



Monday, December 2, 2024

Martial Arts Fitness Classes

Date and Time: Monday, December 2 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

Join Extend-A-Family along with Sensei Bob Sears and Sensei Denny Thompkins for an inclusive fitness program based on Martial Arts training. This program offers an opportunity for increased strength, flexibility and stability.

The Martial Arts Fitness classes are inclusive of all levels of abilities.

Thursday, December 5, 2024

Martial Arts Fitness Classes

Date and Time: Thursday, December 5 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

Join Extend-A-Family along with Sensei Bob Sears and Sensei Denny Thompkins for an inclusive fitness program based on Martial Arts training. This program offers an opportunity for increased strength, flexibility and stability.

The Martial Arts Fitness classes are inclusive of all levels of abilities.

Friday, December 6, 2024

Friday Night Lights at the Museum

Date and Time: Friday, December 6 5:00 pm - 8:00 pm

Address: Museum of Lennox & Addington, 97 Thomas Street East, Napanee, ON K7R 4B9

The Museums of Lennox and Addington invites you to be their guest over the holidays and needs your help to celebrate Friday Night Lights!

Enter the Museum for free where you can listen to live music, explore the galleries, make festive creations with local artists in our "Creation Corner," and enjoy the decorated courtyard. Plus, shop the Museum Gift Shop, which will include an exclusive "Museum Kids Holiday Shop" where youngsters can independently shop for gifts that are \$2 or less, as well as get their gifts specially wrapped! Oh, and if you're looking for more holiday shopping, on the final Friday Night Lights on December 13th, catch a horse-drawn wagon to Napanee's Downtown Shopping Party (available only on December 13th from 5:30-7:30pm).

Before or after your Museum exploration, enjoy an exclusive and immersive candlelight play at Macpherson House for \$10 (see details [here](#))!

Dates:

Friday, November 29

Friday, December 6

Friday, December 13

Time: 5:00-8:00pm, with the Creation Corner open with drop-in local artists from 5:30-6:30pm and musicians starting at 7:00pm

Everyone welcome!

No registration required.

MUSICIANS @ THE MUSEUM:

Friday, November 29th, 7:00pm: Midwinter in the Prairies - 19th Century songs and stories of the season (Ian Bell and Teilhard Frost)

In Upper Canada "the bleak midwinter" was often in fact, the party season. There was less to do on the farm, and frozen roads made it easier to get around to visit friends and neighbours. When they did, there was sure to be singing, and if there was fiddle handy - some dancing as well. Teilhard Frost and Ian Bell are a two-person folk festival, bringing this old music alive with singing, storytelling, and a baffling array of instruments including fiddle, concertina, banjo, harmonica, jaw harp, guitar, bones and button accordion.

Ian Bell has performed across Canada and in the United States since the late 1970s on his own and with a number of groups, he has appeared at numerous folk festivals across Canada and abroad, and for many years was a regular musical contributor on Stuart McLean's Vinyl Café, as well as on Fresh Air and other CBC radio programs. Accompanying himself on guitar, concertina, banjo and button accordion, Ian performs both Canadian traditional music and his own songs and instrumental compositions. He's also well known as a great storyteller. Following the release of three CDs of original material, Ian has returned with two recordings of traditional songs and tunes - My Pious Friends & Drunken Companions and his latest, Forget Me Not When Far Away - a collection of songs of the Great Lakes.

Teilhard Frost is a multi-instrumentalist, specializing in traditional fiddle tunes, with a particular interest in the Appalachian Mountains. He has spent the last eighteen years touring with critically acclaimed band Sheesham, Lotus and 'Son. This trio is currently working with Hezekiah Proctor and the Hash House Serenaders. In 2018, Teilhard joined forces with musician and engineer Jason Mercer. Together they have created award winning soundtracks for film and advertising. Teilhard's latest album is 'Four and Twenty Blackbirds Dancing on a Deer Skin', an album of traditional fiddle and banjo tunes, harmonica bits and ballads.

Friday, December 6, 2024, 7:00pm: Andy Forgie

Andy Forgie will be performing favourites from The Beatles to Broadway!! And something for everyone, in-between. Andy's varied musical influences and inspirations, touch on several genres and eras...with his trusty guitar, in tow, Andy will lift your spirits on this chilly winter night.

