

Friday, November 1, 2024

PA Day Camp - Nourish and Develop Foundation

Date and Time: Friday, November 1 10:00 am - 2:00 pm

Address: 16 York Street, Cannington

Our educational P.A. Day camp for children aged 7-12 focuses on food literacy and offers engaging, hands-on activities. Advanced registration is required please register on our website www.tndf.ca/

Saturday, November 2, 2024

Artisan Craft Show and Sale - Beaverton Thorah Eldon Historical Society

Date and Time: Saturday, November 2 10:00 am - 4:00 pm

Address: The Meeting Place - 284 Simcoe St Beaverton

Local Artisans presenting their creations for sale www.btehs.com

Sunday, November 3, 2024

Heartfulness Sunday Satsangh

Date and Time: Sunday, November 3 9:00 am - 10:00 am

Address: Online

Sunday Satsanghs

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. [Read more...](#)

Who is this program for?

If you are looking for a simple, practical way to learn to relax, meditate and discover the unlimited resources of the heart, this program is for you. Even if you have no previous experience with meditation you can still join and enjoy this program and the profound effects of Yogic Transmission.

This simple yet transformational practice is always offered for free to make it available for everyone. Through the network of thousands of global [HeartSpots](#) and one magnificent smartphone app, Heartfulness offers the world a daily practice that awakens our potential for simple and joyful existence.

Delivery method: Online

Duration: 60 Minutes

Timing: Sundays at 09:00 AM EST

Course fee: Free

Facilitated by: [Negin M. Khorasani](#)

Session format: Group

Monday, November 4, 2024

Alzheimer Society of Durham Region Minds in Motion® at The Nourish and Develop Foundation

Date and Time: Monday, November 4 12:45 pm - 2:45 pm

Address: 16 York Street, Cannington

About Minds in Motion®

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
- Establishing new friendships with others who are living with similar experiences
- Engaging in fun, social activities

How often does the program run and for how long?

These sessions run for two hours, once per week, for eight weeks in locations throughout Durham Region.

Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

The person living with dementia benefits from:

- Improved balance, mobility, flexibility and alertness.
- Increased confidence, and comfort with their own circumstance.
- Mutual support from others facing similar experiences.

"I look forward to attending Minds in motion online every week. You get me moving physically, which has been limited because of the pandemic. I love feeling a part of a group event if it's through a screen. Minds in Motion has helped me turn some lonely days into sunny happy days." — Person living with dementia.

The care partner benefits from:

- An opportunity to focus on their own health and have fun with their partner.
- Seeing the person they are caring for enjoying themselves.
- Mutual support and learning from other care partners.

"I enjoyed participating in both the physical exercise and the social activities. It was wonderful meeting and getting to know all the participants. A great group! Overall, a great program. We both love coming. Leaders are excellent—always empathetic and great teachers." — Care partner

"Excelling program—great people, got me out of the house and got a lot of information and communication with other people. I felt more comfortable being here a second time, saw an improvement in my mother—she smiled often!" — Family care partner.

Tuesday, November 5, 2024

Mobile Food Market

Date and Time: Tuesday, November 5 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, November 6, 2024

Mobile Food Market

Date and Time: Wednesday, November 6 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, November 6 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

s each week!

Healing Intention Circle

Date and Time: Wednesday, November 6 12:00 pm - 12:30 pm

Address: Online

Healing Intention Circle



Objective:

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

e 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

A Cup of Heartfulness

Date and Time: Wednesday, November 6 8:00 pm - 9:15 pm

Address: Online



A Cup of Heartfulness

Objective:

The purpose of these bi-weekly gatherings, is to come together to meditate the Heartfulness Way and to share conversations on a diversity of spiritual and meditation topics. Throughout each session, we may share together, from the heart, in a meaningful way. Discussing our hopes, aspirations, and longings, as well as what may be challenging for us as we go through our spiritual journey.

