)*

The Nourish and Develop Foundation's Mobile Food Market is a refrigerated van that sets up in various locations around Brock Township to offer fresh local produce, meal kits, and prepared meals at affordable prices. Everyone is welcome to shop at Mobile Food Market See the schedule visit www.tndf.ca/mobilefoodmarket

Community Lunch - The Nourish and Develop Foundation

Date and Time: Wednesday, February 26 11:00 am - 11:00 am

Address: 16 York Street, Cannington

Join us for our community lunch! It's a wonderful opportunity to meet new people, socialize, and enjoy a delicious meal. Let's break bread together as a way of fostering community spirit while enjoying a nourishing and delicious meal. The menu varies each week. Check our FB page for more details each week!

Healing Intention Circle

Date and Time: Wednesday, February 26 12:00 pm - 12:30 pm

Address: Zoom Online

Max Planck, as a man who has devoted his whole life to the clearest-headed science for the study of matter, stated:

“I can tell you as a result of my research about atoms this much: There is no matter as such. All matter originates and exists only by virtue of a force, which brings the particle of an atom to vibration and holds this most minute solar system of the atom together. We must assume

behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.”

Einstein defined this field as the sole governing agency of the particle. This field is made of electrical and magnetic energies. Infinite possibilities exist in this field. With our minds we reach into those possibilities. We imagine our healing, abundance and transformation and that is how we lock that possibility in place. Through the feelings of our hearts we breathe life into the image of our mind. Belief is the union of thought and emotion. It is the code that translates possibilities into reality.

In Healing Intention Circle, a group of people comes together with connected hearts to focus on one positive intention coupled with coherent emotion (energy in motion). They hold an energetic space to bring about the desired healing and transformation. This participation in unfolding the reality that new science recognizes, has been used in many ancient traditions.

Submit any area of your life that needs support to be improved and bask in the love and oneness in this circle.

Who is this program for?

Anyone who **feels Stuck, Sick or is seeking healing and transformation** in one or more areas in life to live life to the fullest in peace, in power and in joy.

Delivery method: Online

Duration: 30 Minutes

Course fee: Free

Timing: Wednesdays at 12:00 PM EST

Session format: Small Group

Friday, February 28, 2025

Heartfulness Sunday Satsangh Be 8nfinite

Date and Time: Friday, February 28 9:00 am - 10:00 am

Address: Zoom online

Objective:

This weekly meditation series is brought to you by Heartfulness and *Be 8nfinite* teams. This simple and subtle practice of meditation connects each of us with the light and love in our hearts.

Yogic Transmission in this method allows you to have a profound experience even in your very first session. With practice, one experiences calmness from within, leading to the creation of better concentration, inner balance and true wellness of being.

Here is the link to read about and register for receiving the Zoom link: <https://be8nfinite.com/meditation/>

<https://calendar.townshipofbrock.ca>