# Tuesday, July 1, 2025

### Canada Day In The Glen

Date and Time: Tuesday, July 1 8:00 am - 4:00 pm

Address: Downtown Glen Williams

Category: Festivals and Events

Since 1976, Canada Day in the Glen has been a cherished tradition, bringing the community together for a parad e, picnic, and day of festivities in Glen Williams. Originally started to celebrate the reopening of the Town Hall, the event has grown into an annual gathering that welcomes residents, families, and visitors from across Halton Hills. Running from 8:00 AM to 4:00 PM, the celebration features floats, live entertainment, local vendors, and family-friendly activities, made possible by the dedication of nearly 100 volunteers each year. Due to road clo sures along the parade route, parking in Glen Williams is limited, shuttle buses will run from 9:00 AM to 4:00 PM from the Real Canadian SuperStore in Georgetown to help guests reach the event.

### Wednesday, July 2, 2025

### "Mindful Wednesday" Meditation class

Date and Time: Wednesday, July 2 7:00 pm - 7:30 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

#### What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on't be nervous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Newcomers are welcome. We're looking forward to meeting you.

# Thursday, July 3, 2025

### 2025 weekly Acton Outdoor Market

Date and Time: Thursday, July 3 4:00 pm - 7:00 pm

Address: 30 Park Avenue, Acton Ontario L7J 1Y5

Category: Festivals and Events

The 2025 weekly Acton Outdoor Market runs every Thursday from June 5th to September 11th at beautiful Prospect Park in Downtown Acton Ontario.

Each week from 4:00pm to 7:00pm you will find a great assortment of local fram fresh produce, baking, qualit y meats and foodstuffs, VQA Wines, Craft Beverages, artisans and craftspeople. Local musicians provide the liv ely entertainment while you stroll in the shade of the trees along the market pathway.

Prospect Park also offers a playground, splash pad, tennis courts, fishing and a boat launch to enjoy. Local basb all teams play at the ball diamonds for all to come out and cheer on. Stop by one of the local Downtown Acton restaurants, pick up a take out dinner and come enjoy the Outdoor Market and the park.

There will also be a special event **Thanksgiving Market** on Thursday October 9th, 3:30pm - 7:00 pm on Willo w Street North in Downtown Acton to provide a change to get all of your fresh foods Thanksgiving needs.

The weekly Acton Outdoor Market is just another great reason why *It's Worth the Drive!* 

# Saturday, July 5, 2025

### **Georgetown Farmers Market**

Date and Time: Saturday, July 5 8:00 am - 12:30 pm

Address: Main Street South, Downtown Georgetown

Category: Festivals and Events

Since 1993, the Georgetown Farmers Market has been the premier location for fresh, juicy fruits & berries and field-ripened tomatoes & veggies picked in the morning and served at your dinner table that night! Along with t he incredible, vast selection of farm-fresh, never-refrigerated, from the fields of Ontario produce, remember all the unique and delicious extras the Farmers' Market offers: honeys, syrups and jams; deli & cured meats; hand-made botanical soaps and lotions; regional artisans and talented crafters; flowers and plants; buskers; ...and mo re... something to suit everyone! This event occurs rain or shine.

## **Sunday, July 6, 2025**

#### "Noble Silence" Meditation Class

Date and Time: Sunday, July 6 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

Practicing meditation helps calm the mind, reduce stress, and bring awareness to the present moment. Even a fe w minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation n urtures a deeper connection with oneself and promotes a sense of balance in daily life.

Cost: Free

This meditation class is the perfect way to learn how and why to meditate in the way the Buddha taught. This class is free and open to the public. No need to register.

#### We will cover:

- Meditation posture
- Why we meditate
- The problems that happen in our meditation and how to overcome them
- Breathing meditation
- Loving-kindness meditation
- Meditation on the nature of the body
- Meditation on the parts of the body and the elements
- Walking meditation

The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. Don't be nerv ous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

# **Monday, July 7, 2025**

## **Halton Hills Summer Discovery Pass Program Begins**

Date and Time: Monday, July 7 8:00 am

Category: Program Registration

Make this a summer your family won't forget! The Halton Hills Summer Discovery Pass is packed with advent ure, from local shops and restaurants to outdoor fun. Running from July 7 to August 24, get your free mobile p ass to unlock special offers, and collect points towards grand prize draws, all while shopping, dining, and discovering local.

