

Saturday, March 1, 2025

Sunderland Minor Baseball Registration

Date and Time: Saturday, March 1 9:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Saturday, March 1 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Sunderland Minor Baseball Registration

Date and Time: Sunday, March 2 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Heartfulness Sunday Satsangh Be 8nfinite

Date and Time: Sunday, March 2 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/>

Heartfulness Sunday Satsangh Be 8nfinite

Date and Time: Sunday, March 2 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/>

Universal Intention for Peace

Date and Time: Sunday, March 2 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Monday, March 3, 2025

Sunderland Minor Baseball Registration

Date and Time: Monday, March 3 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Monday, March 3 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Tuesday, March 4, 2025

Sunderland Minor Baseball Registration

Date and Time: Tuesday, March 4 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Tuesday, March 4 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of

this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Wednesday, March 5, 2025

Sunderland Minor Baseball Registration

Date and Time: Wednesday, March 5 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Healing Intention Circle

Date and Time: Wednesday, March 5 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

Universal Intention for Peace

Date and Time: Wednesday, March 5 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Thursday, March 6, 2025

Sunderland Minor Baseball Registration

Date and Time: Thursday, March 6 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Thursday, March 6 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Friday, March 7, 2025

Sunderland Minor Baseball Registration

Date and Time: Friday, March 7 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Purple Woods Maple Syrup Festival

Date and Time: Friday, March 7 12:00 pm - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

St. Patty's Day

Date and Time: Friday, March 7 7:00 pm - 9:00 pm

Address: Wilfrid Community Hall, C20915 Brock Rd., Wilfrid, ON

Come to visit Wilfrid Community Hall for this final function on Friday, March 7th from 7 til 9 pm. We've celebrated Irish Night at Wilfrid Hall with this band since 2014. Featuring The Liverspots, our favourite guys putting on a free, rollicking evening of Irish music. See Kevin Fullbrook, Richard McIntyre and Delbert Methel for the final event before Wilfrid Hall closes and is put up for sale by the township. Free to all who want to attend. No meal or liquor sales. No tickets, no reservations, no saved seats. A farewell to this historic property which has served the community for over a hundred years. Join us. More information on the Wilfrid Community Hall page on Facebook.

Universal Intention for Peace

Date and Time: Friday, March 7 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous

experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Saturday, March 8, 2025

Sunderland Minor Baseball Registration

Date and Time: Saturday, March 8 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Purple Woods Maple Syrup Festival

Date and Time: Saturday, March 8 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Universal Intention for Peace

Date and Time: Saturday, March 8 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Sunday, March 9, 2025

Sunderland Minor Baseball Registration

Date and Time: Sunday, March 9 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Heartfulness Sunday Satsangh Be 8nfinite

Date and Time: Sunday, March 9 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/>

Purple Woods Maple Syrup Festival

Date and Time: Sunday, March 9 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Universal Intention for Peace

Date and Time: Sunday, March 9 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Sunderland Minor Baseball Registration

Date and Time: Monday, March 10 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Georgina-Brock Garden Club - Plant Propagation 101

Date and Time: Monday, March 10 7:30 pm - 9:00 pm

Address: Pefferlaw Lions Community Hall, 38 Pete's Lane, Pefferlaw

Dan Galea of Plant Pals presents Plant Propagation 101. Dan brings a rich depth of knowledge developed over 50 years working in the commercial nursery growing industry, as well as travelling abroad expanding his horticultural knowledge. Dan will share the seven best methods of plant propagation used today for growing a variety of perennials.

Universal Intention for Peace

Date and Time: Monday, March 10 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Tuesday, March 11, 2025

Sunderland Minor Baseball Registration

Date and Time: Tuesday, March 11 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Tuesday, March 11 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Wednesday, March 12, 2025

Sunderland Minor Baseball Registration

Date and Time: Wednesday, March 12 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Purple Woods Maple Syrup Festival

Date and Time: Wednesday, March 12 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Healing Intention Circle

Date and Time: Wednesday, March 12 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

Universal Intention for Peace

Date and Time: Wednesday, March 12 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Thursday, March 13, 2025

Sunderland Minor Baseball Registration

Date and Time: Thursday, March 13 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Purple Woods Maple Syrup Festival

Date and Time: Thursday, March 13 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Universal Intention for Peace

Date and Time: Thursday, March 13 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Friday, March 14, 2025

Sunderland Minor Baseball Registration

Date and Time: Friday, March 14 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Purple Woods Maple Syrup Festival

Date and Time: Friday, March 14 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Universal Intention for Peace

Date and Time: Friday, March 14 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Saturday, March 15, 2025

Sunderland Minor Baseball Registration

Date and Time: Saturday, March 15 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Purple Woods Maple Syrup Festival

Date and Time: Saturday, March 15 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Universal Intention for Peace

Date and Time: Saturday, March 15 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Sunday, March 16, 2025

Sunderland Minor Baseball Registration

Date and Time: Sunday, March 16 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Heartfulness Sunday Satsangh Be 8nfinite

Date and Time: Sunday, March 16 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/>

Purple Woods Maple Syrup Festival

Date and Time: Sunday, March 16 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Universal Intention for Peace

Date and Time: Sunday, March 16 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Monday, March 17, 2025

Sunderland Minor Baseball Registration

Date and Time: Monday, March 17 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Monday, March 17 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Tuesday, March 18, 2025

Sunderland Minor Baseball Registration

Date and Time: Tuesday, March 18 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Tuesday, March 18 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Wednesday, March 19, 2025

Sunderland Minor Baseball Registration

Date and Time: Wednesday, March 19 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Brock-Georgina Probus Club Meeting

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

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

Monthly meeting. New members always welcome to attend.