We also share from Heartfulness literature as well as our personal practical experiences. The conversation is followed by a 30-minute guided meditation and we conclude the sessions with a group intention for universal peace. In essence, A Cup of Heartfulness allows us to come together and support each other in the journey of spiritual life.

Who is this program for?

If you are looking for a simple, practical way to learn to relax, meditate and discover the unlimited resources of the heart, and if you are looking for a community to support you in your spiritual journey, this program is for you.

Even if you have no previous experience with meditation you can still join and enjoy this program and the profound effects of Yogic Transmission. This simple yet transformational practice is always offered for free to make it available for everyone.

Delivery method: Online

Duration: 75 Minutes

Timing: Bi-weekly on Wednesday at 8:00 – 9:15 PM EST

Course fee: Free

Friday, November 8, 2024

Sunderland Lions Community Theatre "High School Musical Jr"

Date and Time: Friday, November 8 7:00 pm

Address: 120 River Street Sunderland Ontario L0C 1H0

The Sunderland Lions Community Theatre (SLCT) group will be presenting “High School Musical Jr.” on November 8, 9, 10, 15, 16 and 17, 2024 at the Sunderland Town Hall in Sunderland. “High School Musical Jr.” is a delightful play featuring nearly 50 youth members and is an upbeat throwback to the ins and outs of high school drama! An audition notice is posted for East High’s spring musical and superstar athlete, Troy, and science whiz, Gabriella, secretly want to try out. Will their dreams be thwarted as they navigate the cliques of East High? This musical features rousing songs like “Get’cha Head in the Game”, “Stick to the Status Quo”, and “We’re All in This Together”. With its inspiring message of friendship, self-discovery, and teamwork, you’ll be singing and cheering along with the talented SLCT “High School Musical Jr.” cast! Reserved seats are \$20.00 for adults, \$17.00 for youth under 18, and available at www.starticketing.com. For more information, go to www.sunderlandlionstheatre.com!

High School Musical Jr. - Presented by the Sunderland Lions Community Theatre

Date and Time: Friday, November 8 7:00 pm

Address: Sunderland Town Hall

\$20/adult and \$17/youth. Wildcats everywhere! This up-beat throwback to the ins and outs of high school drama is a nostalgic romp for young and old alike! You won’t want to miss out on this entertaining, youth-based musical! Visit www.sunderlandlionstheatre.com for more show times and ticket information

History Circle - Beaverton Thorah Eldon Historical Society

Date and Time: Friday, November 8 7:30 pm

Address: The Meeting Place - 284 Simcoe St Beaverton

Remembrance Day Program

www.btehs.com

Saturday, November 9, 2024

High School Musical Jr. - Presented by the Sunderland Lions Community Theatre

Date and Time: Saturday, November 9 2:00 pm

Address: Sunderland Town Hall

\$20/adult and \$17/youth. Wildcats everywhere! This up-beat throwback to the ins and outs of high school drama is a nostalgic romp for young and old alike! You won't want to miss out on this entertaining, youth-based musical! Visit www.sunderlandlionstheatre.com for more show times and ticket information

Sunderland Lions Community Theatre "High School Musical Jr"

Date and Time: Saturday, November 9 2:00 pm

Address: 120 River Street Sunderland Ontario L0C 1H0

The Sunderland Lions Community Theatre (SLCT) group will be presenting "High School Musical Jr." on November 8, 9, 10, 15, 16 and 17, 2024 at the Sunderland Town Hall in Sunderland. "High School Musical Jr." is a delightful play featuring nearly 50 youth members and is an upbeat throwback to the ins and outs of high school drama! An audition notice is posted for East High's spring musical and superstar athlete, Troy, and science whiz, Gabriella, secretly want to try out. Will their dreams be thwarted as they navigate the cliques of East High? This musical features rousing songs like "Get'cha Head in the Game", "Stick to the Status Quo", and "We're All in This Together". With its inspiring message of friendship, self-discovery, and teamwork, you'll be singing and cheering along with the talented SLCT "High School Musical Jr." cast! Reserved seats are \$20.00 for adults, \$17.00 for youth under 18, and available at www.starticketing.com. For more information, go to www.sunderlandlionstheatre.com!

