

Thursday, October 2, 2025

Community Flag Raising: Muskoka Breastfeeding Coalition

Date and Time: Thursday, October 2 11:00 am

Address: 37 Main St. E, Huntsville, ON

On behalf of the **Muskoka Breastfeeding Coalition** and the Simcoe Muskoka District Health Unit's Public A wareness Campaign, the Town of Huntsville will host a flag raising on **Thursday, October 2 at 11:00 am at C ivic Square**.

This annual event highlights the health benefits of breastfeeding for both infants and parents. This year's theme is **Prioritize Breastfeeding:**Create Sustainable Support Systems emphasizing the role that breastfeeding plays in building a healthier planet while reducing environment al impacts.

Breastfeeding provides all the nutrients an infant needs for the first six months of their life and is recommended for two years and beyond by He alth Canada, the Public Health Agency of Canada, and the Canadian Paediatric Society. Breastfeeding is one of the most powerful ways to sup port a child's health and development. It helps build a strong immune system, lowers the chances of chronic diseases, and improves overall w ell-being throughout life. For parents who breastfeed, it also offers health benefits by reducing the risk of breast and ovarian cancers, as well as Type 2 diabetes.

Successful breastfeeding depends on support from everyone! Families, communities, workplaces, and leaders all play a role in creating space s where parents feel confident and encouraged. Support can come in many forms: loved ones offering praise, communities making breastfeeding in public normal, employers providing time and space for nursing, and local leaders creating and sustaining helpful policies. When people w ork together, breastfeeding becomes easier and more accessible for all families.

The health unit offers free <u>prenatal education</u>—both in-person, virtually facilitated and online. Parents who are providing breastmilk are also welcome to join the health unit's free <u>Breastfeeding Support Groups</u>. Led by public health nurses, these groups offer guidance on infant feeding, sleep, development, and parenting, while also c reating a welcoming space to share experiences and connect with other new parents.

For more information about local breastfeeding support, visit smdhu.org/breastfeeding.

Heritage Fall Fair

Date and Time: Friday, October 3 10:00 am - 4:00 pm

Address: 88 Brunel Road, Huntsville, Ontario

Inspired by local fall fairs of the 1880s to early 1900s, Muskoka Heritage Place presents its Heritage Fall Fair f rom October 3 to 5, 2025! Enjoy exhibitions in the Ashworth Hall, early games, candy apples and more! Local f armers and crafters are invited to exhibit home grown vegetables, flowers, preserves and textiles.

Saturday, October 4, 2025

Heritage Fall Fair

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

Address: 88 Brunel Road, Huntsville, Ontario

Inspired by local fall fairs of the 1880s to early 1900s, Muskoka Heritage Place presents its Heritage Fall Fair f rom October 3 to 5, 2025! Enjoy exhibitions in the Ashworth Hall, early games, candy apples and more! Local f armers and crafters are invited to exhibit home grown vegetables, flowers, preserves and textiles.

Sunday, October 5, 2025

Heritage Fall Fair

Date and Time: Sunday, October 5 10:00 am - 4:00 pm

Address: 88 Brunel Road, Huntsville, Ontario

Inspired by local fall fairs of the 1880s to early 1900s, Muskoka Heritage Place presents its Heritage Fall Fair f rom October 3 to 5, 2025! Enjoy exhibitions in the Ashworth Hall, early games, candy apples and more! Local f armers and crafters are invited to exhibit home grown vegetables, flowers, preserves and textiles.

Thursday, October 9, 2025

Healthy Living Expo

Date and Time: Thursday, October 9 10:00 am - 5:00 pm

Address: Active Living Centre, 20 Park Drive, Huntsville ON

The Muskoka Healthy Living Expo encourages healthy living for adults of all ages through community connect

ions and invaluable local resources. Explore over 40 exhibitors supporting all aspects of wellness, including ph ysio and massage therapy, sports groups, clubs, transportation services, home maintenance, physical health supp orts, and more!

Led by Muskoka Seniors in partnership with the Town of Huntsville. FREE admission

Sunday, October 12, 2025

Thanksgiving Train at Muskoka Heritage Place

Date and Time: Sunday, October 12 11:30 am - 3:15 pm

Address: 100 Forbes Hill Drive, Huntsville

The Town of Huntsville's is excited to celebrate Thanksgiving with you at Muskoka Heritage Place! The <u>Portage Flyer Train</u> runs every 45 minutes from 11:30am to 3:15pm when the last train leaves the station.

Note: Regular <u>admission</u> to Muskoka Museum and Pioneer Village still applies.

Learn more by visiting <u>muskokageritageplace.ca</u>

Friday, October 31, 2025

Community Flag Raising: 2025 Poppy Campaign

Date and Time: Friday, October 31 10:00 am

Address: Civic Square, Huntsville, ON

In recognition and support of the Royal Canadian Legion's 2025 Poppy Campaign, the Town of Huntsville is pleased to be hosting a Flag Raising on Friday, October 31st, 2025, at 10:00 am in Civic Square.

Poppy boxes will be placed at various Town facilities until November 11. For more information, visit: <u>legion.c</u> <u>a</u>

Great Pumpkin Trail

Date and Time: Friday, October 31 4:30 pm - 7:30 pm

Address: 88 Brunel Road, Huntsville, Ontario

A family-friendly annual community event full of music, magic, and mystery, aimed to spook but not haunt. Tri ck-or-treat with us in a traffic-free setting on the evening of October 31 each year, rain or shine!

Pioneer buildings are decorated by local businesses or individuals/groups. The site has rope lights to guide you as you go building to building gathering your treats. Themes are kept on the "not-so-scary" side as this event is geared for the younger trick-or-treaters. The Mayor judges the best decorated building.

Sensory-friendly experience: 4:30 pm – 5:00 pm; Led by Autism Ontario

If you would like to **register** for the sensory-friendly experience, please reach out to Hasana at <u>hasana.avey@au</u> tismontario.com.

For more information, read the Media Release.

Cost: \$10.00 per nuclear family unit or \$3.00 per head, which must be attached to a body.

Take a look at this year's building decorators on our interactive story map!

https://events.huntsville.ca