

## Wednesday, October 1, 2025

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### Toddlers and Waddlers

Date and Time: Wednesday, October 1 10:30 am - 11:30 am

Address: 31 Queen Street, port hope

Join us at the Mary J. Benson Branch for stories, singing & interactive play designed for children under 6. All children are welcome!

### Ukrainian Meet Up

Date and Time: Wednesday, October 1 5:30 pm - 7:30 pm

Address: 31 Queen St., Port Hope

The 1st Wednesday of each month we welcome Ukrainian families at the Mary J. Benson Branch to connect, socialize, and practice Ukrainian in a casual, welcoming environment.

Enjoy chess, board games, and more.

## Thursday, October 2, 2025

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### Teen Trivia

Date and Time: Thursday, October 2 6:30 pm - 7:30 pm

Address: 31 Queen St., Port Hope

Bring your friends or meet some new ones at the Mary J. Benson Branch, test your knowledge and have a fun night out!

Audience: Teens

## Friday, October 3, 2025

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### The Great Canadian LLLatch-On

Date and Time: Friday, October 3 10:30 am - 12:00 pm

Address: 31 Queen St., Port Hope

Join the La Leche League at the Port Hope Public Library, Mary J. Benson Branch and be a part of the Great Canadian LLLatch-On! Celebrate the power of breastfeeding in community. Connect with other parents, caregivers and supporters. There will be prizes and giveaways too!

## **Saturday, October 4, 2025**

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### **Cornerstone's 18th Annual Walk A Mile**

Date and Time: Saturday, October 4 9:30 am - 1:00 pm

Address: 107 King St W, Cobourg ON K9A 2M4

Join us on Saturday, October 4th at the Downtown Cobourg Harvest Festival for Cornerstone's Walk A Mile.

Breakfast, coffee, and registration will begin at 9:30am outside of the Cobourg Police Station.

The walk will begin at 11:00am through the Harvest Festival.

This is a family friendly event and all shoes are welcome, we encourage everyone to participate and show their support; bring your friends, family, and pets!

There is a minimum participation fee of \$20.00 for adults and \$10.00 for youth 18 and under.

Register today on Cornerstone's website <https://cornerstonenorthumberland.ca/walkamile/>

Can't join in person? You can still show your support or donate to a participant here: [justgiving.com/campaign/cornerstonewalkamile2025](https://justgiving.com/campaign/cornerstonewalkamile2025)

### **59th Port Hope House Tour**

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

Address: N/A

Tickets are \$45 each, including HST. Tickets to go on sale July 21, 2025 in stores around Town and at [www.porthopehousetour.com](http://www.porthopehousetour.com)

### **Tell Your Story Writing Workshop with Ed Greenwood**

Date and Time: Saturday, October 4 11:00 am - 3:00 pm

Address: 31 Queen St., Port Hope

Are you currently writing or want to begin writing your story? Accomplished author Ed Greenwood will guide you through the writing process in this workshop at the Mary J. Benson Branch.

There is limited space so please pre-register by emailing [registrations@phpl.ca](mailto:registrations@phpl.ca)

Audience: Adults

## OPG Sponsored Swim

Date and Time: Saturday, October 4 2:15 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, ON L1A4B3

Join Ontario Power Generation for family fun! On Saturday, October 4th enjoy a FREE public swim between 2:15- 4:30 pm at the Jack Burger Sports Complex. Plus, meet with OPG team members to discuss the potential for new nuclear generation at the Wesleyville site.

## Monday, October 6, 2025

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### Baby Time at PHPL!

Date and Time: Monday, October 6 10:30 am - 11:30 am

Address: 31 Queen Street, Port Hope

Drop in to the Mary J. Benson Branch for a special baby time program of songs, stories & bubbles for babies ages 1 and under!

### Unfinished Stitchery

Date and Time: Monday, October 6 2:00 pm - 3:30 pm

Address: 31 Queen St. Port Hope

Join us in the program room at the Mary J. Benson branch for an afternoon of sharing and laughter.