Cash on the Barrel Head Music Night

Date and Time: Saturday, November 9 7:30 pm

Address: Wilfrid Community Hall

\$12.50/each. Everyone is welcome to join us for a very popular local band with a rousing music repertoire. Mocktails will be available.

www.facebook.com/profile.php?id=100081925996884

Sunday, November 10, 2024

Heartfulness Sunday Satsangh

Date and Time: Sunday, November 10 9:00 am - 10:00 am

Address: Online

Sunday Satsanghs

Objective:

This weekly meditation series is brought to you by Heartfulness and *Be Infinite* teams. This simple and subtle p

ractice 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. [Read more...](#)

Who is this program for?

If you are looking for a simple, practical way to learn to relax, meditate and discover the unlimited resources of the heart, this program is for you. Even if you have no previous experience with meditation you can still join and enjoy this program and the profound effects of Yogic Transmission.

This simple yet transformational practice is always offered for free to make it available for everyone. Through the network of thousands of global [HeartSpots](#) and one magnificent smartphone app, Heartfulness offers the world a daily practice that awakens our potential for simple and joyful existence.

Delivery method: Online

Duration: 60 Minutes

Timing: Sundays at 09:00 AM EST

Course fee: Free

Facilitated by: [Negin M. Khorasani](#)

Session format: Group

Sunderland Lions Community Theatre "High School Musical Jr"

Date and Time: Sunday, November 10 2:00 pm

Address: 120 River Street Sunderland Ontario L0C 1H0

The Sunderland Lions Community Theatre (SLCT) group will be presenting "High School Musical Jr." on November 8, 9, 10, 15, 16 and 17, 2024 at the Sunderland Town Hall in Sunderland. "High School Musical Jr." is a delightful play featuring nearly 50 youth members and is an upbeat throwback to the ins and outs of high school drama! An audition notice is posted for East High's spring musical and superstar athlete, Troy, and science whiz, Gabriella, secretly want to try out. Will their dreams be thwarted as they navigate the cliques of East High? This musical features rousing songs like "Get'cha Head in the Game", "Stick to the Status Quo", and "We're All in This Together". With its inspiring message of friendship, self-discovery, and teamwork, you'll be singing and cheering along with the talented SLCT "High School Musical Jr." cast! Reserved seats are \$20.00 for adults, \$17.00 for youth under 18, and available at www.starticketing.com. For more information, go to www.sunderlandlionstheatre.com!

History of the Cannington Legion - Cannington & Area Historical Society

Date and Time: Sunday, November 10 2:00 pm

Address: 60 Cameron Street E Cannington

History of the Cannington Legion

High School Musical Jr. - Presented by the Sunderland Lions Community Theatre

Date and Time: Sunday, November 10 2:00 pm

Address: Sunderland Town Hall

\$20/adult and \$17/youth. Wildcats everywhere! This up-beat throwback to the ins and outs of high school drama is a nostalgic romp for young and old alike! You won't want to miss out on this entertaining, youth-based musical! Visit www.sunderlandlionstheatre.com for more show times and ticket information

Monday, November 11, 2024

Alzheimer Society of Durham Region Minds in Motion® at The Nourish and Develop Foundation

Date and Time: Monday, November 11 12:45 pm - 2:45 pm

Address: 16 York Street, Cannington

About Minds in Motion®

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
- Establishing new friendships with others who are living with similar experiences
- Engaging in fun, social activities

How often does the program run and for how long?

These sessions run for two hours, once per week, for eight weeks in locations throughout Durham Region.

Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

The person living with dementia benefits from:

- Improved balance, mobility, flexibility and alertness.
- Increased confidence, and comfort with their own circumstance.
- Mutual support from others facing similar experiences.

"I look forward to attending Minds in motion online every week. You get me moving physically, which has been limited because of the pandemic. I love feeling a part of a group event if it's through a screen. Minds in Motion has helped me turn some lonely days into sunny happy days." — Person living with dementia.

The care partner benefits from:

- An opportunity to focus on their own health and have fun with their partner.
- Seeing the person they are caring for enjoying themselves.
- Mutual support and learning from other care partners.

"I enjoyed participating in both the physical exercise and the social activities. It was wonderful meeting and getting to know all the participants. A great group! Overall, a great program. We both love coming. Leaders are excellent—always empathetic and great teachers." — Care partner

"Excelling program—great people, got me out of the house and got a lot of information and communication with other people. I felt more comfortable being here a second time, saw an improvement in my mother—she smiled often!" — Family care partner.

Georgina-Brock Garden Club - Creating Winter Interest in Your Garden

Date and Time: Monday, November 11 7:30 pm - 9:00 pm

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

Georgina-Brock Garden Club - Pam Clarke from Durham Master Gardeners presents Creating Winter Interest in Your Garden. This is a design primer on making your garden look great in all seasons. It provides basic landscape design themes with examples of how you can apply them to your garden including specific plants and trees to use for winter interest. Also Photography Competition. Everyone Welcome.

Tuesday, November 12, 2024

Mobile Food Market

Date and Time: Tuesday, November 12 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, November 13, 2024

Mobile Food Market

Date and Time: Wednesday, November 13 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, November 13 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, November 13 12:00 pm - 12:30 pm

Address: Online

Healing Intention Circle



Objective:

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, November 15, 2024

Standard First Aid - Nourish and Develop Foundation

Date and Time: Friday, November 15 8:30 am - 3:30 pm

Address: 16 York Street, Cannington

Blended Course: 7 hours online learning, followed by 7 hours in class. First aid and CPR skills for work or home emergencies. Latest guidelines. No prerequisites. Must demonstrate skills, 75% on written evaluation, and attend 100% of the course. Register by November 8th. Ages 14+. Advanced registration required. \$175

www.tndf.ca/

Beaverton Lions Santa Claus Parade

Date and Time: Friday, November 15 7:00 pm

Address: Beaverton

The Annual Santa Claus Parade of Lights, followed by a visit with Santa at the Firehall presented by the Beaverton Lions

www.beavertonlions.ca/

High School Musical Jr. - Presented by the Sunderland Lions Community Theatre

Date and Time: Friday, November 15 7:00 pm

Address: Sunderland Town Hall

\$20/adult and \$17/youth. Wildcats everywhere! This up-beat throwback to the ins and outs of high school drama is a nostalgic romp for young and old alike! You won't want to miss out on this entertaining, youth-based musical! Visit www.sunderlandlionstheatre.com for more show times and ticket information

Sunderland Lions Community Theatre "High School Musical Jr"

Date and Time: Friday, November 15 7:00 pm

Address: 120 River Street Sunderland Ontario L0C 1H0

The Sunderland Lions Community Theatre (SLCT) group will be presenting "High School Musical Jr." on November 8, 9, 10, 15, 16 and 17, 2024 at the Sunderland Town Hall in Sunderland. "High School Musical Jr." is a delightful play featuring nearly 50 youth members and is an upbeat throwback to the ins and outs of high school drama! An audition notice is posted for East High's spring musical and superstar athlete, Troy, and science whiz, Gabriella, secretly want to try out. Will their dreams be thwarted as they navigate the cliques of East High? This musical features rousing songs like "Get'cha Head in the Game", "Stick to the Status Quo", and "We're All in This Together". With its inspiring message of friendship, self-discovery, and teamwork, you'll be singing and cheering along with the talented SLCT "High School Musical Jr." cast! Reserved seats are \$20.00 for adults, \$17.00 for youth under 18, and available at www.starticketing.com. For more information, go to www.sunderlandlionstheatre.com!

