

calendar of events

All Calendar and Ongoing Events must be received by 12th of the month prior to publication. For calendar submission enter on our website: www.naturalawakeningstriangle.com. Calendar submissions for non-advertisers are limited to space availability.



TRIANGLE HOLIDAY EVENT GUIDE

For more info on any of the events below, click on this link
<https://triangleonthecheap.com/christmas-holiday-events-triangle>

SATURDAY, NOVEMBER 10

Visions of Sugarplums 44th Annual Holiday Art & Gift Show. 9am to 3pm. FREE. Quail Hollow Swim Club, 800 Orleans Place, Raleigh.

Mistletoe Madness Holiday Market. 11am to 4pm. FREE. TCB-The Corner Biergarten, Fuquay-Varina.

FRIDAY, NOVEMBER 16

Winter Wonderland at Park West Village. 5pm to 9pm. FREE. Park West Village; 3113 Market Center Drive, Morrisville

Waverly Place Tree Lighting Celebration. 6:00pm to 8:30pm. FREE. Waverly Place, 317 Colonades Way, Cary

SATURDAY, NOVEMBER 17

Jingle Bell Bazaar. 10am to 4pm. FREE. Woodland

Baptist Church, Wake Forest.

Durham Art Walk Holiday Market. 10am to 5pm. FREE. Durham Arts Council.

Tree Lighting at Lafayette Village. 3:30pm to 5:30pm. FREE. Lafayette Village, Raleigh.

Winter Wonderland at Park West Village. 5pm to 9pm. FREE. Park West Village.

The Annual Holiday Craft Show at Cary Senior Center. 9am-3pm. Cary Senior Center.

34th Annual Holiday Crafts Fair at NC State. 10am to 5pm. The Crafts Center at Thompson Hall.

SUNDAY, NOVEMBER 18

Durham Art Walk Holiday Market. 1pm to 5pm. FREE. Durham Arts Council.

Winter Wonderland at Park West Village. 5pm to

9pm. FREE. Park West Village, 3113 Market Center Drive, Morrisville.

WEDNESDAY, NOVEMBER 21 – MONDAY, DECEMBER 31

Lake Myra Christmas Lights. FREE. Sunday through Thursday: 6-10pm; Friday and Saturday: 6-11pm. One of the largest and most spectacular Christmas light displays in North Carolina is in Wendell. Lake Myra Christmas Lights features almost a quarter of a million lights that dance in a synchronized show, with special effects, to holiday music. Park and watch the show, which varies between 30 and 90 minutes. On weekends there will be free hot chocolate and on some nights there will be special appearances by Santa. Donations are accepted.

FRIDAY, NOVEMBER 23– SUNDAY, JANUARY 13

NC Chinese Lantern Festival in Cary. 6-10pm. Booth Amphitheatre, 8003 Regency Parkway, Cary. Open every day except Mondays, although it is open on Christmas Eve and New Year's Eve (which are Mondays.) Check for ticket prices. Walk through the venue to observe the lanterns. Plan for 45-75 minutes to view all light displays and enjoy the live cultural performances. Total walk-through is approximately ½ mile.

FRIDAY, NOVEMBER 23 – SUNDAY, NOVEMBER 25

Christmas Carousel Holiday Gift Market. 9am to 6pm. \$5-9. Jim Graham Building, NC State Fairgrounds.

FRIDAY, NOVEMBER 30

Lighting of Wake Forest. 6:00 pm to 8:30 pm. FREE. Centennial Plaza, Wake Forest Town Hall.

Morrisville Christmas Tree Lighting. 7pm to 9pm. FREE. Indian Creek Park in Morrisville.

SATURDAY, DECEMBER 1

Christmas Holiday Shoppe Craft Show. 9am-4pm. St. Thomas More Catholic Church, Chapel Hill.

Scandinavian Christmas Fair. 10am-5pm. NC State Fairgrounds.