Andy Forgie is one of our region's, most beloved and sought after entertainers, with a professional music career spanning over five decades! As the lead vocalist and songwriter for his bands "CREED" & "PHOTOGRAPH", Andy recorded for both Quality Records & Capitol Records in the 1970's & 80's. Working alongside the likes of Tom Cochrane & Daniel Lanois, and touring from The Rock to The Rockies!! Over the past 22 years Andy was the lead vocalist with the internationally acclaimed celebration of The Beatles: "All You Need Is Love"...performing in Liverpool-England, Mons-Belgium, and throughout the USA! Lastly, and perhaps most importantly, Andy's performances for both the young (children's shows), and the young at heart (music therapy for the elderly) continue to this day.

Friday, December 13, 2024, 7:00pm: The Sidewalk Crusaders

If you came out for our big winter event last December you will remember this high energy band who kept our indoor museum visitors dancing! "The Sidewalk Crusaders" are back again this year to close out our Friday Night Lights holiday programs. Peter, on saxophone, and his friends are back to entertain you once again with their upbeat tunes, impressive improvisation, and spirited choreography.

The Sidewalk Crusaders is a versatile band, providing an interactive and exciting musical performance filled with many styles of music, improvised solos, and choreography. They have played from Dubai, UAE, to Toronto with Cirque de Soleil.

Friday Night Lights at Macpherson House Presents "House Guest"

Date and Time: Friday, December 6 5:00 pm - 8:50 pm

Address: Macpherson House, 180 Elizabeth Street, Napanee ON K7R 1B5

In a nearly 200 year old house, you never know who may come to visit! *House Guest*, an immersive room-by-room play set during the holiday season in historic Macpherson House. As the night begins and some friendly faces from the House's past make an appearance, a clash of history do's and don't's ensues between a Ghost Hunter and museum guide. What began as a clash soon leads to heartwarming and subtle reflection on the traditions and work it takes to bring people together for the holidays. *House Guest* invites its audience to enjoy historical fiction from inside the beautiful Macpherson House surrounded by candlelight and dressed for the holiday season.

Created by and starring Kingston-based emerging artists and [DAN School of Drama and Music](#) university students Fiona Kolbuc-James, Devon Mahoney, Grace Roop and Taylor Snelling, candle-lit performances of *House Guest* take place on November 29, December 6, and December 13 at the Macpherson House in Napanee.

Tour Dates:

Friday, November 29

Friday, December 6

Friday, December 13

Tour Times (50 min duration):

5:00 pm

6:30 pm

8:00 pm

Cost: \$10/person

Advanced tickets sales only. Please arrive no more than 15 minutes before your scheduled tour time.

Recommended Audience 8+, performances are set in a historic setting, audience will move from room to room, accessibility is limited and the house visible in dim lighting only.

Saturday, December 7, 2024

Greater Napanee Parade of Lights

Date and Time: Saturday, December 7 5:30 pm - 6:30 pm

Address: Downtown Napanee

Join us on Saturday, December 7, 2024, for this year's Parade of Lights, beginning at 5:30 p.m.

As we welcome the holiday season, we invite the community to come out and enjoy a night of festive floats and holiday cheer at our annual Parade of Lights!

Stay tuned for an updated parade route!

We kindly ask the public to refrain from parking vehicles along the parade route.

Don't forget to bring your non-perishable food donations to be collected along the way, as well as your letter to Santa!

Sunday, December 8, 2024

Museum Kids: Reindeer Games

Date and Time: Sunday, December 8 10:30 am - 2:30 pm

Address: Museum of Lennox & Addington, 97 Thomas St. East, Napanee, ON

Celebrate the holidays and all things reindeer with our December Museum Kids! Sherwood's Reindeer Farm will be visiting the Museum with real life reindeer! Plus, warm up inside the Museum, where we're creating spherical reindeer from scratch, these adorable little balls will endear even the grumpiest Scrooges. Give them as a gift or keep your new friend for yourself. Need more reindeer in your life? If you are comfy with a hot glue gun you are welcome to create a second reindeer friend accessorized with a snazzy scarf and unique antlers. Top it all off by getting your face painted and enjoying a reindeer game or two! Holiday cheer and reindeer are here!