Saturday, November 16, 2024

Artisan Craft Show and Sale - Beaverton Thorah Eldon Historical Society

Date and Time: Saturday, November 16 10:00 am - 4:00 pm

Address: The Meeting Place - 284 Simcoe St Beaverton

Local Artisans presenting their creations for sale www.btehs.com

High School Musical Jr. - Presented by the Sunderland Lions Community Theatre

Date and Time: Saturday, November 16 2:00 pm

Address: Sunderland Town Hall

\$20/adult and \$17/youth. Wildcats everywhere! This up-beat throwback to the ins and outs of high school drama is a nostalgic romp for young and old alike! You won't want to miss out on this entertaining, youth-based musical! Visit www.sunderlandlionstheatre.com for more show times and ticket information

Sunderland Lions Community Theatre "High School Musical Jr"

Date and Time: Saturday, November 16 2:00 pm

Address: 120 River Street Sunderland Ontario L0C 1H0

The Sunderland Lions Community Theatre (SLCT) group will be presenting "High School Musical Jr." on November 8, 9, 10, 15, 16 and 17, 2024 at the Sunderland Town Hall in Sunderland. "High School Musical Jr." is a delightful play featuring nearly 50 youth members and is an upbeat throwback to the ins and outs of high school drama! An audition notice is posted for East High's spring musical and superstar athlete, Troy, and science whiz, Gabriella, secretly want to try out. Will their dreams be thwarted as they navigate the cliques of East High

? This musical features rousing songs like “Get’cha Head in the Game”, “Stick to the Status Quo”, and “We’re All in This Together”. With its inspiring message of friendship, self-discovery, and teamwork, you’ll be singing and cheering along with the talented SLCT “High School Musical Jr.” cast! Reserved seats are \$20.00 for adults, \$17.00 for youth under 18, and available at www.starticketing.com. For more information, go to www.sunderlandlionstheatre.com!

Sunday, November 17, 2024

Heartfulness Sunday Satsangh

Date and Time: Sunday, November 17 9:00 am - 10:00 am

Address: Online

Sunday Satsanghs

Objective:

This weekly meditation series is brought to you by Heartfulness and *Be Infinite* 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. [Read more...](#)

Who is this program for?

If you are looking for a simple, practical way to learn to relax, meditate and discover the unlimited resources of the heart, this program is for you. Even if you have no previous experience with meditation you can still join and enjoy this program and the profound effects of Yogic Transmission.

This simple yet transformational practice is always offered for free to make it available for everyone. Through the network of thousands of global [HeartSpots](#) and one magnificent smartphone app, Heartfulness offers the world a daily practice that awakens our potential for simple and joyful existence.

Delivery method: Online

Duration: 60 Minutes

Timing: Sundays at 09:00 AM EST

Course fee: Free

Facilitated by: [Negin M. Khorasani](#)

Session format: Group

Free Public Skate - Presented by the Beaverton Lions

Date and Time: Sunday, November 17 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 C

ommunity Centre. Watch our Facebook page for special announcements!

High School Musical Jr. - Presented by the Sunderland Lions Community Theatre

Date and Time: Sunday, November 17 2:00 pm

Address: Sunderland Town Hall

\$20/adult and \$17/youth. Wildcats everywhere! This up-beat throwback to the ins and outs of high school drama is a nostalgic romp for young and old alike! You won't want to miss out on this entertaining, youth-based musical! Visit www.sunderlandlionstheatre.com for more show times and ticket information

Sunderland Lions Community Theatre "High School Musical Jr"