SATURDAY, NOVEMBER 17

Raleigh Christmas Parade. 9:40 pm. Join us for the largest Christmas Parade between Washington, DC and Atlanta. Click on link for parade route and more info: <https://grma.org/christmas-parade/>

SATURDAY, DECEMBER 1

Apex Rotary Christmas Parade. Starting at 5pm at the intersection of Ambergate Station and The Peakway, heading down Salem street and ending at the Apex Public Works buildings on Upchurch St. <http://apexrotary.org>

SUNDAY, DECEMBER 2

Light Up The Night Hillsborough Holiday Parade, Community Sing and Tree Lighting. Pictures with Santa and Mrs. Claus will be available for a suggested donation of \$5 at the Visitors Center in the

Alexander Dickson House at 150 East King Street from 1-3 pm on December 2, and also 1-3 pm on December 9. The Parade will commence around 4:15 pm (after the Running of the Elves) south on Churton Street and then north on Cameron. <https://tinyurl.com/yaa5cmv>

SATURDAY, DECEMBER 8

Town of Cary Christmas Parade. 1-5pm. www.caryjaycees.org/events-1/

Chapel Hill-Carrboro Holiday Parade. 10am-noon. Located in Downtown Chapel Hill and Carrboro. Beginning at the old Post Office on E. Franklin Street, and ending at the Carrboro Town Hall on Main Street. www.chapelhillholidayparade.com

Durham Holiday Parade and Fun Fest. The Parade will start at 10am at the Health Department (Main

and Dillard Streets) and end near Duke University East Campus (Main Street and Buchanan Boulevard). The Fun Fest is from 1-4pm; Blackwell Street between Morehead Avenue and West Lakewood Avenue. <https://tinyurl.com/yb32ntqt>.

Wake Forest Christmas Parade. 1pm. Begins at the intersection of Elm Avenue and South White Street and continues north along South White Street before turning east onto Wait Avenue. It then turns south onto South Brooks Street and continues until ending at the Elm Avenue intersection. <https://tinyurl.com/yagrzy3g>

SUNDAY, DECEMBER 9

Pittsboro Holiday Parade. 3pm. Parade starts at MLK Drive and ends at Farrell Street. <https://tinyurl.com/ydaetsbz>

FRIDAY, NOVEMBER 2

Sound Therapy for Personal Transformation. 7-9 pm. Use sound therapy for Stress Relief, Clearing Space of Negative Energy, Working with Angels, and More! Led by David Hulse. Suggested love offering \$25. Unity of the Triangle, 5570 Munford Rd, Raleigh. www.unitytriangle.org

SATURDAY, NOVEMBER 3

Activate Your Codes. 9:30-11:30 am. Discover special techniques using tuning forks to designed to call on the Archangels and activate your DNA codes. Led by David Hulse. Suggested love offering \$25. Unity of the Triangle, 5570 Munford Rd, Raleigh. www.unitytriangle.org

Karmic Relief. 1-5 pm. Move from suffering to engagement with life and learn to live fully in the now. Led by David Hulse. Suggested love offering \$35. Unity of the Triangle, 5570 Munford Rd, Raleigh. www.unitytriangle.org

TUESDAY, NOVEMBER 6

Our Women Friends: Unique Resources for Growth and Insight, and More. 10:30am–noon. What is it about our “girlfriends” that adds color and texture to our lives? What is it about a close woman friend that makes the difficult more bearable and the fun times more enjoyable? This program will look at women’s friendships through the lens of women in the Judeo Christian Scriptures and their relationships. So, please come and bring a friend! Free will donation. A Place for Women To Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

WEDNESDAY, NOVEMBER 7

Drum Circle. 7-8:30pm. Join us as Cindy Jones MS LPCS and Taylor Houchens MS LPCA present “Drumming for Wellness”. If you are feeling a need for ease from any of the following: boredom, loneliness, stress, fatigue. Come and get some rhythm relief! NO experience necessary. All levels welcome! Bring your drums and percussion instruments (extras will be available!). Suggested donation \$10. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or www.unitychapelhill.org.

The Power of Hope. 1:30-3:00pm. Difficulties, misfortune and loss can bring bitterness and despair. On the other hand, there are those who move beyond the overwhelming loss and come to embrace hope in their hearts. Whether our loss of hope is from personal or societal realities, our faith challenges us to the necessity of having hope. Our God gives us lessons in God’s creation to demonstrate the power of the human spirit. Let us claim together that hope and resiliency is rooted in the human heart. Suggested donation: \$20. A Place for Women To Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

THURSDAY, NOVEMBER 8

Who Are You and How Do You Fit into This World? 7:00-8:30pm. Who Are You? How would you describe

yourself and your place in this world? Do you live as a separate being on an island of solitude or do you see yourself as part of a community? We will discuss how you are connected to all of life and what that means as you move through your day. Suggested Donation: \$20. A Place for Women To Gather, 8380 Six Forks Road, Suite 203, Raleigh. www.womengather.org