Get your pass: visithaltonhills.ca/discoverypass

### **Nature Discovery Camps for Kids**

Date and Time: Monday, July 7 9:00 am - 5:00 pm

Address: Willow Park Ecology Centre Guelph St Norval, Ontario L0P 1K0

Category: Program Registration

Our unique nature camps inspire children ages 4–11 to explore the wonders of the natural world through fun, h ands-on activities that spark curiosity, creativity, and a love for the environment. A wonderful enrichment program for children to spend days outdoors playfully learning.

Campers learn about, experience and care for local nature by exploring themes like sustainability, forest (and ravine) ecology and biodiversity. They learn how nature works while having fun making friends and doing hands-on activities (e.g. gardening, nature science and hikes, crafts, games, music and literacy).

#### Full & Half Day Options Ages 4-11

#### **Full-Day Camps**

9:00 AM – 5:00 PM (Monday–Friday) \$278.25 (tax incl.)/week (5% sibling discount) \$57.50 / single day \$50 early drop-off/late pick-up (8:30–5:30PM)

#### **Half-Day Camps**

Morning: 9:00 AM – 1:00 PM Afternoon: 1:00 PM – 5:00 PM \$157.50 (tax incl.)/week

Single Half-Day: \$31.50 / visit

July 7-11 Week One, What Fun!

July 14-18 Week Two Water's Blue

July 21-25 Week Three Friendly Tree

August 11-15 Week Four, Let's do More

**August 18-22 Week Five, Animal Jive** 

**August 25-29 Week Six Nature Fix** 

Register Online, here!

https://willow-park-ecology-centre.square.site/#

### **Nature Discovery Camps for Kids**

Date and Time: Monday, July 7 9:00 am - 5:00 pm

Address: Willow Park Ecology Centre Guelph St Norval, Ontario LOP 1K0

Category: Program Registration

Our unique nature camps inspire children ages 4–11 to explore the wonders of the natural world through fun, h ands-on activities that spark curiosity, creativity, and a love for the environment. A wonderful enrichment progr

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August 18-22 Week Five, Animal Jive

August 25-29 Week Six Nature Fix

Register Online, here!

https://willow-park-ecology-centre.square.site/#

# Wednesday, July 9, 2025

### "Mindful Wednesday" Meditation class

Date and Time: Wednesday, July 9 7:00 pm - 7:30 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

#### What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on't be nervous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Newcomers are welcome. We're looking forward to meeting you.

### **Thursday, July 10, 2025**

### 2025 weekly Acton Outdoor Market

Date and Time: Thursday, July 10 4:00 pm - 7:00 pm

Address: 30 Park Avenue, Acton Ontario L7J 1Y5

Category: Festivals and Events

The 2025 weekly Acton Outdoor Market runs every Thursday from June 5th to September 11th at beautiful Prospect Park in Downtown Acton Ontario.

Each week from 4:00pm to 7:00pm you will find a great assortment of local fram fresh produce, baking, qualit y meats and foodstuffs, VQA Wines, Craft Beverages, artisans and craftspeople. Local musicians provide the liv ely entertainment while you stroll in the shade of the trees along the market pathway.

Prospect Park also offers a playground, splash pad, tennis courts, fishing and a boat launch to enjoy. Local basb all teams play at the ball diamonds for all to come out and cheer on. Stop by one of the local Downtown Acton restaurants, pick up a take out dinner and come enjoy the Outdoor Market and the park.

There will also be a special event **Thanksgiving Market** on Thursday October 9th, 3:30pm - 7:00 pm on Willo w Street North in Downtown Acton to provide a change to get all of your fresh foods Thanksgiving needs.

