

Saturday, February 1, 2025

Black History Month Community Potluck Brunch

Date and Time: Saturday, February 1 11:00 am - 6:00 pm

Address: The Port Hope Masonic Temple 58 Toronto Road, Port Hope

We're excited to extend a warm invitation to all residents for the Northumberland diverse people coalition, annual Black History Month celebration. Saturday February 1st- 11:00am - 5:00 pm. Port Hope Masonic Temple, 58 Toronto Road, Port Hope.

This year join us for a memorable and engaging event that promises to bring our community together. The event takes the form of a potluck brunch offering a wonderful opportunity for everyone to share delicious dishes, meet new people and enjoy a diverse spread of culinary delights. The event will also feature exciting activities such as mingling with your neighbors, engaging in friendly table top games and a special screening of the new Netflix movie "The Six Triple Eight" starring Kerry Washington.

This event is just not a celebration but a chance to foster connections, build relationship and strengthen the bond within our diverse community. It's an invitation to come together learn from one another and celebrate the rich history and culture of the black people contributions in Canada.

Attendees must RSVP January 24th. E-mail: info@northumberlanddpc.org

Children Friendly Event. All are Welcomed.

Monday, February 3, 2025

Pan-African Flag Raising Ceremony

Date and Time: Monday, February 3 10:00 am

Address: 56 Queen Street, Port Hope, ON

Feature Event: Yes

Join us at Town Hall on Monday, February 3, 2025, at 10:00 a.m. for a special Pan-African Flag Raising Ceremony in celebration of Black History Month. We extend a warm invitation to members of the media and the community to attend. The Mayor, along with Members of Council and staff, will participate in the flag raising ceremony, and the Mayor will share brief remarks.

Throughout the month of February, the Pan-African flag will proudly fly at Town Hall, symbolizing our commitment to honouring Black history and heritage. We strongly encourage the community to participate in this significant event.

Kindly be aware that both the flag raising and remarks will occur outdoors. Please dress appropriately for the w

eather.

Tuesday, February 4, 2025

Tool Kit for Active Living with Chronic Conditions and Calls

Date and Time: Tuesday, February 4 9:00 am - 10:00 am

Address: Virtual Sessions

Join us for the FREE six week telephone workshop series. This program helps people living with one or many chronic health conditions to better cope with the symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book, the companion workbook and an "Exercise for Chronic Conditions" CD or MP3.

Pre-registration is required due to limited space.

We look forward to meeting you!

Help With Your Health Understanding Sleep and Stress

Date and Time: Tuesday, February 4 10:30 am - 12:00 pm

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Getting a good nights' sleep can be difficult for many as well as being overwhelmed with feelings of stress. During this workshop we will review some common myths about sleep, provide tips on how to get a good night sleep, learn common signs of a sleep disorder and learn how to better manage stress.

This workshop is virtual using the Zoom platform. Use of computer camera and microphone is required for full participation.

Register by calling: 1-866-971-5545 or by clicking on the website link provided.

Space is limited.

Techno Buddies

Date and Time: Tuesday, February 4 4:15 pm - 5:15 pm

Address: 31 Queen Street, Port Hope

Do you need help with your devices? TCS students are here to help. Drop-in with your devices and your questions.

Thursday, February 6, 2025

Living a Healthy Life with Diabetes

Date and Time: Thursday, February 6 9:30 am - 12:00 pm

Address: Virtual Sessions

Join us for a FREE online 6-week workshop series where people learn skills and tools to better manage their diabetes and pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register.

Pre-registration is required as space is limited.

You can register by calling: 1-877-971-5545 or following the link provided.

We look forward to meeting you!

What is AI Anyway?

Date and Time: Thursday, February 6 6:30 pm - 8:30 pm

Address: Capitol Theatre - 20 Queen Street, Port Hope

What Is AI Anyway?

Join a panel of experts as they share their visions and answer your questions on the future of AI. When it comes to artificial intelligence, what are we actually creating? Even those closest to its development are struggling to describe exactly where things are headed. Start the evening with a public viewing of the April 2024 TEDTalk by Microsoft AI CEO Mustafa Suleyman, one of the primary architects of the AI models many of us use today, as he proposes an unignorable metaphor — a new digital species. Panelists include Brent Barron, Director of Strategy & Transformation at Canadian Institute for Advanced Research, Peter Lewis, Canada Research Chair of Trustworthy Artificial Intelligence at Ontario Tech University, and Gavin Buttigieg, Machine Learning Engineer at Bitstrapped.