SATURDAY, NOVEMBER 10

Kundalini Yoga Workshop in Chapel Hill: “Prana, Vayus, and Nadis”. 1:30–5:30pm. Learn about the mechanics and subtleties of the breath in the body. The Vayus are the subtle airs in the body and the nadis are the energy channels. Come and experience the more esoteric aspects of your anatomy! Practice yoga and pranayam to enhance your understanding. Cost: \$50. Preregistration required by Nov. 8. Call 919-257-7814 or email hardarshan@matashaktiashram.org or visit www.matashaktiashram.org

SUNDAY, NOVEMBER 11

Unity Church of Raleigh: Rev. Wally White, Guest Speaker. 10:30am. Rev. White is an ordained minister and has been a New Thought student for over 20 years, with most of his studies concentrated in Unity and Religious Sciences. He was blessed to be mentored by Rev. Dr. Della Reese Lett, known to many as Tess of CBS’s Touched by an Angel. He learned to know unquestioningly that he is a child of God in whom He is well pleased. He knows that for you too. www.unitychurchofraleigh.org

Angels 102. 1:30-3:30 pm. Learn to invite angels into your life as messengers, guides, helpers, comforters and action prayer partners with Mary Mooney. Mary has had angel contacts for 26 years and will share these experiences as a guide for enriching your angel experiences. Suggested love offering \$25. Unity of the Triangle, 5570 Munford Rd, Raleigh. www.unitytriangle.org

MONDAY, NOVEMBER 12

Our Women Friends: Unique Resources for Growth, Insight, and More. 7-8:30pm. See November 6 listing for details.

WEDNESDAY, NOVEMBER 14

Guided Breathing Meditation. 7-8:30pm. Experience the benefits of meditation immediately, in a single session! Through conscious breathing, you can silence your mind and feel what it would be like to cultivate a deep meditation practice. Led by Theo Feaster. Combat anxiety and bolster your immune system through diaphragmatic breathing. Accompanied by singing bowls. Suggested donation \$10. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or www.unitychapelhill.org.

THURSDAY, NOVEMBER 15

The Power of Hope. 7:00-8:30pm. See November 7 listing for details.

SATURDAY, NOVEMBER 17

The Great Gratitude Auction. 6-8pm. Come join us for our annual silent auction FUNdraiser! Get a head start on the holidays and find unique treasures for yourself or someone on your gift list, all at great prices! Enjoy delicious refreshments while you mix and mingle including beer and wine (cash bar). Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or www.unitychapelhill.org.

SUNDAY, NOVEMBER 18

Unity Church of Raleigh: Gratitude Sunday. 10:30 a.m. “Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” – Melody Beattie. Experience the power of gratitude in your life at our special Gratitude Service. www.unitychurchofraleigh.org

SATURDAY, NOVEMBER 24

Unity Church of Raleigh, 4th Saturday Breakfast Book Club. 10:00 am–noon. Our popular Breakfast Book Club, led by Rev. Bev, is now studying *Seedtime and Harvest, A Mystical View of the Scriptures* by Neville Goddard. The book focuses on key mystical messages that run through Biblical Scripture, showing how familiar stories and passages provide insight into the metaphysical principles that form the foundation of physical experience. Come and join us! Love offering. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. www.unitychurchofraleigh.org

WEDNESDAY, NOVEMBER 28

Compassionate Connection. 7-8:30pm. Learn the basics of the four-step process of Nonviolent Communication (NVC) and specific strategies for giving empathy to ourselves. We will practice each step with a written exercise, with small group break-outs, and with full group sharing. These simple, specific communication techniques can be applied immediately to connect with compassion in all situations. Suggested donation \$10. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. For more info: 919-968-1854 or www.unitychapelhill.org.