Whatever it is you have on the go whether it be knitting, crochet, weaving, cross stitch or sewing we would love to have you join us.

### Port Hope Public Library Board

Date and Time: Monday, October 6 4:30 pm - 6:00 pm

## Tuesday, October 7, 2025

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### Living a Healthy Life with Chronic Conditions

Date and Time: Tuesday, October 7 9:00 am - 11:30 am

Address: Online

Do you live with challenges and complications as a result of a chronic health condition?

Join us for an online interactive 6 week workshop designed to help you take back your life and feel better.

Our small group workshop is supportive in helping you reach your health goals.

Workshop will be delivered using Zoom platform and requires use of a microphone and camera to participate.

Pre-registration is required.

This workshop is funded by the Self-Management Program Central East and is FREE to participants. Participants will also receive a FREE Living a Healthy Life With Chronic Conditions text book.

Call 1-866-971-5545 or follow the link for more information and to register.

## Homeschool Group

Date and Time: Tuesday, October 7 1:00 pm - 2:00 pm

Address: 31 Queen St., Port Hope

Our Port Hope Public Library homeschool group meets once a month on the first Tuesday all year (except for July and August).

Everyone in the Northumberland area is welcome to attend

We offer a range of opportunities for homeschool families to gather and learn in our community.

This month we are visiting the Port Hope Wastewater Treatment Plant for a tour of the facility.

If you would like to join us on this tour please register at [registrations@phpl.ca](mailto:registrations@phpl.ca)

## Techno Buddies

Date and Time: Tuesday, October 7 4:15 pm - 5:15 pm

Address: 31 Queen St., Port Hope

Trinity College School students will be at the Mary J. Benson Branch to help answer your questions. Bring your laptop, tablet or cell phone and get help with any technical issues you have. Have them help sign you up for something or troubleshoot an issue.

This is a drop-in program and first come, first served.

## Committee of the Whole Meeting

Date and Time: Tuesday, October 7 6:30 pm - 8:00 pm

## Wednesday, October 8, 2025

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### Toddlers and Waddlers

Date and Time: Wednesday, October 8 10:30 am - 11:30 am

Address: 31 Queen Street, port hope

Join us at the Mary J. Benson Branch for stories, singing & interactive play designed for children under 6. All children are welcome!

## Thursday, October 9, 2025

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### Mental Health Matters-Gratitude Workshop

Date and Time: Thursday, October 9 2:00 pm - 3:00 pm

Address: 31 Queen St., Port Hope

In partnership with Northumberland Hills Hospital, join us at the Mary J. Benson Branch for a Gratitude Workshop where we will explore the impact gratitude has on our mental health.

### Accessibility Advisory Committee

Date and Time: Thursday, October 9 5:00 pm - 6:30 pm

### Teen Trivia

Date and Time: Thursday, October 9 6:30 pm - 7:30 pm

Address: 31 Queen St., Port Hope

Bring your friends or meet some new ones at the Mary J. Benson Branch, test your knowledge and have a fun night out!

Audience: Teens

## Monday, October 13, 2025

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## **Baby Time at PHPL!**

Date and Time: Monday, October 13 10:30 am - 11:30 am

Address: 31 Queen Street, Port Hope

Drop in to the Mary J. Benson Branch for a special baby time program of songs, stories & bubbles for babies ages 1 and under!

## **Tuesday, October 14, 2025**

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### **Living a Healthy Life with Chronic Conditions**

Date and Time: Tuesday, October 14 9:00 am - 11:30 am

Address: Online

Do you live with challenges and complications as a result of a chronic health condition?

Join us for an online interactive 6 week workshop designed to help you take back your life and feel better.

Our small group workshop is supportive in helping you reach your health goals.

Workshop will be delivered using Zoom platform and requires use of a microphone and camera to participate.