Location: Capitol Theatre, Port Hope

Tickets - \$20

Under 25 - Free

Event Details:

6:30 pm – 7:00 pm Viewing of Mustafa Suleyman’s TEDTalk, “What is AI Anyway”

7:00 pm – 7:30 pm Reactions from panelists

7:30 pm – 8:30 pm Questions from audience to panelists

Teen Trivia

Date and Time: Thursday, February 6 6:30 pm - 7:45 pm

Address: 31 Queen Street, Port Hope

Friday, February 7, 2025

AI In Action - Preparing Municipalities For The Future

Date and Time: Friday, February 7 9:00 am - 4:00 pm

Address: Capitol Theatre

The era of artificial intelligence has arrived, but can it revolutionize the way local governments serve their communities? Join us for an interactive day where AI experts and municipal leaders from across Canada share how they're harnessing AI to detect wildfires, engage citizens, prevent homelessness, and more. Speakers share real-world success stories and innovative solutions that create smarter, safer, and more resilient communities.

Guests include Robbie Beyer, Director of Data Science and AI at RSM, Monique Crichlow, Executive Director, Schwartz Reisman Institute for Technology and Society, Baba' Giwa, Professor at Loyalist College, Roy Hollett, Deputy Chief Director at Halifax Regional Fire and Emergency, Nathan Lloyd, Lead AI Researcher at The Pamoja Institute For Community Engagement And Action, Mike Melinyshyn, CFO / Director of Corporate Services and Innovation at the Town of Innisfil, Moustafa Naiem Abdel-Mooty, Founder & CEO at Resiliō Climate Solutions, Ryan Smith, Divisional Director of Planning and Development Services at the City of Kelowna, Nan Xie, IT Manager at the City of Calgary, Craig Cooper, Director of Housing Stability Services at the City of London, and Rob Porter, Director of eLearning Programs at CoSo Cloud.

- Approximately 7 Hours in Length
- Location: Capitol Theatre
- In Person: \$199
- Virtual Live Stream: \$79

Event agenda*

9:15 am – 9:30 am Opening Remarks:

- Mayor Olena Hankivsky and Councillor Todd Attridge
- Minister of Labour, Immigration, Training & Skills, Hon. David Piccini
- Representative from the Ministry of Public and Business Service Delivery
- Representative from Loyalist College

9:30 am – 10:30 am Opening Panel

Facilitated discussion about the future of AI and its impact on society and government.

Mayor Olena Hankivsky, Municipality of Port Hope

Robbie Beyer, Director of Data Science and AI at RSM

Monique Crichlow, Executive Director at Schwartz Reisman Institute for Technology and Society

10:30 am - 10:45 am Break

10:45 am – 11:15 am Morning Presentations

Presenters each have 15 minutes to share real-world examples of how they use AI to improve communities.

Example 1: Using AI to Detect Wildfires: Roy Hollett, Deputy Chief Director at Halifax Regional Fire and Emergency

Example 2: AI and Community Engagement: Nathan Lloyd, Lead AI Researcher at The Pamoja Institute For Community Engagement And Action

Example 3: AI and Customer Service: Mike Melinyshyn, CFO / Director of Corporate Services and Innovation at the Town of Innisfil

Example 4: AI, Climate Change and Emergency Preparedness: Moustafa Naiem Abdel-Mooty, Founder & CEO at Resiliō Climate Solutions

11:15 am – 12:15 pm Questions

Audience members have the chance to ask questions to speakers.

12:15 pm - 1:30 pm Lunch and Networking

1:30 pm – 2:30 pm Afternoon Presentations

Presenters each have 15 minutes to share real-world examples of how they use AI to improve communities.

Example 5: AI and Expediting Housing Permits: Ryan Smith, Divisional Director of Planning and Development Services at the City of Kelowna

Example 6: AI and Road Maintenance: Nan Xie, IT Manager at the City of Calgary

Example 7: AI to Predict and Prevent Homelessness: Craig Cooper, Director of Housing Stability Services at the City of London

Example 8: AI and Skilled Trades: Rob Porter, Director of eLearning Programs at CoSo Cloud

2:30 pm – 3:00 pm Questions

Audience members have the chance to ask questions to speakers.

3:00 pm – 3:30 pm Break

3:30 pm – 4:00 pm Closing Remarks

Mayor Olena Hankivsky and Councillor Todd Attridge

**event agenda may be subject to change*

Powerful Tools for Caregivers

Date and Time: Friday, February 7 9:30 am - 11:00 am

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Caring for a family member or friend with a chronic health condition can be physically, emotionally, and financially draining. Join us for a free 6-week supportive education workshop series that will help you better manage the challenges of family caregiving while meeting others who are in similar situations. You are not alone.

This workshop series is delivered using Zoom and requires that you have access to a computer with a microphone and computer to fully participate.

Register by calling: 1-866-971-5545 or by clicking the website link.

We look forward to meeting you.