SATURDAY, DECEMBER 1

Conscious Light: Film Screening of Award-Winning Spiritual Documentary. Doors open at 7pm; screening at 7:30pm. The film won the Audience Award for Best Feature Documentary at the Awareness Festival in LA and five Impact DOCS Awards. Suggested donation: \$5–10. Light refreshments provided. Location: Joy of Movement Studio, 480 Hillsboro Street, Pittsboro, near Chatham Marketplace Natural Foods. For more information visit: <https://consciouslightfilm.com>

on going events

SUNDAY

That Cancer Show. 8:00–8:30pm. Cornucopia Cancer Support Center hosts this informational talk radio

program to assist anyone journeying with cancer. Airs live on WPTF 680 AM in the Triangle. Also live streams live at www.wptf.com, click on the 680 AM Listen Live button. See more information at www.cancersupport4u.org

Unity of the Triangle Sunday Services. 9am and 11am. Come and be part of a meditative, heart-centered, music-inspired experience our community offers every week. “Come Home to Unity...your family awaits you.” Childcare 8:45am–12:15pm. Unity of the Triangle, 5570 Munford Rd.

Raleigh. www.unitytriangle.org Facebook age: www.facebook.com/unityofthetriangle

Unity Church of Raleigh: Sunday Morning Service. Prayer and Meditation: 9:45–10:15am; Sunday Celebration: 10:30–11:45am; Youth Program: 10:30–11:45am. Oneness Blessing after service (first Sunday). Unity Church of Raleigh is a gathering place for spiritually motivated people living in an awakening world. Come join us each Sunday for fun, fellowship, inspired music and message, and go feeling blessed. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. www.unitychurchofraleigh.org

Unity of the Triangle Servicio Español. 11:30am. Every Sunday. Come and be a part of a meditative, heart-centered, music-inspired experience, in Spanish! Join Associate Minister Rev. Ana V. Quintana as she leads this new service each week. Unity of the Triangle, 5570 Munford Rd. Raleigh. Visit: unitytriangle.org

Unity Center of Peace. Sundays 9:30–10:40am, Adult Forum (Chapel), 10:45–11am. Silent Meditation (Chapel), 11am–12:15pm. Celebration Service (Sanctuary), 5–6:15pm. Youth program from 11am–12:15pm. 8800 Seawell School Road, Chapel Hill. office@unitychapelhill.org www.unitychapelhill.org or call 919-968-1854.

Pet Grief and Loss Support Group. 6:30–8:00pm. Bi-monthly. Sign-up required 48 hours in advance of meeting. When dealing with your pet's illness, we understand how difficult this life situation is and we are here to help. With professionally guided group meetings by a licensed clinical psychologist you will receive support for pet loss or end-of-life decisions for pets, and a safe environment to express grief. Bowman Animal Hospital, 8308 Creedmoor Road, Raleigh. Phone: 919-847-6216 or visit: <https://tinyurl.com/zq87ejr>

Science and Spirituality with Dr. Marsha Walters. 1:30pm. Third Sunday. Join Dr. Marsha Walters for an ongoing study of science, spirituality, and the ways we can use them to express the Divine. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle High Milers Group. (Over 68 yrs) 10:15–10:55am. 2nd and 4th Sundays. Come connect with fellow seniors between Sunday services to share your life's journey, your wisdom and your dreams while exploring how the Unity principles relate to your life. Enjoy sharing stories and wisdom, fun and fellowship. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: www.facebook.com/unityofthetriangle

Unity of the Triangle Classes for Youth. 11am. Nursery, Preschool, UniKids (Grades K-5), UniTeens (Middle school), and Y.O.U. (High school). Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org, Facebook page: www.facebook.com/unityofthetriangle Unity Youth and Families Facebook page: <https://www.facebook.com/uct.youth/?fref=ts>

Unity of the Triangle Boomers Group. (50's and 60's). 10:00am–10:55am. 2nd and 4th Sundays. Connect with others between Sunday services while exploring how the Unity principles relate to your life. The format is open discussion and individual participation is encouraged. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org Facebook page: www.facebook.com/unityofthetriangle

The Yoga of The Twelve Step (Y12SR). 7:30–9:00pm. Yoga meets the 12 Steps. This meeting is for people facing addiction and their loved ones. No yoga experience or props required. All are welcome. Donation based. Please join us. Evolve Movement, 219 Oberlin Road, Raleigh. Visit: <http://y12sr.com>

Gathering of the Sisterhood: An Evening for Evolving Women. 6–8pm. First Sunday. Bringing like-minded women together of all ages and paths. Meet and greet first 30-minutes, then a talking stick will be passed allowing each participant 3-5 minutes to share. This will be followed by open time when people can stay and talk. 20 person limit, and \$7 charge which will include a beverage and a pastry of your choice. Registration is required. Oasis in Carr Mill Mall. 200 N Greensboro St, Suite A5. Carrboro. www.oasisincarrmill.com