Date and Time: Sunday, November 17 2:00 pm

Address: 120 River Street Sunderland Ontario L0C 1H0

The Sunderland Lions Community Theatre (SLCT) group will be presenting "High School Musical Jr." on November 8, 9, 10, 15, 16 and 17, 2024 at the Sunderland Town Hall in Sunderland. "High School Musical Jr." is a delightful play featuring nearly 50 youth members and is an upbeat throwback to the ins and outs of high school drama! An audition notice is posted for East High's spring musical and superstar athlete, Troy, and science whiz, Gabriella, secretly want to try out. Will their dreams be thwarted as they navigate the cliques of East High? This musical features rousing songs like "Get'cha Head in the Game", "Stick to the Status Quo", and "We're All in This Together". With its inspiring message of friendship, self-discovery, and teamwork, you'll be singing and cheering along with the talented SLCT "High School Musical Jr." cast! Reserved seats are \$20.00 for adults, \$17.00 for youth under 18, and available at www.starticketing.com. For more information, go to www.sunderlandlionstheatre.com!

Monday, November 18, 2024

Alzheimer Society of Durham Region Minds in Motion® at The Nourish and Develop Foundation

Date and Time: Monday, November 18 12:45 pm - 2:45 pm

Address: 16 York Street, Cannington

About Minds in Motion®

Minds in Motion® is a social program that incorporates physical and mental stimulation for people with early to mid-stage dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- Increasing physical activity through gentle group exercise
- Establishing new friendships with others who are living with similar experiences
- Engaging in fun, social activities

How often does the program run and for how long?

These sessions run for two hours, once per week, for eight weeks in locations throughout Durham Region.

Each session combines 45-60 minutes of gentle, easy-to-follow physical activities and 45-60 minutes of fun social activities focused on building personal skills.

The person living with dementia benefits from:

- Improved balance, mobility, flexibility and alertness.
- Increased confidence, and comfort with their own circumstance.
- Mutual support from others facing similar experiences.

"I look forward to attending Minds in motion online every week. You get me moving physically, which has been limited because of the pandemic. I love feeling a part of a group event if it's through a screen. Minds in Motion has helped me turn some lonely days into sunny happy days." — Person living with dementia.

The care partner benefits from:

- An opportunity to focus on their own health and have fun with their partner.
- Seeing the person they are caring for enjoying themselves.
- Mutual support and learning from other care partners.

"I enjoyed participating in both the physical exercise and the social activities. It was wonderful meeting and getting to know all the participants. A great group! Overall, a great program. We both love coming. Leaders are excellent—always empathetic and great teachers." — Care partner.

"Excelling program—great people, got me out of the house and got a lot of information and communication with other people. I felt more comfortable being here a second time, saw an improvement in my mother—she smiled often!" — Family care partner.

CHS Members Workshop - Cannington Horticultural Society

Date and Time: Monday, November 18 6:00 pm

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

Needlepoint Icing with Eva Marosan. Seasonal Arrangement with Mike Gibbs. Pre-registration required, email canningtonhorticulturalsociety@gmail.com

www.canningtonhorticulturalsociety.org/

Tuesday, November 19, 2024

Mobile Food Market

Date and Time: Tuesday, November 19 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.tdfr.ca

Wednesday, November 20, 2024

Mobile Food Market

Date and Time: Wednesday, November 20 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

Date and Time: Wednesday, November 20 10:00 am

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

Christmas pot-luck luncheon

Community Lunch - The Nourish and Develop Foundation

Date and Time: Wednesday, November 20 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, November 20 12:00 pm - 12:30 pm

Address: Online

Healing Intention Circle



Objective:

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

A Cup of Heartfulness

Date and Time: Wednesday, November 20 8:00 pm - 9:15 pm

Address: Online



A Cup of Heartfulness

Objective:

The purpose of these bi-weekly gatherings, is to come together to meditate the Heartfulness Way and to share conversations on a diversity of spiritual and meditation topics. Throughout each session, we may share together, from the heart, in a meaningful way. Discussing our hopes, aspirations, and longings, as well as what may be challenging for us as we go through our spiritual journey.