Tuesday, February 11, 2025

Tool Kit for Active Living with Chronic Conditions and Calls

Date and Time: Tuesday, February 11 9:00 am - 10:00 am

Address: Virtual Sessions

Join us for the FREE six week telephone workshop series. This program helps people living with one or many chronic health conditions to better cope with the symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book, the companion workbook and an "Exercise for Chronic Conditions" CD or MP3.

Pre-registration is required due to limited space.

We look forward to meeting you!

Help With Your Health Understanding Blood Pressure

Date and Time: Tuesday, February 11 10:30 am - 12:30 pm

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Understanding Blood Pressure is an interactive education workshop that reviews what blood pressure is, how the heart circulates your blood through your body, explains what those numbers mean, and provides tips on how to better manage high blood pressure.

This workshop is virtual and uses the Zoom platform. Use of computer camera and microphone is required for full participation.

You may register by calling: 1-866-971-5545 or by clicking on the website link provided.

Space is limited.

Techno Buddies

Date and Time: Tuesday, February 11 4:15 pm - 5:15 pm

Address: 31 Queen Street, Port Hope

Do you need help with your devices? TCS students are here to help. Drop-in with your devices and your questions.

Wednesday, February 12, 2025

Connect - Health, Wellness, Community - Port Hope

Date and Time: Wednesday, February 12 5:30 pm - 8:00 pm

Address: Port Hope High School 130 Highland Drive Port Hope

On Wednesday, February 12th, from 5:30 p.m. to 8:00 p.m. join Dr. M.S. Hawkins Senior Public School and P

Port Hope High School for Connect, an evening of health, wellness, and community.

Featuring a variety of free activities and showcasing many of the local non-profit and community groups and services that benefit the health and wellness of those living in the Municipality of Port Hope.

This event, open to the entire community, is about trying a new activity, learning together, and finding community.

Planned events include Fitness Classes, PUPPY YOGA, Health and Wellness talks and Cooking Demonstrations.

Check out our Event Page for full details [Connect Event](#)

Thursday, February 13, 2025

Living a Healthy Life with Diabetes

Date and Time: Thursday, February 13 9:30 am - 12:00 pm

Address: Virtual Sessions

Join us for a FREE online 6-week workshop series where people learn skills and tools to better manage their diabetes and pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register.

Pre-registration is required as space is limited.

You can register by calling: 1-877-971-5545 or following the link provided.

We look forward to meeting you!

Teen Trivia

Date and Time: Thursday, February 13 6:30 pm - 7:45 pm

Address: 31 Queen Street, Port Hope

Bring your friends to test your knowledge and compete in Teen Trivia!

Friday, February 14, 2025

Powerful Tools for Caregivers

Date and Time: Friday, February 14 9:30 am - 11:00 am

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Caring for a family member or friend with a chronic health condition can be physically, emotionally, and financially

ally draining. Join us for a free 6-week supportive education workshop series that will help you better manage the challenges of family caregiving while meeting others who are in similar situations. You are not alone.

This workshop series is delivered using Zoom and requires that you have access to a computer with a microphone and computer to fully participate.

Register by calling: 1-866-971-5545 or by clicking the website link.

We look forward to meeting you.

Tuesday, February 18, 2025

Tool Kit for Active Living with Chronic Conditions and Calls

Date and Time: Tuesday, February 18 9:00 am - 10:00 am

Address: Virtual Sessions

Join us for the FREE six week telephone workshop series. This program helps people living with one or many chronic health conditions to better cope with the symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book, the companion workbook and an "Exercise for Chronic Conditions" CD or MP3.

Pre-registration is required due to limited space.

We look forward to meeting you!

Help With Your Health Understanding Joint Pain and Back Pain

Date and Time: Tuesday, February 18 10:30 am - 12:00 pm

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Understanding Joint Pain and Back Pain is an interactive education workshop that reviews the prevalence of joint pain in Canada, different types of arthritis and ways to manage it. You will also learn some interesting facts about back pain and some things you can do to manage it.

This workshop is virtual using the Zoom platform. Use of camera and microphone is required for full participation.

Register by calling: 1-866-971-5545 or by clicking on the website link provided.

Space is limited.

Techno Buddies

Date and Time: Tuesday, February 18 4:15 pm - 5:15 pm

Address: 31 Queen Street, Port Hope

Do you need help with your devices? TCS students are here to help. Drop-in with your devices and your questions.

Wednesday, February 19, 2025

Powerful Tools for Caregivers

Date and Time: Wednesday, February 19 9:30 am - 11:00 am

Address: Virtual Sessions

Caring for a family member or friend with a chronic health condition can become physically, emotionally and financially draining. Join us for a FREE 6-week supportive and educational workshop series that will help you to better manage the stresses of family caregiving. Meet others who are in a similar situation and learn that you are not alone.

Provided in collaboration with the Community Health Centres of Northumberland.

This workshop is delivered by Zoom and requires you to have access to a microphone and camera to fully participate.