Second Sunday Sewing at the Scrap Exchange. 2–6pm. Ages: 14+. Join us for community sewing meetup in our Design Center, hosted by textile artist Christine Ramsey. Bring a new or old project and Christine can help you work through creative and technical blocks. Take the opportunity to sew with tons of fabric, trim and accessories at your fingertips. Free admission. Fee for materials. Scrap Exchange, 2050 Chapel Hill Rd, Durham. 919-688-6960. Visit: www.scrapexchange.org for on-line registration: www.sewsunday.eventbrite.com

MONDAY

Taoist Tai Chi Continuing Class. 9:30-10:45am. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email; northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org.

Taoist Tai Chi Beginning Class. 10-11 am. Southern Star Ballroom, 6625-015 Falls of Neuse Road, Raleigh. The Taoist Tai Chi Society internal arts of health incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension; improve circulation and balance, and increase strength and flexibility. Call 919-787-9600 for more information. Starts October 1.

Taoist Tai Chi Continuing Class. 6-8pm. Episcopal Center at Duke, 505 Alexander Ave., Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email; northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org.

Tai Chi Continuing Class. 6:30-8:30pm. Cornerstone Presbyterian Church, 2220 High House Road, Cary. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email; northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org.

Taoist Tai Chi Beginning Class. 6:30-8:30pm. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. The Taoist Tai Chi Society internal arts of health incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension; improve circulation and balance, and increase strength and flexibility. Call 919-787-9600 for more information.

Course in Miracles. 7pm–8pm. Contact David Beaver at 919-271-6605. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org; Facebook page: www.facebook.com/unityofthetriangle

Yoga. All Levels. Noon-1:00 pm. Judy Liu, RYT 200 Yoga Instructor, ACE Group Fitness Instructor, Location: Bond Park Community Center, 801 High House Rd, Cary. To register: www.townofcary.org

Meditation and Prayer Circle. 7pm. Connect with Spirit in the silence during our weekly Meditation and Prayer Circle. Bring your prayer requests for yourself, a loved one or the world or simply enjoy a time of quiet reflection. Meets every Monday evening from 7–8pm. All are welcome. Love Offerings gratefully accepted. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. 919-968-1854, www.unitychapelhill.org

Interfaith Explorations. Second Mondays 7pm. Explore the world's major religions in this unique monthly course. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org; Facebook page: www.facebook.com/unityofthetriangle

Chronic Pain Support Group. 10am–noon. Second and fourth Monday. Suffering pain every week is hard! Our hope is to share our coping methods, be understanding and be prayer warriors for each other. Sponsored by Crossroads Fellowship. (<http://crossroads.org/>) For information contact Mary Hilbert, 919-616-8978, su4fun@yahoo.com

KidsCan! (for families coping with a parent's cancer) 6-8pm. 2nd Monday. Register: 919-684-4497 or visit: <https://tinyurl.com/yapmn8nx>

Prostate Cancer Support Group (for patients and family members). 4-6pm. 4th Monday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham.

Food Addicts in Recovery Anonymous. 7pm. Mondays. We are an international fellowship of men and women who have experienced difficulties in life as a result of the way we used to eat. Through shared experience and mutual support, we help each other to recover from the disease of food addiction. White Plains Methodist Church, 313 SE Maynard Rd., Cary. Contact: Kathryn, 919-467-8568 or Anne, 919-977-7648.

Yoga For People Living With or Surviving Cancer. 11am–12:30pm. Mon. and Thurs. A welcoming class for people who are new to yoga or who want to increase their flexibility, strength and stamina. UNC Comprehensive Support Program, 6013 Farrington Road, Chapel Hill. Call: 919-966-3494. \$5 and scholarships possible.