Pre-registration is required.

This workshop is funded by the Self-Management Program Central East and is FREE to participants. Participants will also receive a FREE Living a Healthy Life With Chronic Conditions text book.

Call 1-866-971-5545 or follow the link for more information and to register.

### **Techno Buddies**

Date and Time: Tuesday, October 14 4:15 pm - 5:15 pm

Address: 31 Queen St., Port Hope

Trinity College School students will be at the Mary J. Benson Branch to help answer your questions. Bring your laptop, tablet or cell phone and get help with any technical issues you have. Have them help sign you up for something or troubleshoot an issue.

This is a drop-in program and first come, first served.

## **Wednesday, October 15, 2025**

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## Water and Wastewater Bill Due Date

Date and Time: Wednesday, October 15 12:00 am

Address: 56 Queen St, Port Hope

Water and Wastewater Bill Payments are due today - Did you know that you can now view, track and pay your water and wastewater bills online with our Virtual Town Hall portal? Visit [porthope.ca/virtual-town-hall](http://porthope.ca/virtual-town-hall) for details. Payments can also be made at your bank, by telephone or online banking or by cheque, debit, or cash at Town Hall during regular business hours, Monday to Friday, 8:30 a.m. to 4:30 p.m. You may also mail a cheque or drop off a cheque in the mail slot on the front door of the Town Hall building, located at 56 Queen Street. Visit [porthope.ca/water](http://porthope.ca/water)

## Toddlers and Waddlers

Date and Time: Wednesday, October 15 10:30 am - 11:30 am

Address: 31 Queen Street, port hope

Join us at the Mary J. Benson Branch for stories, singing & interactive play designed for children under 6. All children are welcome!

## The Retirement Years Workshop - What To Expect When You're Expecting To Retire

Date and Time: Wednesday, October 15 6:30 pm - 7:30 pm

Address: 31 Queen St., Port Hope

Join your hosts Mary Ellen and Dave from The Retirement Years Podcast at the Mary J. Benson Branch for a one hour informative and interactive workshop that will help you begin to prepare for what lies ahead in retirement.

This workshop does require registration. Please email [registrations@phpl.ca](mailto:registrations@phpl.ca) to get on the list!

Audience: Adults, Seniors

## Thursday, October 16, 2025

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### Mental Health Matters - Nutrition

Date and Time: Thursday, October 16 2:00 pm - 3:00 pm

Address: 31 Queen St., Port Hope

Salad in a Jar/Nutrition

In partnership with Northumberland Hills Hospital, we will have Registered Dietician Juliana Crimi join us at the Mary J. Benson Branch to talk about the impact nutrition has on our mental health. Participants will get the opportunity to make their own salad in a jar using fresh food options that they can take home with them.

\*This session does require pre-registration. Please email [registrations@phpl.ca](mailto:registrations@phpl.ca) to register.

## Environmental Advisory Committee

Date and Time: Thursday, October 16 4:00 pm - 6:00 pm

## Committee of Adjustment

Date and Time: Thursday, October 16 4:30 pm - 6:30 pm

## Teen Trivia

Date and Time: Thursday, October 16 6:30 pm - 7:30 pm

Address: 31 Queen St., Port Hope

Bring your friends or meet some new ones at the Mary J. Benson Branch, test your knowledge and have a fun night out!

Audience: Teens

## Friday, October 17, 2025

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## Vintage Film Festival

Date and Time: Friday, October 17 3:00 pm - 9:20 pm

Address: Cameco Capitol Arts Centre, 20 Queen Street, Port Hope

## Vintage Film Festival

### “Family Dynamics”

The 32<sup>nd</sup> Vintage Film Festival presents a weekend’s worth of movies centered around the theme of **Family Dynamics** (or: “If you knew my family, you would understand”).