Space is limited - registration is required.

To register call us at: 1-877-971-5545 or follow the link provided.

All participants will be mailed a handout package that includes the "Caregiver Helpbook".

We look forward to meeting you!

Thursday, February 20, 2025

Living a Healthy Life with Diabetes

Date and Time: Thursday, February 20 9:30 am - 12:00 pm

Address: Virtual Sessions

Join us for a FREE online 6-week workshop series where people learn skills and tools to better manage their diabetes and pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register.

Pre-registration is required as space is limited.

You can register by calling: 1-877-971-5545 or following the link provided.

We look forward to meeting you!

Living a Healthy Life with Diabetes

Date and Time: Thursday, February 20 9:30 am - 12:00 pm

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Living a Healthy Life with Diabetes is a free virtual six-week workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register.

Registration is limited. Call 1-866-971-5545 or click on the link provided.

Teen Trivia

Date and Time: Thursday, February 20 6:30 pm - 7:45 pm

Address: 31 Queen Street, Port Hope

Bring your friends to test your knowledge and compete in Teen Trivia!

Friday, February 21, 2025

Powerful Tools for Caregivers

Date and Time: Friday, February 21 9:30 am - 11:00 am

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Caring for a family member or friend with a chronic health condition can be physically, emotionally, and financially draining. Join us for a free 6-week supportive education workshop series that will help you better manage the challenges of family caregiving while meeting others who are in similar situations. You are not alone.

This workshop series is delivered using Zoom and requires that you have access to a computer with a microphone and computer to fully participate.

Register by calling: 1-866-971-5545 or by clicking the website link.

We look forward to meeting you.

Tuesday, February 25, 2025

Tool Kit for Active Living with Chronic Conditions and Calls

Date and Time: Tuesday, February 25 9:00 am - 10:00 am

Address: Virtual Sessions

Join us for the FREE six week telephone workshop series. This program helps people living with one or many c

chronic health conditions to better cope with the symptoms and activities of daily life. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book, the companion workbook and an "Exercise for Chronic Conditions" CD or MP3.

Pre-registration is required due to limited space.

We look forward to meeting you!

Techno Buddies

Date and Time: Tuesday, February 25 4:15 pm - 5:15 pm

Address: 31 Queen Street, Port Hope

Do you need help with your devices? TCS students are here to help. Drop-in with your devices and your questions.

Wednesday, February 26, 2025

Powerful Tools for Caregivers

Date and Time: Wednesday, February 26 9:30 am - 11:00 am

Address: Virtual Sessions

Caring for a family member or friend with a chronic health condition can become physically, emotionally and financially draining. Join us for a FREE 6-week supportive and educational workshop series that will help you to better manage the stresses of family caregiving. Meet others who are in a similar situation and learn that you are not alone.

Provided in collaboration with the Community Health Centres of Northumberland.

This workshop is delivered by Zoom and requires you to have access to a microphone and camera to fully participate.

Space is limited - registration is required.

To register call us at: 1-877-971-5545 or follow the link provided.

All participants will be mailed a handout package that includes the "Caregiver Helpbook".

We look forward to meeting you!

Thursday, February 27, 2025

Living a Healthy Life with Diabetes

Date and Time: Thursday, February 27 9:30 am - 12:00 pm

Address: Virtual Sessions

Join us for a FREE online 6-week workshop series where people learn skills and tools to better manage their diabetes and pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register.

Pre-registration is required as space is limited.

You can register by calling: 1-877-971-5545 or following the link provided.

We look forward to meeting you!

Living a Healthy Life with Diabetes

Date and Time: Thursday, February 27 9:30 am - 12:00 pm

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Living a Healthy Life with Diabetes is a free virtual six-week workshop series where people learn skills and tools to better manage their diabetes or pre-diabetes. All participants will receive the "Living a Healthy Life with Chronic Conditions" resource book. Caregivers are welcome to register.

Registration is limited. Call 1-866-971-5545 or click on the link provided.

Teen Trivia

Date and Time: Thursday, February 27 6:30 pm - 7:45 pm

Address: 31 Queen Street, Port Hope

Bring your friends to test your knowledge and compete in Teen Trivia!

Friday, February 28, 2025

Powerful Tools for Caregivers

Date and Time: Friday, February 28 9:30 am - 11:00 am

Address: Virtual Through Zoom Platform - Link provided prior to workshop start date

Caring for a family member or friend with a chronic health condition can be physically, emotionally, and financially draining. Join us for a free 6-week supportive education workshop series that will help you better manage the challenges of family caregiving while meeting others who are in similar situations. You are not alone.

This workshop series is delivered using Zoom and requires that you have access to a computer with a microphone and computer to fully participate.

Register by calling: 1-866-971-5545 or by clicking the website link.

We look forward to meeting you.

<https://calendar.porthope.ca>