Healing Intention Circle

Date and Time: Wednesday, March 19 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

Botanical Drawing Cannington Horticultural Society Youth Member Event

Date and Time: Wednesday, March 19 5:30 pm - 7:00 pm

Address: 16 York Street, Cannington

Ages 6-17 interested in learning about gardening and pollinators - Join as a member \$3/year.

Universal Intention for Peace

Date and Time: Wednesday, March 19 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Thursday, March 20, 2025

Sunderland Minor Baseball Registration

Date and Time: Thursday, March 20 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Food for Thought Luncheon

Date and Time: Thursday, March 20 10:00 am - 1:00 pm

Address: Manilla Community Hall

Three interesting speakers followed by a homemade lunch all for \$10.00. RSVP to Anne at 705-357-3637. facebook.com/manillahall

Universal Intention for Peace

Date and Time: Thursday, March 20 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Friday, March 21, 2025

Sunderland Minor Baseball Registration

Date and Time: Friday, March 21 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Friday, March 21 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Saturday, March 22, 2025

Sunderland Minor Baseball Registration

Date and Time: Saturday, March 22 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Purple Woods Maple Syrup Festival

Date and Time: Saturday, March 22 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Universal Intention for Peace

Date and Time: Saturday, March 22 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Sunday, March 23, 2025

Sunderland Minor Baseball Registration

Date and Time: Sunday, March 23 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Heartfulness Sunday Satsangh Be 8nfinite

Date and Time: Sunday, March 23 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/>

Purple Woods Maple Syrup Festival

Date and Time: Sunday, March 23 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Old Time Fiddle Jam

Date and Time: Sunday, March 23 1:00 pm - 3:00 pm

Address: Manilla Community Hall

Jam with all the amazing musicians to keep your toes tapping. Open mic for anyone to perform. Admission \$5.00. [facebook.com/manillahall](https://www.facebook.com/manillahall)

Universal Intention for Peace

Date and Time: Sunday, March 23 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of

this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Monday, March 24, 2025

Sunderland Minor Baseball Registration

Date and Time: Monday, March 24 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Monday, March 24 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Tuesday, March 25, 2025

Sunderland Minor Baseball Registration

Date and Time: Tuesday, March 25 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Muse, an Evening of Poetry and Music

Date and Time: Tuesday, March 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/.../1FAIpQLScrikfNzik.../viewform...>

Universal Intention for Peace

Date and Time: Tuesday, March 25 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Wednesday, March 26, 2025

Sunderland Minor Baseball Registration

Date and Time: Wednesday, March 26 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Healing Intention Circle

Date and Time: Wednesday, March 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 originate

s 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

Universal Intention for Peace

Date and Time: Wednesday, March 26 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Thursday, March 27, 2025

Sunderland Minor Baseball Registration

Date and Time: Thursday, March 27 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Nutrition Workshop: Healthy Snack Workshop

Date and Time: Thursday, March 27 11:00 am - 1:00 pm

Address: 16 York Street, Cannington

In celebration of Nutrition Month, join The Nourish and Develop Foundation for a fun and interactive workshop! Parents and children will have the opportunity to work together to create a healthy snack. This hands-on workshop is a fantastic way to explore a new, simple, and nutritious snack! Advanced registration required. \$10 Per Person 705-432-2444 info@tndf.ca or www.tndf.ca

Nutrition Workshop: Healthy Snack Workshop

Date and Time: Thursday, March 27 5:00 pm - 7:00 pm

Address: 16 York Street, Cannington

In celebration of Nutrition Month, join The Nourish and Develop Foundation for a fun and interactive workshop! Parents and children will have the opportunity to work together to create a healthy snack. This hands-on workshop is a fantastic way to explore a new, simple, and nutritious snack! Advanced registration required. \$10 Per Person 705-432-2444 info@tndf.ca or www.tndf.ca

Muse, an Evening of Poetry and Music

Date and Time: Thursday, March 27 7:00 pm - 8:30 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

Objective:

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

Delivery method: Online**Session format: Small Group****Duration: 1 to 1:30 h****our****Class Dates:** 4th Tuesday of every month at 7 – 8:30 pm**Course fee:** Free

Beaverton Horticultural Society meeting

Date and Time: Thursday, March 27 7:30 pm

Address: St. Paul's Anglican Church, Beaverton

2025 Membership Sign up for new and returning members and a guest speaker. Annual membership single \$15, family \$25, business \$20