This unusually light-hearted program will include no less than five great comedies from the Thirties, Forties, Fifties and Sixties, two silent comedies, and two ultra-popular musicals (*Mary Poppins* and *Meet Me in St. Louis!*) — plus a unique thriller, a sensational gangster film, a remarkable cult classic, and an undisputed member of the “greatest films of all time” club.

Experience live piano accompaniment for our silent films, Buster Keaton’s *Our Hospitality* and Yasujiro Ozu’s *I Was Born, But...*, by VFF favourite Jordan Klapman. And the Festival experience also includes the Sunday lunchtime film talk (an on-stage interview with production designer Seamus Flannery), new merchandise and movie banners, the silent auction, free admission for young people 25 and under, and free popcorn all weekend!



# Saturday, October 18, 2025

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## Vintage Film Festival

Date and Time: Saturday, October 18 9:00 am - 9:25 pm

Address: Cameco Capitol Arts Centre, 20 Queen Street, Port Hope

## Vintage Film Festival

### “Family Dynamics”

The 32<sup>nd</sup> Vintage Film Festival presents a weekend’s worth of movies centered around the theme of **Family Dynamics** (or: “If you knew my family, you would understand”).

This unusually light-hearted program will include no less than five great comedies from the Thirties, Forties, Fifties and Sixties, two silent comedies, and two ultra-popular musicals (*Mary Poppins* and *Meet Me in St. Louis!*) — plus a unique thriller, a sensational gangster film, a remarkable cult classic, and an undisputed member of the “greatest films of all time” club.

Experience live piano accompaniment for our silent films, Buster Keaton’s *Our Hospitality* and Yasujiro Ozu’s *I Was Born, But...*, by VFF favourite Jordan Klapman. And the Festival experience also includes the Sunday lunchtime film talk (an on-stage interview with production designer Seamus Flannery), new merchandise and movie banners, the silent auction, free admission for young people 25 and under, and free popcorn all weekend!

## Trick or Treat For Adults

Date and Time: Saturday, October 18 5:00 pm - 11:55 pm

Address: Port Hope

CREEPIN IT REEL...A Haunted Tailgate Party.

This is a 3 in 1 Halloween party. :)

1. 10 contestants compete in a Trunk or Treat Competition for \$500. We the party goers judge the decorated cars.
2. A very special secret guest Dj entertains us in the historic church w/ 80s, Disco and Funk. He has had Meryl Streep up on stage w/ him, Opened for the Hip at The ACC and many many other credits.
3. After Party at a historic Port Hope landmark with costume prizes and silly fun. Dj Chris Martell will be there.  
\*\*\*locations are revealed when tickets are purchased. \*\*\*

# Sunday, October 19, 2025

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## Vintage Film Festival

Date and Time: Sunday, October 19 9:00 am - 4:00 pm

Address: Cameco Capitol Arts Centre, 20 Queen Street, Port Hope

# Vintage Film Festival

## “Family Dynamics”

The 32<sup>nd</sup> Vintage Film Festival presents a weekend’s worth of movies centered around the theme of **Family Dynamics** (or: “If you knew my family, you would understand”).

This unusually light-hearted program will include no less than five great comedies from the Thirties, Forties, Fifties and Sixties, two silent comedies, and two ultra-popular musicals (*Mary Poppins* and *Meet Me in St. Louis!*) — plus a unique thriller, a sensational gangster film, a remarkable cult classic, and an undisputed member of the “greatest films of all time” club.

Experience live piano accompaniment for our silent films, Buster Keaton’s *Our Hospitality* and Yasujiro Ozu’s *I Was Born, But...*, by VFF favourite Jordan Klapman. And the Festival experience also includes the Sunday lunchtime film talk (an on-stage interview with production designer Seamus Flannery), new merchandise and movie banners, the silent auction, free admission for young people 25 and under, and free popcorn all weekend!

## Monday, October 20, 2025

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### Baby Time at PHPL!