TUESDAY

Taoist Tai Chi Combined Beginner and Continuing Class. 9-10am. North Forest Hills Park, Collums Road, Chapel Hill. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of

WEDNESDAY

Wednesdays: Prayer & Meditation with Rev. Meemie. 6:30 pm. Join us for both guided and silent prayer and meditation centered around a new focus each week. www.unitytriangle.org Unity of the Triangle, 5570 Munford Rd, Raleigh. 919-832-8324. www.facebook.com/unityofthetriangle

Unity Church of Raleigh: New Midweek Class with Rev Bev: Unity's Foundational Lessons in Truth. Eight Wednesdays, starting October 24, 7:30-9:00 p.m. \$10 Suggested Love Offering. Free Childcare. UCR goes back to school with a beloved New Thought classic: Emilie Cady's pivotal book, *Lessons in Truth*. This discussion class will explore what has been called the Course of 12 Lessons in Practical Christianity. The book explains the key foundational teachings of Unity, including how prayer and our thoughts, beliefs and words can change our lives for the better. 5124-108 Departure Drive, Raleigh, www.unitychurchofraleigh.org

Taoist Tai Chi Continuing Class. 9:30-10:45am. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. Taoist Tai Chi Beginner Class. 11am-noon. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Continuing Class. 9:30-11am. Church of the Nativity, 8849 Ray Road, Raleigh. Taoist Tai Chi Beginner Class. 11am-12noon. Eno River Unitarian Universalist Fellowship, 4907 Garrett Road, Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org

Taoist Tai Chi Beginning Class. 1:30-2:30pm. Blue Lotus Yoga Studio. 401 N. West Street, Raleigh. The Taoist Tai Chi Society internal arts of health incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension; improve circulation and balance, and increase strength and flexibility. Call 919-787-9600 for more information.

Tai Chi Continuing Class. 6:30-8:30pm. Cornerstone Presbyterian Church, 2220 High House Road, Cary. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org.

ZUMBA Wednesdays. Noon-1pm. Judy Liu, ACE Group Fitness Instructor, ZUMBA certified instructor, ZUMBA workout with routines that feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Location: Bond Park Community Center, 801 High House Rd, Cary, NC 27513 To register, visit www.townofcary.org

body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-929-0396. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Beginner Class. 10:30-11:30am and 6:30-8:30pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org.

Taoist Tai Chi Continuing Class. 11:45am-1:15pm. and 6:30-8:30pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

Unity of the Triangle's Spiritual Dialogue with Rev. Ana. 1-3 pm. Join Rev. Ana in a spiritual dialogue that will support your healing and transformation while also allowing to connect at a deeper level with others. This interactive and popular study group often uses a book or video series and always incorporates prayer, meditation, and certainly fun! Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org; Facebook page: www.facebook.com/unityofthetriangle

The Holistic Moms Network Monthly Meeting. 10:30am. Third Tuesday. The Holistic Moms Network is a non-profit support and educational resource for parents with an interest in natural health, holistic living and mindful parenting. We host a monthly meeting on a variety of healthy living topics as well as playgroups and other fun events! Free. Location: Sweetbottoms Baby Boutique, 2845 Jones Franklin Rd. Visit: <http://trianglercnc.holisticmoms.org>

Breast and Gynecologic Cancer Support Group (for patients). 5:30-6:30pm. 3rd Tuesday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham. Visit: <https://tinyurl.com/yapmn8nx>

The Art of Conscious Aging: An Ongoing Group. 11:30-2:00pm. 2nd Tuesday. Each gathering will focus on a single topic. Participants will have an opportunity to provide program leadership. Any woman who experiences herself at any stage of her elder years is invited to join us in a deep sharing of her own experiences. Bring bag lunch and a drink. No fee or need to register. Newcomers welcome. Health Touch Wellness Center, 3500 Westgate Drive, Building 500, Durham. Visit: www.rcwms.org

Smart Recovery. (Smart Management and Recovery Training) 7:30pm. Tuesdays. Offering free behavior science based mutual support groups for abstaining from any type of addiction. Location: Binkley Baptist Church, 1712 Willow Drive, Chapel Hill. Visit: www.trianglesmartrecovery.org

Raleigh A.R.E. Spiritual Growth Study Group. 7:30-9:30pm. Call Wayne at 919-783-6045.

Vinyasa Slow Flow Yoga Levels 1-2. 11am. Get over that mid-week hump with a little peace and relaxation. Led by Fran Richardson, this laid back, easy does it class encourages flexibility, strength and balance. \$10 per class or \$50 for 7 week series. Contact Fran at 919-880-9324 with questions. Unity Center of Peace 8800 Seawell School Rd. Chapel Hill. www.unitychapelhill.org

Compulsive Eaters Anonymous Meeting. Noon-1pm. Wednesdays. Stop dieting. H.O.W. is another solution for people who struggle with dieting and/or weight control. Free. Grace Lutheran Church, 5010 Six Forks Road, Raleigh. Visit: www.ceahow.org

La Leche League of Chapel Hill. 7pm. Second Wednesdays. Meets at the Women's Birth & Wellness Center. 930 Martin Luther King Jr. Blvd., Chapel Hill. For more info, call Pam Freedman, 919-932-6885.