We also share from Heartfulness literature as well as our personal practical experiences. The conversation is followed by a 30-minute guided meditation and we conclude the sessions with a group intention for universal peace. In essence, A Cup of Heartfulness allows us to come together and support each other in the journey of spiritual life.

Who is this program for?

If you are looking for a simple, practical way to learn to relax, meditate and discover the unlimited resources of the heart, and if you are looking for a community to support you in your spiritual journey, this program is for you.

Even if you have no previous experience with meditation you can still join and enjoy this program and the profound effects of Yogic Transmission. This simple yet transformational practice is always offered for free to make it available for everyone.

Delivery method: Online

Duration: 75 Minutes

Timing: Bi-weekly on Wednesday at 8:00 – 9:15 PM EST

Course fee: Free

Facilitated by: Heartfulness Trainers

Session format: Group

Thursday, November 21, 2024

Manilla Hall Food for Thought Luncheons

Date and Time: Thursday, November 21 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 & Spiri

Saturday, November 23, 2024

Port Perry High School Holiday Craft Show

Date and Time: Saturday, November 23 10:00 am - 3:00 pm

Address: 160 Rosa St, Port Perry, ON L9L17A

Port Perry High School Holiday Craft Show

Saturday, November 23, 2024

10:00 - 3:00

Fundraiser for PPHS Music Department

85 vendors selling all handmade/homemade items: woodworking, screen painting, jewelry, knitting, welcome signs, photography, floral arrangements, doll clothes, wreaths, Christmas crafts, stained glass, sewing, gift baskets, jams/jellies, stone art, baking, pottery,.....

<https://sites.google.com/view/portperryhscraftshow/home>

FAYC Presents: Jinglefest 2024

Date and Time: Saturday, November 23 11:00 am - 2:00 pm

Address: 397 Simcoe St

Get ready for a festive celebration like no other at First Act Youth Company's 2nd Annual Holiday Fundraiser: *Jinglefest 2024*! This year, we're bringing the holiday cheer to the Beaverton Town Hall from 11:00am - 2:00pm on Saturday, November 23.

- **SANTA PHOTOS:** Capture the magic of the season with professional photos alongside Santa Claus! Pre-book your spot to make sure your little ones get their moment with the jolly man himself. **Pre-book your**

[Santa photos here!](#)

- **Festive Activities & Face Painting:** Enjoy a variety of fun holiday-themed activities, crafts, and games designed to bring smiles to faces of all ages.
- **Live Performances:** Delight in heartwarming performances from our talented Company and Young Company members as they showcase the spirit of the season through song.
- **Raffles & Prizes:** Get in on the excitement with our fantastic raffle prizes! Each ticket purchased helps support our programs and gives you a chance to win amazing goodies.
- **Treats & Refreshments:** Warm up with hot cocoa, sweet treats, and festive snacks while mingling with fellow community members.

Bring your family and friends and join us in spreading joy while supporting youth and the arts in our community!

Sunday, November 24, 2024

Heartfulness Sunday Satsangh

Date and Time: Sunday, November 24 9:00 am - 10:00 am

Address: Online

Sunday Satsanghs

Objective:

This weekly meditation series is brought to you by Heartfulness and *Be Infinite* 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. [Read more...](#)

Who is this program for?

If you are looking for a simple, practical way to learn to relax, meditate and discover the unlimited resources of the heart, this program is for you. Even if you have no previous experience with meditation you can still join and enjoy this program and the profound effects of Yogic Transmission.

This simple yet transformational practice is always offered for free to make it available for everyone. Through the network of thousands of global [HeartSpots](#) and one magnificent smartphone app, Heartfulness offers the world a daily practice that awakens our potential for simple and joyful existence.

