

Tuesday, October 1, 2024

Mobile Food Market

Date and Time: Tuesday, October 1 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, October 2, 2024

Mobile Food Market

Date and Time: Wednesday, October 2 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, October 2 11:00 am - 11:00 am

Address: 16 York Street, Cannington

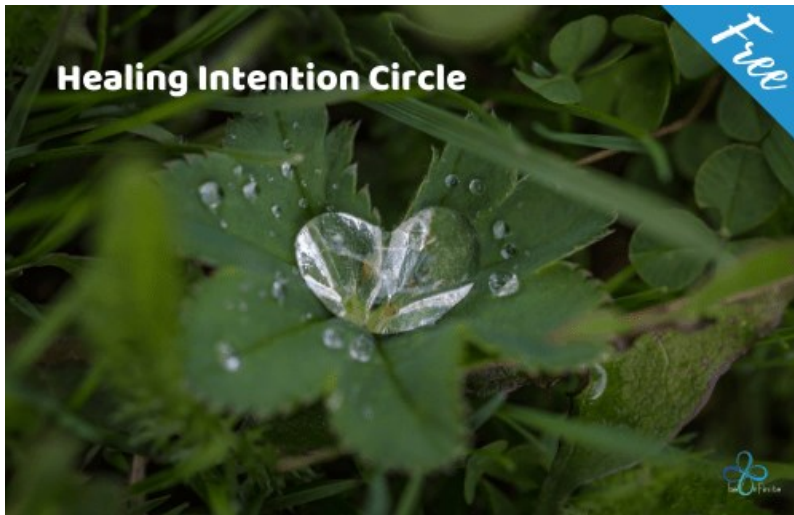
Join us for our community lunch! It's a wonderful opportunity to meet new people, socialize, and enjoy a delicious meal. Let's break bread together as a way of fostering community spirit while enjoying a nourishing and delicious meal. The menu varies each week. Check our FB page for more details each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

Healing Intention Circle

Date and Time: Wednesday, October 2 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

Learn to Skate with Beaverton Skating Club- Open House

Date and Time: Wednesday, October 2 5:00 pm - 9:00 pm

Address: Foster Hewitt Memorial Community Centre 176 Main Street, PO Box 783 Beaverton, On L0K1A0

Learn to Skate with Beaverton Skating Club. Fall Registration is now open for classes starting Oct 2, 2024.

We offer certified Skate Canada coached programming from Beginner to Advanced to Include: PreCan, CanSkate, Star Skate programs.

Choose various skate day options. Monday, Wednesday, Thursday, or Saturday's. Improve of basic skills, whether the focus be Figure skating, Hockey, Ringette, Speed, or for pleasure. We offer a safe friendly atmosphere and welcome all new skaters. Come visit us @ our Open House Oct 2- 5:00-9:00 pm

Sunday, October 6, 2024

Heartfulness Sunday Satsangh

Date and Time: Sunday, October 6 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

Monday, October 7, 2024

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

Date and Time: Monday, October 7 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.

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Benefits of Participating

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Effective Designs for Your Thanksgiving Table - Georgina-Brock Garden Club

Date and Time: Monday, October 7 7:30 pm

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

Ursula Eley demonstrates Easy and Effective Designs for Your Thanksgiving Table. One of Toronto's top Flora

Floral Designers and workshop facilitators will share her love of creating unique, one-of-a-kind designs. She will demonstrate three different ideas for adding colour and style to your holiday celebration. Silent Auction of mostly plants

[Georgina-Brock Facebook](#)

Georgina-Brock Garden Club - Easy & Effective Designs for your Thanksgiving Table

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

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

Georgina-Brock Garden Club - Ursula Eley demonstrates Easy and Effective Designs for Your Thanksgiving Table. One of Toronto's top Floral Designers and workshop facilitators, Ursula, will share her love of creating unique, one-of-a-kind designs by demonstrating three different ideas for adding colour and style to your holiday celebration. The three designs will be offered as door prizes. Also Silent Auction of mostly plants. Everyone welcome.

Tuesday, October 8, 2024

Mobile Food Market

Date and Time: Tuesday, October 8 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, October 9, 2024

Mobile Food Market

Date and Time: Wednesday, October 9 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, October 9 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, October 9 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 desi

red 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, October 9 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 prof

ound 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

Friday, October 11, 2024

Pie Sale

Date and Time: Friday, October 11 2:00 pm

Address: Manilla Community Hall

Various Pies for sale! Come and Visit

History Circle - Beaverton Thorah Eldon Historical Society

Date and Time: Friday, October 11 7:30 pm

Address: The Meeting Place - 284 Simcoe St Beaverton

Eldon Donald and Other Sad Stories

Sunday, October 13, 2024

Heartfulness Sunday Satsangh

Date and Time: Sunday, October 13 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.

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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, October 14, 2024

Sunderland Lions Community Theatre "High School Musical Jr"

Date and Time: Monday, October 14 12:00 am

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!

Tuesday, October 15, 2024

Mobile Food Market

Date and Time: Tuesday, October 15 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, October 16, 2024

Mobile Food Market

Date and Time: Wednesday, October 16 12:17 am

Address: various locations

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

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

Brock-Georgina Probus Club meeting

Date and Time: Wednesday, October 16 10:00 am

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

Community Lunch - The Nourish and Develop Foundation

Date and Time: Wednesday, October 16 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, October 16 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

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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

Thursday, October 17, 2024

North Durham Social Development Council Meeting

Date and Time: Thursday, October 17 11:00 am - 1:00 pm

Address: St. Paul's Anglican Church, Beaverton

Get insight about the Ontario Non-profit Network (ONN) 2024 State of the Sector Survey. Learn about the high-level findings, regional highlights (Durham), ways to mobilize/advocate collectively. Network with service providers and community members and enjoy lunch together.