Time: 10:30AM-2:30PM (drop-in)

Cost: FREE!

Everyone welcome!

No pre-registration required.

Scheduled Activities:

10:30AM: Clothespin Reindeer Craft
11:30AM: Paper Reindeer Craft
12:00PM: Reindeer Games (Holiday Bingo + Sleeping Santa)
1:00PM: Pom-pom Snowball Catapults

Drop-In Activities:

11:00AM-1:00PM: Reindeer Meet and Greet with Sherwood's Reindeer Farm
11:00am – 2:00pm: Reindeer Face Paint Station
10:30am – 2:30pm: Colouring Table
10:30am – 2:30pm: Quiet Area

Monday, December 9, 2024

Martial Arts Fitness Classes

Date and Time: Monday, December 9 6:00 pm - 7:30 pm

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Wednesday, December 11, 2024

Restorative Yoga with Sarah

Date and Time: Wednesday, December 11 12:00 pm - 12:50 pm

Address: Museum of Lennox & Addington, 97 Thomas St. East, Napanee, ON

Yoga with Sarah is a restorative practice, designed to help you reduce stress and anxiety, and increase overall energy. We will hold restful poses for a few minutes each while meditating to help us get into deeper relaxation. We all need to take a moment during the busy holiday season to do something for ourselves. These sessions are the perfect way to nurture and pamper yourself. Let's get cozy and do some yoga! You are welcome to bring a blanket and pillow to get extra comfy. ***Please bring your own water and mat. These sessions will be held inside at the Museum.***

Wednesday, December 11th & Wednesday, December 18th

Cost: \$6/person

Time: 12:00 - 12:50PM

For: All ages!

No pre-registration is required.

Instructor Bio:

Hi I'm Sarah, I love yoga and fitness. 9 years ago I attended my first yoga class and was amazed how much it benefited not only my physical fitness, but also my sense of peace and emotional wellbeing. Seeing how much it has helped me, I wanted to pass the gift of yoga along to others. In 2020, I attended my yoga teacher training in Bali where I deepened my love for yoga even more and my passion for teaching others grew. I look forward to guiding you through your yoga practice.

Thursday, December 12, 2024

Christmas Songfest

Date and Time: Thursday, December 12 2:00 pm - 3:30 pm

Address: St. Alban's Centre, 10419 Loyalist Parkway, Adolphustown

As we get ready for the Christmas season it is nice to take a break and just sit back and enjoy. To that end we offer our third annual Christmas Songfest, a chance to sit and sing all those familiar holiday songs with a song sheet in your hand so you don't have to mumble or hum when you don't quite know all the words.

The time is 2 pm on Thursday December 12th, so no worries about driving after dark. We look forward to seeing you all at St. Alban's Christmas Songfest, at St. Alban's Centre, 10419 Loyalist Parkway, Adolphustown (a part of Greater Napanee).

Local musicians John Hall on piano, and Doug Handforth on viola will supply the music.

There is no cost to attend and there will be refreshments.

We are collecting donations of non-perishable food and personal hygiene items for Morningstar Mission in Napanee again this year. Cash donations are welcome too.

A Christmas Songfest

Date and Time: Thursday, December 12 2:00 pm - 6:00 pm

Address: 10419 Loyalist parkway, Adolphustown

Come and get in the mood for the holidays
and help us sing all those songs
you've heard for years and
we'll let the merriment begin with us!
December 12, 2024 at 2 pm
at St. Alban's Centre
10419 Loyalist Parkway, Adolphustown

Martial Arts Fitness Classes

Date and Time: Thursday, December 12 6:00 pm - 7:30 pm

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Before or after your Museum exploration, enjoy an exclusive and immersive candlelight play at Macpherson House for \$10 (see details [here](#))!

Dates:

Friday, November 29

Friday, December 6

Friday, December 13

Time: 5:00-8:00pm, with the Creation Corner open with drop-in local artists from 5:30-6:30pm and musicians starting at 7:00pm

Everyone welcome!

No registration required.

MUSICIANS @ THE MUSEUM:

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Tour Dates:

Friday, November 29

Friday, December 6

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Tour Times (50 min duration):

5:00 pm

6:30 pm

8:00 pm

Cost: \$10/person

Advanced tickets sales only. Please arrive no more than 15 minutes before your scheduled tour time.