The weekly Acton Outdoor Market is just another great reason why It's Worth the Drive!

### Friday, July 11, 2025

#### **Downtown Palooza**

Date and Time: Friday, July 11 5:00 pm - 10:00 pm

Address: Downtown Georgetown

Category: Festivals and Events

Join us for the highly anticipated Downtown Palooza! returning to the heart of Downtown Georgetown on Frid ay, July 11th, 2025 | 5pm to 10pm. This exciting street festival draws over 5,000 attendees each year for a night filled with fun, food, shopping, and entertainment. Downtown Palooza is a summer event you won't want to m iss!

# Saturday, July 12, 2025

### **Georgetown Farmers Market**

Date and Time: Saturday, July 12 8:00 am - 12:30 pm

Address: Main Street South, Downtown Georgetown

Category: Festivals and Events

Since 1993, the Georgetown Farmers Market has been the premier location for fresh, juicy fruits & berries and field-ripened tomatoes & veggies picked in the morning and served at your dinner table that night! Along with t he incredible, vast selection of farm-fresh, never-refrigerated, from the fields of Ontario produce, remember all the unique and delicious extras the Farmers' Market offers: honeys, syrups and jams; deli & cured meats; handmade botanical soaps and lotions; regional artisans and talented crafters; flowers and plants; buskers; ...and mo re... something to suit everyone! This event occurs rain or shine.

# **Sunday, July 13, 2025**

### **Yoga under Trees**

Date and Time: Sunday, July 13 2:00 pm - 3:00 pm

Address: Willow Park Ecology Centre Guelph St Norval, Ontario L0P 1K0

Category: Recreation and Active Living

**YOGA–among-Trees** Every other Sunday from 2:00-3:00 pm June 22nd to August 31st, 2025. Registration of a sliding scale \$5 or \$10 to sign up and support the program, you decide!

Yoga Instructor Maha Kali Jaya and facilitator Tunde Otto want to help people connect to the healing power of breath and mindfulness movement and nature.

Meet us at the pavilion.

Access and parking off Mary St, Norval.

Join us!

#### "Noble Silence" Meditation Class

Date and Time: Sunday, July 13 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

Practicing meditation helps calm the mind, reduce stress, and bring awareness to the present moment. Even a fe w minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation n urtures a deeper connection with oneself and promotes a sense of balance in daily life.

Cost: Free

This meditation class is the perfect way to learn how and why to meditate in the way the Buddha taught. This class is free and open to the public. No need to register.

#### We will cover:

- Meditation posture
- Why we meditate
- The problems that happen in our meditation and how to overcome them
- Breathing meditation
- Loving-kindness meditation
- Meditation on the nature of the body
- Meditation on the parts of the body and the elements
- Walking meditation

The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. Don't be nerv ous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

# **Monday, July 14, 2025**

### **Nature Discovery Camps for Kids**

Date and Time: Monday, July 14 9:00 am - 5:00 pm

Address: Willow Park Ecology Centre Guelph St Norval, Ontario L0P 1K0

Category: Program Registration

Our unique nature camps inspire children ages 4–11 to explore the wonders of the natural world through fun, h ands-on activities that spark curiosity, creativity, and a love for the environment. A wonderful enrichment program for children to spend days outdoors playfully learning.

Campers learn about, experience and care for local nature by exploring themes like sustainability, forest (and ravine) ecology and biodiversity. They learn how nature works while having fun making friends and doing hands-on activities (e.g. gardening, nature science and hikes, crafts, games, music and literacy).

#### **Full & Half Day Options Ages 4-11**

#### **Full-Day Camps**

9:00 AM – 5:00 PM (Monday–Friday) \$278.25 (tax incl.)/week (5% sibling discount) \$57.50 / single day \$50 early drop-off/late pick-up (8:30–5:30PM)

#### **Half-Day Camps**

Morning: 9:00 AM – 1:00 PM Afternoon: 1:00 PM – 5:00 PM

\$157.50 (tax incl.)/week

Single Half-Day: \$31.50 / visit

July 7-11 Week One, What Fun!