Delivery method: Online

Duration: 60 Minutes

Timing: Sundays at 09:00 AM EST

Course fee: Free

Facilitated by: [Negin M. Khorasani](#)

Manilla Hall Old Time Fiddle Jam

Date and Time: Sunday, November 24 10:00 am

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

Tuesday, November 26, 2024

Mobile Food Market

Date and Time: Tuesday, November 26 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, November 26 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...>

Citizen Science: How Average People Can and Do Help Wildlife

Date and Time: Tuesday, November 26 7:00 pm - 8:30 pm

Address: Scugog Memorial Library, Port Perry, ON

September 26, 2024, Citizen Science: How Average People Can and Do Help Wildlife, presented by Geoff Carpentier @ 7:00 p.m. Scugog Memorial Library, Port Perry, ON

Every day each of us sees things of interest in nature, but seldom do we know what to do if we have questions or find something really interesting. We may not want to be scientists in the purest sense, but the very fact that we observe nature and do something with that information makes us Citizen Scientists. Others amongst us actively make observations and enter the data online for scientists and academia to use. Whichever category you fit into, come hear how you might already be a Citizen Scientist or more importantly how you can become a better one and how this will benefit all aspects of nature.

Geoff has studied wildlife his entire life, did his undergraduate work at the University of Guelph in Biological Sciences and spent a life time protecting nature in his various roles with Parks Canada and the Ontario Ministry of the Environment. Subsequent to his retirement, Geoff embarked on a new career as an international nature guide and has traveled the world (over 90 countries on all seven continents) pursuing knowledge and sharing his expertise.

Wednesday, November 27, 2024

Mobile Food Market

Date and Time: Wednesday, November 27 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, November 27 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!

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Delivery method: Online

Duration: 30 Minutes

Course fee: Free

Timing: Wednesdays at 12:00 PM EST

Session format: Small Group

Saturday, November 30, 2024

Nourish and Develop Holiday Market

Date and Time: Saturday, November 30 10:00 am - 2:00 pm

Address: 16 York Street, Cannington

The Holiday Market is BACK! 🎉

Our dining room will be filled with holiday magic on November 30 from 10 AM to 2 PM! 🎄🎁

This year, we'll be open earlier so you can grab a cozy drink ☕ and a snack before catching the Santa Claus parade! 🌨️🌟

Shop local vendors, warm up, and get festive until 2 PM. It's the perfect way to kick off the holiday season! 🎊

Bring your friends, family, and good cheer! Can't wait to see you there!

The Cannington Lions Santa Claus Parade

Date and Time: Saturday, November 30 11:00 am

Address: Cannington

11:00am Starting at the Rick MacLeish Memorial Community Centre, Cannington

Hockey Night In Port Perry

Date and Time: Saturday, November 30 6:00 pm - 9:00 pm

Address: 1655 Reach Street, Port Perry

Get ready for "Hockey Night in Port Perry" - an All-Star Charity Game in support of Oak Ridges Hospice!

We are thrilled to announce a new fundraising event, "Hockey Night in Port Perry", aimed at raising funds and awareness for the only residential hospice in Durham Region, Oak Ridges Hospice. This event promises to be a thrilling and memorable experience for players and fans alike!

Event Highlights:

- All-Star and Celebrity Hockey Game: Watch community members hit the ice with NHL Alumni, like Eric Lindros and Shayne Corson, as well as other professional hockey stars, like Hall-of-Famers, Geraldine Heaney and Angela James.
- Entertainment: From the opening ceremonies to the halftime festivities, and all the interactive elements in between - this is going to be so much more than a hockey game!
- Public Access: Enjoy an evening of on-ice action and entertainment with a minimal entry fee. General admission tickets are just \$35!
- VIP Reception: Get up close and personal with the players at our exclusive post-game reception, featuring a Q&A panel. VIP tickets are \$200.

This event will be held at the Scugog Community Arena at 1655 Reach Street, Port Perry.

For more information, go to:

<https://oakridgeshospice.akaraisin.com/ui/hockeynightinportperry>

<https://calendar.townshipofbrock.ca>