Recommended Audience 8+, performances are set in a historic setting, audience will move from room to room, accessibility is limited and the house visible in dim lighting only.

Saturday, December 14, 2024

Rudy and Saddle Up Live at the Napanee Legion

Date and Time: Saturday, December 14 7:00 pm - 11:00 pm

Address: 26 Mill St E. Napanee

\$10 cover at the door, all are welcome. Performance is in the Napanee Legion Clubroom!

Monday, December 16, 2024

Monday Zumba with Tricia

Date and Time: Monday, December 16 12:00 pm - 12:45 pm

Address: 97 Thomas St. E Napanee

Join us for an exhilarating, vibrant, and energetic Zumba experience. Move it at the museum with easy to learn and follow choreography to fun Latin rhythms. Bring a sturdy pair of shoes.

Suitable for all ages

No pre-registration is required

Martial Arts Fitness Classes

Date and Time: Monday, December 16 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

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Wednesday, December 18, 2024

Restorative Yoga with Sarah

Date and Time: Wednesday, December 18 12:00 pm - 12:50 pm

Address: Museum of Lennox & Addington, 97 Thomas St. East, Napanee, ON

Yoga with Sarah is a restorative practice, designed to help you reduce stress and anxiety, and increase overall energy. We will hold restful poses for a few minutes each while meditating to help us get into deeper relaxation. We all need to take a moment during the busy holiday season to do something for ourselves. These sessions are the perfect way to nurture and pamper yourself. Let's get cozy and do some yoga! You are welcome to bring a blanket and pillow to get extra comfy. ***Please bring your own water and mat. These sessions will be held inside at the Museum.***

Wednesday, December 11th & Wednesday, December 18th

Cost: \$6/person

Time: 12:00 - 12:50PM

For: All ages!

No pre-registration is required.

Instructor Bio:

Hi I'm Sarah, I love yoga and fitness. 9 years ago I attended my first yoga class and was amazed how much it benefited not only my physical fitness, but also my sense of peace and emotional wellbeing. Seeing how much it has helped me, I wanted to pass the gift of yoga along to others. In 2020, I attended my yoga teacher training in Bali where I deepened my love for yoga even more and my passion for teaching others grew. I look forward to guiding you through your yoga practice.

Thursday, December 19, 2024

Martial Arts Fitness Classes

Date and Time: Thursday, December 19 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

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Monday, December 23, 2024

Martial Arts Fitness Classes

Date and Time: Monday, December 23 6:00 pm - 7:30 pm

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Wednesday, December 25, 2024

Christmas Day Roast Ham Dinner

Date and Time: Wednesday, December 25 11:30 am - 1:00 pm

Address: Napanee Lions Hall 57 County Rd 8, Napanee, ON, K7R 3E6

Morningstar Mission is excited to offer a free Christmas Day Sit Down Dinner at the Napanee Lions Hall from 12:00pm - 1:00pm (doors open by 11:30am). Come join us for a lovely roast ham dinner with scalloped potatoes, veggies, casserole, buttered rolls, and pie for dessert. A transportation shuttle will be offered between the Mission and the Lions Hall from 11:30am - 12:00pm and again after the meal from 1:00pm - 1:30pm.

For anyone who cannot attend the sit down meal, we are also offering free Christmas Day Meal Delivery to any

one in Lennox and Addington County and Deseronto. There are no requirements to receive other than living in this area. You may sign up by calling Morningstar Mission at (613) 354-6355 or by filling out the online form at <http://morningstarmission.ca/christmas-dinner/>

Thursday, December 26, 2024

Martial Arts Fitness Classes

Date and Time: Thursday, December 26 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

Join Extend-A-Family along with Sensei Bob Sears and Sensei Denny Thompkins for an inclusive fitness program based on Martial Arts training. This program offers an opportunity for increased strength, flexibility and stability.

The Martial Arts Fitness classes are inclusive of all levels of abilities.

Monday, December 30, 2024

Martial Arts Fitness Classes

Date and Time: Monday, December 30 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

Join Extend-A-Family along with Sensei Bob Sears and Sensei Denny Thompkins for an inclusive fitness program based on Martial Arts training. This program offers an opportunity for increased strength, flexibility and stability.

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<http://events.greaternapanee.com>