Date and Time: Monday, October 20 10:30 am - 11:30 am

Address: 31 Queen Street, Port Hope

Drop in to the Mary J. Benson Branch for a special baby time program of songs, stories & bubbles for babies ages 1 and under!

### Unfinished Stitchery

Date and Time: Monday, October 20 2:00 pm - 3:30 pm

Address: 31 Queen St. Port Hope

Join us in the program room at the Mary J. Benson branch for an afternoon of sharing and laughter.

Whatever it is you have on the go whether it be knitting, crochet, weaving, cross stitch or sewing we would love to have you join us.

### Heritage Port Hope Advisory Committee

Date and Time: Monday, October 20 4:00 pm - 5:30 pm

## Tuesday, October 21, 2025

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# Proclamation - 25th Annual Child Care Worker & Early Childhood Educator Appreciation Day

Date and Time: Tuesday, October 21 12:00 am - 12:00 pm

## Regional Tourism Summit

Date and Time: Tuesday, October 21 8:00 am - 4:30 pm

Address: Capitol Theatre, 20 Queen Street, Port Hope, ON

Join the inaugural Kawarthas Northumberland [Regional Tourism Summit](#), *Stronger Together: Shaping the Future of Rural Tourism*, hosted by [Regional Tourism Organization](#) 8.

Visitor service providers within the accommodation, food & beverage, retail, attractions, festivals and events, guiding and agritourism sectors located within the Kawarthas Northumberland region are invited to attend the event for a day of insight, inspiration, and collaboration.

Held at the historic Cameco Capitol Arts Centre in downtown Port Hope, the summit will explore key opportunities and challenges shaping the tourism landscape in Kawarthas Northumberland.

**Tickets include:** entrance to the summit with keynote speaker and panels, continental breakfast, catered lunch, catered networking breaks, and access to the Tasters Market.

**Tickets for the Regional Tourism Summit must be purchased in advance by presale through Eventbrite until October 17th. Once presale ends, no additional tickets will be issued, including on-site walk-ins.**

### Highlights include:

- Keynote by Andrew Siegwart, President & CEO of the Tourism Industry Association of Ontario (TIAO)
- Expert panels on topics such as Indigenous Collaboration, Agritourism, Content Marketing, and Event Sustainability
- Networking opportunities designed to strengthen rural and regional tourism connections
- The Tasters Market : a curated showcase of local food and beverage producers offering samples, goods for sale, and direct engagement with attendees
- Continental breakfast, locally catered lunch, and a sweet stop on the Kawarthas Northumberland Butter Tart Tour

Participants will leave with fresh insights, meaningful connections, and actionable tools to help grow and future-proof their tourism businesses, while celebrating the vibrant communities that make this region a destination of choice.

Follow [this link](#) to buy your tickets now!

## Living a Healthy Life with Chronic Conditions

Date and Time: Tuesday, October 21 9:00 am - 11:30 am

Address: Online

Do you live with challenges and complications as a result of a chronic health condition?

Join us for an online interactive 6 week workshop designed to help you take back your life and feel better.

Our small group workshop is supportive in helping you reach your health goals.

Workshop will be delivered using Zoom platform and requires use of a microphone and camera to participate.

Pre-registration is required.

This workshop is funded by the Self-Management Program Central East and is FREE to participants. Participants will also receive a FREE Living a Healthy Life With Chronic Conditions text book.

Call 1-866-971-5545 or follow the link for more information and to register.

## **Techno Buddies**

Date and Time: Tuesday, October 21 4:15 pm - 5:15 pm

Address: 31 Queen St., Port Hope

Trinity College School students will be at the Mary J. Benson Branch to help answer your questions. Bring your laptop, tablet or cell phone and get help with any technical issues you have. Have them help sign you up for something or troubleshoot an issue.

This is a drop-in program and first come, first served.