July 14-18 Week Two Water's Blue

**July 21-25 Week Three Friendly Tree** 

August 11-15 Week Four, Let's do More

August 18-22 Week Five, Animal Jive

August 25-29 Week Six Nature Fix

Register Online, here!

https://willow-park-ecology-centre.square.site/#

# Wednesday, July 16, 2025

### "Mindful Wednesday" Meditation class

Date and Time: Wednesday, July 16 7:00 pm - 7:30 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

#### What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on't be nervous if you've never been to a monastery or meditation class before. The atmosphere at our activitie

s is peaceful, welcoming and very friendly.

Newcomers are welcome. We're looking forward to meeting you.

# Thursday, July 17, 2025

### 2025 weekly Acton Outdoor Market

Date and Time: Thursday, July 17 4:00 pm - 7:00 pm

Address: 30 Park Avenue, Acton Ontario L7J 1Y5

Category: Festivals and Events

# The 2025 weekly Acton Outdoor Market runs every Thursday from June 5th to September 11th at beautiful Prospect Park in Downtown Acton Ontario.

Each week from 4:00pm to 7:00pm you will find a great assortment of local fram fresh produce, baking, qualit y meats and foodstuffs, VQA Wines, Craft Beverages, artisans and craftspeople. Local musicians provide the liv ely entertainment while you stroll in the shade of the trees along the market pathway.

Prospect Park also offers a playground, splash pad, tennis courts, fishing and a boat launch to enjoy. Local basb all teams play at the ball diamonds for all to come out and cheer on. Stop by one of the local Downtown Acton restaurants, pick up a take out dinner and come enjoy the Outdoor Market and the park.

There will also be a special event **Thanksgiving Market** on Thursday October 9th, 3:30pm - 7:00 pm on Willo w Street North in Downtown Acton to provide a change to get all of your fresh foods Thanksgiving needs.

The weekly Acton Outdoor Market is just another great reason why *It's Worth the Drive!* 

# Saturday, July 19, 2025

### **Georgetown Farmers Market**

Date and Time: Saturday, July 19 8:00 am - 12:30 pm

Address: Main Street South, Downtown Georgetown

Category: Festivals and Events

Since 1993, the Georgetown Farmers Market has been the premier location for fresh, juicy fruits & berries and field-ripened tomatoes & veggies picked in the morning and served at your dinner table that night! Along with t he incredible, vast selection of farm-fresh, never-refrigerated, from the fields of Ontario produce, remember all the unique and delicious extras the Farmers' Market offers: honeys, syrups and jams; deli & cured meats; hand-made botanical soaps and lotions; regional artisans and talented crafters; flowers and plants; buskers; ...and mo re... something to suit everyone! This event occurs rain or shine.

#### Music in The Garden. 'That Band' at Dominion Gardens Park

Date and Time: Sunday, July 20 3:00 pm - 5:00 pm

Address: Dominion Gardens Park, 135 Maple Ave/Guelph St (#7). Beside Christ The King Catholic High Scho

ol

Category: Entertainment

Everyone Welcome! Join us for a lovely afternoon of "Music In The Garden" at Dominion Gardens Park Gazeb o, The Old Seed House Garden. 'That Band' (Jazz, Swing, Anything!), will be performing on Sun July 20, 2025. 3-5pm. 135 Maple Ave/Guelph St (#7). Adjacent to Christ The King Catholic High School. Bring your friends and family, a chair, blanket, maybe even a picnic and enjoy the outdoors while connecting music to nature.

#### "Noble Silence" Meditation Class

Date and Time: Sunday, July 20 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

Practicing meditation helps calm the mind, reduce stress, and bring awareness to the present moment. Even a fe w minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation n urtures a deeper connection with oneself and promotes a sense of balance in daily life.

Cost: Free

This meditation class is the perfect way to learn how and why to meditate in the way the Buddha taught. This class is free and open to the public. No need to register.