Chronic Pain, Arthritis, Fibromyalgia Support Group. 1:30pm. Third Wed. Monthly meetings with speakers, support, resources and friendship. Free. Location: Cary Rex Wellness Center. Classroom 1, 1515 Cary Parkway, Cary. 919-387-0080.

Chapel Hill A.R.E. Spiritual Growth Study Group. 7-9 p.m. Call Cindy at 919-619-0616.

International Folk Dancing. 7:00-9:30pm. The Durham-Chapel International Folk Dance Club meets weekly to enjoy dances from around the world. We are open to everyone. No partners needed. Easy dances 7-8pm, teaching 8-8:30pm, dancing ends 9:25pm. First-timers are guests. Suggested donation for others is \$5 to help us with room rental. Location: Living Arts Collective, 410 W Greer St., Durham. Visit: <https://tinyurl.com/y7cpubex>

THURSDAY

Kundalini Yoga and Meditation in Chapel Hill with HarDarshan. 6:15-7:45 pm. Location: 305 Glenwood Drive, Chapel Hill. Fee is \$15 drop in or \$50 for a 5 class pass. 919-257-7814. Email hardarshan@matashaktiashram.org or visit www.matashaktiashram.org,

How to Pray. 7-9 pm. Learn how to integrate prayer into your daily life to become more peaceful in this 4-week class led by Rev. Meemie Lohmueller. Suggested love offering \$20/class or \$65 for all four. Unity of the Triangle, 5570 Munford Rd, Raleigh. www.unitytriangle.org

Taoist Tai Chi Combined Beginner and Continuing Class. 9-10am. North Forest Hills Park, Collums Road, Chapel Hill. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-929-0396. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Beginning Class. 9:30-11am. Church of the Nativity, 8849 Ray Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org.

Taoist Tai Chi Beginner Class. 10:30am-11:30am. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a

sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org

Taoist Tai Chi Continuing Class. 11:45-1:15pm. Unity of the Triangle, 5570 Munford Road, Raleigh. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org.

Taoist Tai Chi Beginning Class. 6-8pm. Episcopal Center at Duke, 505 Alexander Ave., Durham. The Taoist Tai Chi internal arts, incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. Practice of this art reduces tension, improves circulation, balance, increases strength and flexibility. Call: 919-787-9600. Email: northcarolina@taoist.org or visit our website: www.northcarolina.usa.taoist.org.

Taoist Tai Chi Continuing Class. 6:30-8:30pm. Unity Church of Raleigh, 5124-108 Departure Drive, Raleigh. The Taoist Tai Chi Society internal arts of health incorporate stretching and turning into a sequence of movements that improve the health of body, mind, and spirit. They reduce tension; improve circulation and balance, and increase strength and flexibility. Call 919-787-9600 for more information.

Nia Class. 10am. Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life—body, mind and soul. Led by Black Belt Nia instructor Holly McKinney. Contact Holly at 919-971-2279 for pricing. Unity Center of Peace 8800 Seawell School Rd. Chapel Hill. www.unitychapelhill.org

A Course in Miracles for Unity. 1:30-3:30pm. Thursdays. All are welcome. Love offering. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org/ Facebook page: www.facebook.com/unityofthetriangle

Spanish Prayer Circle. By phone, 8:55pm. Call 641-715-3200 code: 253899# Whether you are a native Spanish speaker or learning the language, this meditation, as guided by Rev Ana, will take you to a place within of true beauty and oneness. People from NC, FL, OH, PR, and VA connect every week. unitytriangle.org or visit our Facebook page: www.facebook.com/unityofthetriangle

Spiritual Frontier Fellowship. 6:30pm. First Thursday. Serving the Triangle metaphysical community since 1973, this not-for-profit organization aims to enhance the spiritual, mystical, and metaphysical awareness and consciousness of the community by sponsoring programs that facilitate personal growth and development. Every month talks are preceded by a free 30-minute meditation. Unity of the Triangle, 5570 Munford Rd. Raleigh. www.unitytriangle.org/ Facebook page: www.facebook.com/unityofthetriangle

Bodysculpt. 9:30am. Participate in this fast-paced cardio bodysculpt to burn calories, tone your body and improve your strength! All fitness equipment provided (including optional free weights). Location: Bond Park Community Center, 150 Metro Drive,

Cary. Class subject to cancellation if minimum enrollment not met.