## **Council Meeting**

Date and Time: Tuesday, October 21 6:30 pm - 8:00 pm

## **Wednesday, October 22, 2025**

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### **Toddlers and Waddlers**

Date and Time: Wednesday, October 22 10:30 am - 11:30 am

Address: 31 Queen Street, Port Hope

Join us at the Mary J. Benson Branch for stories, singing & interactive play designed for children under 6. All children are welcome!

### **Parks, Recreation and Culture Advisory Committee**

Date and Time: Wednesday, October 22 5:00 pm - 6:00 pm

## **Thursday, October 23, 2025**

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## Proclamation - Water & Wastewater Operator Appreciation Day

Date and Time: Thursday, October 23 12:00 am - 12:00 pm

## Port Hope Police Services Board

Date and Time: Thursday, October 23 8:00 am - 10:00 am

## Mental Health Matters-Sleep Hygiene

Date and Time: Thursday, October 23 2:00 pm - 3:00 pm

Address: 31 Queen St., Port Hope

In partnership with Northumberland Hills Hospital, join us at the Mary J. Benson Branch to learn about sleep hygiene. We will examine different techniques and ways to improve your sleep and the connection between our mental health and our sleep.

## Artisan Aesthetics Golden Hour Open House

Date and Time: Thursday, October 23 4:00 pm - 7:00 pm

Address: 10 Mill Street, Port Hope

### Join Us for an Exclusive Open House Event at Artisan Aesthetics!

Get ready for an unforgettable experience at our **Artisan Aesthetics Open House!** We're celebrating beauty, wellness, and YOU with an exciting evening packed full of exclusive perks:

**Live Demonstrations:** Watch our expert practitioners in action as they showcase the latest cutting-edge treatments that are transforming the world of aesthetics. From injectables to Radio Frequency, to cutting edge skincare, see firsthand how we're helping clients look and feel their best!

**Emsella Demonstrations:** Emsella is a non-invasive treatment that uses high-intensity focused electromagnetic (HIFEM) technology to strengthen your pelvic floor muscles—just by sitting fully clothed on a special chair! It's like doing 11,000 of Kegels in one session, helping with bladder control and improving confidence—no sweat required!

**Special Pricing:** Enjoy unbeatable discounts on your favorite services and packages—only available at this event! Whether you're looking to try something new or book a future treatment, you won't want to miss these exclusive deals.

**Food & Drinks:** Sip, snack, and mingle while you explore our clinic and all we have to offer. Delicious bites and refreshing beverages will be available to keep you energized throughout the evening.

**Giveaways:** We've got some fabulous prizes waiting for you! From luxury skincare products to free treatments, there's something amazing for everyone.

Don't miss this chance to discover how we can enhance your natural beauty and boost your confidence! 4pm-7pm Thursday October 23rd. See you there!

## **Living a Healthy Life with Diabetes**

Date and Time: Thursday, October 23 6:30 pm - 9:00 pm

Address: Online

Do you live with challenges and complications as a result of diabetes or pre-diabetes?

Join us for an online interactive 6 week workshop designed to help you take control of your life and feel better.

Our small group is supportive with helping you reach your desired health goals while living with diabetes.

Pre-registration is required.

This FREE workshop is funded by the Self-Management Program Central East. Participants will also receive a free Living a Healthy Life with Chronic Conditions book.

Call 1-866-971-5545 or follow the website link to find out more information or to register.

## **Friday, October 24, 2025**

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### **Downtown Trick or Treat Night**

Date and Time: Friday, October 24 5:00 pm - 7:00 pm

Address: Downtown Port Hope

Calling all ghosts and goblins! The Heritage Business Improvement Area (HBIA) of Downtown Port Hope is once again pleased to invite you to our Trick or Treat Night!

Please keep an eye on our social media channels for some exciting news as the event draws closer.

[Instagram](#)

[Facebook](#)

## **Saturday, October 25, 2025**

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### **Puzzle Competition**

Date and Time: Saturday, October 25 10:00 am - 12:00 pm

Address: 5325 County Rd 10, Port Hope

Find some friends and make up a team (between 2-4 people) to take part in a timed puzzle competition up at the Hub Branch in Canton.