#### We will cover:

- Meditation posture
- Why we meditate
- The problems that happen in our meditation and how to overcome them
- Breathing meditation
- Loving-kindness meditation
- Meditation on the nature of the body
- Meditation on the parts of the body and the elements
- Walking meditation

The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. Don't be nerv ous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Date and Time: Sunday, July 20 7:00 pm - 9:00 pm

Address: 1 Mill Street East Acton, Ontario L7J 1G8

Category: Arts and Culture

Join Scott Brooks, of Vintage Acton, as he takes you on a historical walking tour, covering points of interest su ch as businesses and buildings, in Downtown Acton. Time & Place: 7:00 P.M. with tour starting at the Mill-Ma in Parkette, 1 Mill Street East. Admission is by donation, everyone welcome to attend. (Rain Date: Sunday, July 27th).

# **Monday, July 21, 2025**

### **Nature Discovery Camps for Kids**

Date and Time: Monday, July 21 9:00 am - 5:00 pm

Address: Willow Park Ecology Centre Guelph St Norval, Ontario L0P 1K0

Category: Program Registration

Our unique nature camps inspire children ages 4–11 to explore the wonders of the natural world through fun, h ands-on activities that spark curiosity, creativity, and a love for the environment. A wonderful enrichment program for children to spend days outdoors playfully learning.

Campers learn about, experience and care for local nature by exploring themes like sustainability, forest (and ravine) ecology and biodiversity. They learn how nature works while having fun making friends and doing hands-on activities (e.g. gardening, nature science and hikes, crafts, games, music and literacy).

### **Full & Half Day Options Ages 4-11**

#### **Full-Day Camps**

9:00 AM – 5:00 PM (Monday–Friday) \$278.25 (tax incl.)/week (5% sibling discount) \$57.50 / single day \$50 early drop-off/late pick-up (8:30–5:30PM)

#### **Half-Day Camps**

Morning: 9:00 AM – 1:00 PM Afternoon: 1:00 PM – 5:00 PM

\$157.50 (tax incl.)/week

Single Half-Day: \$31.50 / visit

# July 7-11 Week One, What Fun! July 14-18 Week Two Water's Blue

July 21-25 <u>Week Three Friendly Tree</u> August 11-15 <u>Week Four, Let's do More</u> August 18-22 <u>Week Five, Animal Jive</u> August 25-29 Week Six Nature Fix

Register Online, here!

https://willow-park-ecology-centre.square.site/#

# Wednesday, July 23, 2025

### "Mindful Wednesday" Meditation class

Date and Time: Wednesday, July 23 7:00 pm - 7:30 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

#### What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on't be nervous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Newcomers are welcome. We're looking forward to meeting you.

# Thursday, July 24, 2025

### 2025 weekly Acton Outdoor Market

Date and Time: Thursday, July 24 4:00 pm - 7:00 pm

Address: 30 Park Avenue, Acton Ontario L7J 1Y5

Category: Festivals and Events

The 2025 weekly Acton Outdoor Market runs every Thursday from June 5th to September 11th at beautiful Prospect Park in Downtown Acton Ontario.

Each week from 4:00pm to 7:00pm you will find a great assortment of local fram fresh produce, baking, qualit y meats and foodstuffs, VQA Wines, Craft Beverages, artisans and craftspeople. Local musicians provide the liv ely entertainment while you stroll in the shade of the trees along the market pathway.

Prospect Park also offers a playground, splash pad, tennis courts, fishing and a boat launch to enjoy. Local basb all teams play at the ball diamonds for all to come out and cheer on. Stop by one of the local Downtown Acton restaurants, pick up a take out dinner and come enjoy the Outdoor Market and the park.

There will also be a special event **Thanksgiving Market** on Thursday October 9th, 3:30pm - 7:00 pm on Willo w Street North in Downtown Acton to provide a change to get all of your fresh foods Thanksgiving needs.

The weekly Acton Outdoor Market is just another great reason why It's Worth the Drive!