Friday, October 18, 2024

Cannington Haunted Attraction

Date and Time: Friday, October 18 6:30 pm - 9:30 pm

Address: MacLeod Park, Cannington

You don't want to miss the Cannington Haunted Attraction this Halloween season.

THREE scare attractions featuring two outdoor wooded trails and an indoor barn maze, all transformed into immersive horror-themed environments with live scare actors. Side attractions include a mini-escape room, food and craft vendors, and a decorated museum. If you are looking for a fun, frightening haunt experience this Halloween, you've found it! \$20 each, online only www.canningtonhaunt.com/

Cannington Haunted Attraction

Date and Time: Friday, October 18 6:30 pm - 9:30 pm

Address: MacLeod Park, 91 Elliot Street, Cannington

You don't want to miss the Cannington Haunted Attraction this Halloween season!

THREE scare attractions featuring two outdoor wooded trails and an indoor barn maze, all transformed into immersive horror-themed environments with live scare actors. Side attractions include a mini-escape room, axe throwing, food and craft vendors, and a decorated museum. If you are looking for a fun, frightening haunt experience this Halloween, you've found it!

Ages 8+. Free parking on site.

Saturday, October 19, 2024

Cannington Haunted Attraction

Date and Time: Saturday, October 19 6:30 am - 9:30 pm

Address: MacLeod Park, Cannington

You don't want to miss the Cannington Haunted Attraction this Halloween season.

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Bottle Drive in support of the Sunderland Santa Claus Parade

Date and Time: Saturday, October 19 8:30 am - 12:30 pm

Address: Sunderland Arena Parking Lot

Come by and donate your empties to support the Sunderland Santa Claus Parade. To arrange a bottle pick up call Joan Down 705-357-3852 or

416-587-3852

National Film Board Day- Beaverton Town Hall Players

Date and Time: Saturday, October 19 10:00 am - 7:00 pm

Address: Beaverton Town Hall

Free event hosted by BTHP, come out and enjoy a bag of popcorn while watching movies from the National Film Board. www.bthp.ca

Cannington Haunted Attraction

Date and Time: Saturday, October 19 6:30 pm - 9:30 pm

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Ages 8+. Free parking on site.

Sunday, October 20, 2024

Heartfulness Sunday Satsangh

Date and Time: Sunday, October 20 9:00 am - 10:00 am

Address: Online

Sunday Satsanghs

Objective:

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Delivery method: Online

Duration: 60 Minutes

Timing: Sundays at 09:00 AM EST

Course fee: Free

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

Session format: Group

Commonwealth War Graves - Cannington & Area Historical Society

Date and Time: Sunday, October 20 2:00 pm

Address: 21 Laidlaw Street

View the Headstones of Brock Veterans

Monday, October 21, 2024

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

Date and Time: Monday, October 21 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:

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"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.

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Tuesday, October 22, 2024

Mobile Food Market

Date and Time: Tuesday, October 22 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, October 22 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...>

Mobile Food Market

Date and Time: Wednesday, October 23 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

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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, October 23 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, October 24, 2024

Designing Great Plant Combinations for all Seasons - Beaverton Horticultural Society

Date and Time: Thursday, October 24 7:30 pm

Address: St. Paul's Anglican Church, Beaverton

Evelyn Wolf, Gardening Consultant, owner of Garden Possibilities will present a working formula for creating a perennial garden planting that wows. www.beavertonhorticultural.com

Friday, October 25, 2024

Cannington Haunted Attraction

Date and Time: Friday, October 25 6:30 pm - 9:30 pm

Address: MacLeod Park, Cannington

You don't want to miss the Cannington Haunted Attraction this Halloween season.

THREE scare attractions featuring two outdoor wooded trails and an indoor barn maze, all transformed into immersive horror-themed environments with live scare actors. Side attractions include a mini-escape room, food and craft vendors, and a decorated museum. If you are looking for a fun, frightening haunt experience this Halloween, you've found it! \$20 each, online only www.canningtonhaunt.com/

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Ages 8+. Free parking on site.

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

Date and Time: Friday, October 25 7:30 pm

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

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. The latter part of the presentation highlights specific plants and trees to use for winter interest. Also Photography Competition. [Georgina-Brock Facebook](#)

Saturday, October 26, 2024

Halloween Children's Party

Date and Time: Saturday, October 26 10:30 am - 12:00 pm

Address: Manilla Community Hall

Come and enjoy a kids Halloween party at the Manilla Hall

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Sunday, October 27, 2024

Heartfulness Sunday Satsangh

Date and Time: Sunday, October 27 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

Monday, October 28, 2024

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

Date and Time: Monday, October 28 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.

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Tuesday, October 29, 2024

Mobile Food Market

Date and Time: Tuesday, October 29 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, October 30, 2024

Mobile Food Market

Date and Time: Wednesday, October 30 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, October 30 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, October 30 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.”

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Delivery method: Online

Duration: 30 Minutes

Course fee: Free

Timing: Wednesdays at 12:00 PM EST

Session format: Small Group

Thursday, October 31, 2024

Kids Halloween Party

Date and Time: Thursday, October 31 5:00 pm - 8:00 pm

Address: Wilfrid Community Hall

Children and parents are welcome to stop off at Wilfrid Hall to warm up during their walk through the streets of Wilfrid. Candies, chips and hot chocolate! Please join us.

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

<https://calendar.townshipofbrock.ca>