Teams will all receive the same 500 piece puzzle to put together during the 2 hour time slot. How long will it take your team to finish the puzzle?

To register for this event please email [registrations@phpl.ca](mailto:registrations@phpl.ca)

## Sunday, October 26, 2025

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### LocoLoka Makers Fair Fall Edition

Date and Time: Sunday, October 26 11:00 am - 7:30 pm

Address: 10 Robertson St Port Hope Ontario

We are pleased to present a curated collective of Artists, Crafters, Photographers, Farmers, Educators and passionate entrepreneurs. A Sunday social market that presents products, produce and skillsets and how each exhibitor balances it all together with their lives.

The event promotes a community driven lifestyle economy system that is based on sustainable growth development and the joy of sharing it with family friends and loved ones.

LocoLoka will be catering and hosting this unique fun filled event.

There will be food, music, live art performances, poetry and more.

## Monday, October 27, 2025

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### Baby Time at PHPL!

Date and Time: Monday, October 27 10:30 am - 11:30 am

Address: 31 Queen Street, Port Hope

Drop in to the Mary J. Benson Branch for a special baby time program of songs, stories & bubbles for babies ages 1 and under!

### Unfinished Stitchery

Date and Time: Monday, October 27 2:00 pm - 3:30 pm

Address: 31 Queen St. Port Hope

Join us in the program room at the Mary J. Benson branch for an afternoon of sharing and laughter.

Whatever it is you have on the go whether it be knitting, crochet, weaving, cross stitch or sewing we would love to have you join us.

## **Tuesday, October 28, 2025**

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### **Techno Buddies**

Date and Time: Tuesday, October 28 4:15 pm - 5:15 pm

Address: 31 Queen St., Port Hope

Trinity College School students will be at the Mary J. Benson Branch to help answer your questions. Bring your laptop, tablet or cell phone and get help with any technical issues you have. Have them help sign you up for something or troubleshoot an issue.

This is a drop-in program and first come, first served.

### **Haunted Hub**

Date and Time: Tuesday, October 28 5:30 pm - 7:00 pm

Address: 5325 County Rd 10, Port Hope

Join us up at the Hub Branch in Canton for our second annual Haunted Hub event!

We will have a family dance party and photo booth set up in the mezzanine area as well as some sweet treats!

## **Wednesday, October 29, 2025**

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### **Toddlers and Waddlers**

Date and Time: Wednesday, October 29 10:30 am - 11:30 am

Address: 31 Queen Street, port hope

Join us at the Mary J. Benson Branch for stories, singing & interactive play designed for children under 6. All children are welcome!

### **Heritage Business Improvement Area (HBIA) Board of Directors**

Date and Time: Wednesday, October 29 6:30 pm - 8:00 pm

## **Thursday, October 30, 2025**

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## **Mental Health Matters - Laughter Yoga**

Date and Time: Thursday, October 30 2:00 pm - 3:00 pm

Address: 31 Queen St., Port Hope

In partnership with Northumberland Hills Hospital, come to the Mary J. Benson Branch and find out why laughter truly is the best medicine and the impact laughter has on your over all wellbeing and mental health.

## **Living a Healthy Life with Diabetes**

Date and Time: Thursday, October 30 6:30 pm - 9:00 pm

Address: Online

Do you live with challenges and complications as a result of diabetes or pre-diabetes?

Join us for an online interactive 6 week workshop designed to help you take control of your life and feel better.

Our small group is supportive with helping you reach your desired health goals while living with diabetes.

Pre-registration is required.

This FREE workshop is funded by the Self-Management Program Central East. Participants will also receive a free Living a Healthy Life with Chronic Conditions book.

Call 1-866-971-5545 or follow the website link to find out more information or to register.

<https://calendar.porthope.ca>