Universal Intention for Peace

Date and Time: Thursday, March 27 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online**Duration:** 15 Minutes**Timing:** Every evening at 09:00 PM EST**Course fee:** Free**Facilitated by:** Heartfulness Trainers**Session format:** Group

Friday, March 28, 2025

Sunderland Minor Baseball Registration

Date and Time: Friday, March 28 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Universal Intention for Peace

Date and Time: Friday, March 28 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Saturday, March 29, 2025

Sunderland Minor Baseball Registration

Date and Time: Saturday, March 29 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Seedy Saturday

Date and Time: Saturday, March 29 9:00 am - 2:00 pm

Address: 38 Pete's Lane, Pefferlaw

For all gardeners, novice to expert - a don't miss event! Saturday, March 29 9 - 2. Free Admission. Seeds, seed swap, knowledgeable speakers, children's activities, numerous vendors offering a wide assortment of seeds, seedlings, native plants, garden related items, honey, jams, lavender products & more. Hosted by 2 local garden clubs: Cannington & Georgina-Brock.

Seedy Saturday

Date and Time: Saturday, March 29 9:00 am - 2:00 pm

Address: Pefferlaw Lions Community Centre, 38 Pete's Lane, Pefferlaw

Don't miss event for all gardeners, from novice to expert. Seeds, seed swap, knowledgeable speakers, children's activities, numerous vendors offering a wide assortment of seeds, seedlings, native plants, garden related items, honey, jams, lavender products & more. Free admission. Co-hosted by [Georgina-Brock](#), [Beaverton](#) and [Cannington Horticultural](#) Clubs

Purple Woods Maple Syrup Festival

Date and Time: Saturday, March 29 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Beaverton Skating Club Ice Show

Date and Time: Saturday, March 29 12:00 pm - 2:00 pm

Address: Foster Hewitt Memorial Community Centre, Beaverton

Celebrating over 70 + years of skating, Beaverton Skating Club is happy to present our end of season ice show. Plan to spend an afternoon as our talented skaters perform to a variety of memorable tunes throughout the decades. Tickets may be purchased in advance or at the door .

info@beavertonskating.ca, www.beavertonskatingclub.ca

Universal Intention for Peace

Date and Time: Saturday, March 29 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Sunday, March 30, 2025

Sunderland Minor Baseball Registration

Date and Time: Sunday, March 30 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Heartfulness Sunday Satsangh Be 8nfinite

Date and Time: Sunday, March 30 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/>

Purple Woods Maple Syrup Festival

Date and Time: Sunday, March 30 9:30 am - 2:30 pm

Address: 38 Coates Road East, Oshawa, L1H 7K4

Come out and experience a Canadian spring in our sugarbush where sap is collected from hundreds of sugar maple trees and boiled on-site into delicious maple syrup. On a self-guided tour, you can visit our modern evaporator, enjoy games, activities, horse-drawn wagon rides, and of course, pancakes with real maple syrup. This year marks a milestone for CLOCA: 50 years of tapping and making delicious maple syrup from our sugarbush at Purple Woods Conservation Area!

Universal Intention for Peace

Date and Time: Sunday, March 30 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we create a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Monday, March 31, 2025

Sunderland Minor Baseball Registration

Date and Time: Monday, March 31 8:00 am

Address: Sunderland Fairgrounds

Spring is almost here!! and Baseball Registration Opens March 1st..Register early to ensure your spot! Looking forward to see many players back this year!!

Minor Baseball \$80/player

T-Ball \$60/player

Registration closes March 31, 2025

Fruit Trees: Pruning & Care

Date and Time: Monday, March 31 7:30 pm

Address: Cannington Baptist Church, 60 Cameron St. W. Cannington

1st meeting of 2025 Cannington Horticultural Society 50th Anniversary Season. Guest speaker Rob Alexander from Nature's Bounty has pruned hundreds of trees and shares his knowledge and experience with us. Learn about how to prune and care for fruit trees. Member Registration: Adult \$15. Couple \$25 Youth \$3. We invite new and experienced gardeners to join us and be part of the fun.

www.canningtonhorticulturalsociety.org

Universal Intention for Peace

Date and Time: Monday, March 31 9:00 pm - 9:15 pm

Address: Zoom link: <https://be8nfinite.com/meditation/>

The purpose of these sessions is to contribute to universal peace. The Community of Hearts is the organizer of this program and brings together as many hearts as possible each night at 9 pm EST to create within and radiate from each heart the feeling of peace and universal love. When we envision peace in our world as a group we cre

ate a synergy that affects the collective consciousness of our planet. These sessions are guided and no previous experience is required from the participants.

Who is this program for?

If you are looking to cultivating more peace within yourself and in the world these nightly sessions are immensely effective.

Together through guided relaxation we can deeply relax and radiate from our hearts the vibration of peace to our world as we envision it on Earth.

Delivery method: Online

Duration: 15 Minutes

Timing: Every evening at 09:00 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

<https://calendar.townshipofbrock.ca>