

Summer 2026

## What's Happening at the Northwood Foundation

There is so much to look forward to this year at the Northwood Foundation. From music and mentorship to celebrations, golf, and community connection, we are bringing people together in meaningful and fun ways, all in support of dignity, wellness, and joy for those we serve at Northwood.

### TUNESDAY

**Every Monday | June 1 – August 31**  
**Harbourview Lounge, Halifax**

An intergenerational music mentorship and live performance program led by renowned Halifax musician Mike Cowie, where young musicians learn from experienced performers. It is a truly reciprocal experience where stories, talent, and connection are shared across generations, made possible through the generous support of the J&W Murphy Foundation.

Rehearsal: 5:30 – 6:30 PM

Live Music: 7:00 – 9:00 PM

**Admission by donation at the door**

### Atlantic Sound Machine Dance

**Saturday, September 12**

**Joyce Bond Centre**

Get ready to dance the night away in support of Recreation Therapy programs at Northwood.

**Tickets: \$25 each**

Great music, great energy, and a great cause

## Summertime Raffles

Keep an eye out for our summertime raffles, featuring beautiful baskets generously donated by Maritime Beauty in support of the Dignified Living Fund. Watch for your chance to purchase tickets throughout the summer and help bring comfort, dignity, and joy to residents across Northwood

## 4th Annual Live More Invitational

**Monday, September 21<sup>st</sup>**

**Old Ashburn Golf Course**

A fantastic day on the course in support of mental wellness programs at Northwood. Gather your team and join us for one of our most popular events of the year.





We're proud to partner with Mountain Warehouse to support our seniors through the Dignity Rack. Every item purchased from the rack goes directly toward helping seniors in our community access essential clothing and supplies—ensuring comfort, confidence, and care when it's needed most.

Next time you're in-store, take a moment to browse the Dignity Rack. A small purchase can make a meaningful difference.

### Dignity Month – September

Throughout September, we shine a light on dignity.

Online Auction all month long, in support of the Dignified Living Fund, helping provide essential items and everyday comforts that bring comfort, dignity to residents each day.

### Be Part of It All!

Every event, every program, and every moment is made possible through community support.

Whether you attend, sponsor, donate, or simply spread the word, you are helping create dignity, connection, and joy for the people we serve every day.

### Live More Awards Gala

Thursday, October 22

Halifax Convention Centre

Our signature event celebrating community leaders who give back and make Nova Scotia a better place to live. Join us for an inspiring evening of recognition, connection, and celebration.



For more information  
scan the QR code!