# Saturday, July 26, 2025

### **Georgetown Farmers Market**

Date and Time: Saturday, July 26 8:00 am - 12:30 pm

Address: Main Street South, Downtown Georgetown

Category: Festivals and Events

Since 1993, the Georgetown Farmers Market has been the premier location for fresh, juicy fruits & berries and field-ripened tomatoes & veggies picked in the morning and served at your dinner table that night! Along with t he incredible, vast selection of farm-fresh, never-refrigerated, from the fields of Ontario produce, remember all the unique and delicious extras the Farmers' Market offers: honeys, syrups and jams; deli & cured meats; hand-made botanical soaps and lotions; regional artisans and talented crafters; flowers and plants; buskers; ...and mo re... something to suit everyone! This event occurs rain or shine.

### **Sunday, July 27, 2025**

### Yoga under Trees

Date and Time: Sunday, July 27 2:00 pm - 3:00 pm

Address: Willow Park Ecology Centre Guelph St Norval, Ontario L0P 1K0

Category: Recreation and Active Living

**YOGA–among-Trees** Every other Sunday from 2:00-3:00 pm June 22nd to August 31st, 2025. Registration of a sliding scale \$5 or \$10 to sign up and support the program, you decide!

Yoga Instructor Maha Kali Jaya and facilitator Tunde Otto want to help people connect to the healing power of breath and mindfulness movement and nature.

Meet us at the pavilion.

Access and parking off Mary St, Norval.

#### "Noble Silence" Meditation Class

Date and Time: Sunday, July 27 6:00 pm - 7:00 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

Practicing meditation helps calm the mind, reduce stress, and bring awareness to the present moment. Even a fe w minutes each day can improve focus, emotional well-being, and inner peace. Over time, regular meditation n urtures a deeper connection with oneself and promotes a sense of balance in daily life.

Cost: Free

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- Meditation posture
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- Meditation on the nature of the body
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- Walking meditation

The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. Don't be nerv ous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

### Wednesday, July 30, 2025

### "Mindful Wednesday" Meditation class

Date and Time: Wednesday, July 30 7:00 pm - 7:30 pm

Address: 148 Main Street South, Acton, ON L7J 1X9

Category: Festivals and Events

This is a guided and silence meditation class for you to experience peace in your mind and get rid from anxiety.

Cost: Free

This meditation event is catered to those who like to develope mindfulness. Thereby reduce work stress and develope a peaceful mind.

#### What to Expect:

We will practice Loveing-kindness meditation and Brething meditation by utilizing origional Buddhist texts and techniques. The class is a mix of instructions and guided meditations. We have plenty of chairs and cushions. D on't be nervous if you've never been to a monastery or meditation class before. The atmosphere at our activities is peaceful, welcoming and very friendly.

Newcomers are welcome. We're looking forward to meeting you.

# Thursday, July 31, 2025

### 2025 weekly Acton Outdoor Market

Date and Time: Thursday, July 31 4:00 pm - 7:00 pm

Address: 30 Park Avenue, Acton Ontario L7J 1Y5

Category: Festivals and Events

The 2025 weekly Acton Outdoor Market runs every Thursday from June 5th to September 11th at beautiful Prospect Park in Downtown Acton Ontario.

Each week from 4:00pm to 7:00pm you will find a great assortment of local fram fresh produce, baking, qualit y meats and foodstuffs, VQA Wines, Craft Beverages, artisans and craftspeople. Local musicians provide the liv ely entertainment while you stroll in the shade of the trees along the market pathway.

Prospect Park also offers a playground, splash pad, tennis courts, fishing and a boat launch to enjoy. Local basb all teams play at the ball diamonds for all to come out and cheer on. Stop by one of the local Downtown Acton restaurants, pick up a take out dinner and come enjoy the Outdoor Market and the park.

There will also be a special event **Thanksgiving Market** on Thursday October 9th, 3:30pm - 7:00 pm on Willo w Street North in Downtown Acton to provide a change to get all of your fresh foods Thanksgiving needs.

The weekly Acton Outdoor Market is just another great reason why It's Worth the Drive!

https://calendar.visithaltonhills.ca