Kickboxing. Noon. Engage in a vigorous kickboxing workout to torch calories, tone your body and improve your strength! No kickboxing experience required. Location: Bond Park Community Center, 150 Metro Drive, Cary NC 27513 Class subject to cancellation if minimum enrollment not met.

Coping with Motherhood Support Group. First and third Thursday mornings of each month. Mother-to-Mother Support Group for Perinatal Mood Disorders, facilitated by Nancy Albrecht, RN, MA, IBCLC. Women's Birth and Wellness Center, 930 MLK Jr. Blvd., Chapel Hill. www.ncbirthcenter.org. Please call Nancy for details before coming to class at 919-933-3301, ext. 207.

Cancer Support Group. 5:30-7:00pm. 3rd Thursday. Offering monthly support groups for patients and family members who are coping with cancer. Dinner is provided. There is no charge for parking. Located at the Teer House, 4019 N. Roxboro St., Durham. For more information about these groups, please call 919-684-4497 or email cancersupport@duke.edu or visit: <https://tinyurl.com/yapmn8nx>

Mind-Body Approaches to Coping with Cancer. (for patients and family members) 3:00pm-4:30pm. 1st and 3rd Thursday. Located in the 0-Level conference room by the Duke Cancer Center Café, Durham. Visit: <https://tinyurl.com/yapmn8nx>

Fibromyalgia/Arthritis/Chronic Pain/Joint Replacement Support Group. 1:30-3:30pm. Third Thursday. Everyone welcome. Location: Classroom 1, Rex Wellness Center, 1515 SW Cary Parkway, Cary. For information call: 919-387-0080.

Breastfeeding Class. 6:30pm. First Thursdays. (Third Thursday added when registration demands.) Have all your breastfeeding questions answered by a Certified Lactation Consultant. Moms and dads are welcome. Free for patients; \$25 for non-patients. Call to register at Women's Birth & Wellness Center, 930 Martin Luther King Jr. Blvd., 2nd floor, Chapel Hill. 919-933-3301. More info at www.ncbirthcenter.org

Yoga For People Living With or Surviving Cancer. 11am-12:30pm. Thurs. See Monday listing for details.

Bereaved Parents Grief Support Group. 7:00-8:30pm. First Thursday. Group is also for grandparents and siblings (adults). Loss can be by any means and child any age. Part of The Shore Grief Center's groups. Location: St John's Episcopal Church, 830 Durham Rd, Wake Forest. For more information Phone: 919-368-6286 or visit: www.theshoregriefcenter.org

Wake Forest Survivors of Suicide Loss. 7:00-8:30pm. Second Thursday. Your loss could be recent or not, we welcome everyone. This grief support group meets at St. John's Church, 834 Durham Rd., Wake Forest. Questions: call Carolyn, 919-368-6286.

Survivors of Suicide. Chapel Hill. 7pm. Second and fourth Thursdays of each month at United Church of Chapel Hill, 1321 Martin Luther King Blvd. Contact: Jodi Flick, Call: 919-962-4988 or email: joflick@email.unc.edu

FRIDAY

Touch and Agree (TAG) Christian Women's Business Network Meeting. 1:00-3:30pm. Third Friday. Come out and join this non-denominational, multi-cultural group of Spirit-led women for insights, teachings and tools to grow your business. Fee. Raleigh. ErickaJackson.com/touch-and-agree

Dance Blues Friday. 8-9pm Lesson. 9pm-12am. Fridays. Social Dancing. Fee \$7/\$5 students/military/seniors. Triangle Dance Studio, 2603 S Miami Blvd, Durham. Visit: www.rdblues.com/dances/blues

SATURDAY

Beacon Thermography Screenings at Health Touch in Durham. 10am-5pm. 2nd Saturday. Thermography is a state-of-the-art, FDA registered, non-invasive and radiation-free imaging technology that may detect abnormal conditions before they are detectable by mammography, ultrasound, x-rays or MRIs. While thermography's most common application is in breast cancer screening, it can also help detect a large number of other conditions and injuries. Early detection allows more time to address potential issues. Thermographs are read by MDs who are board-certified in thermal scan analysis. For information, call 910-803-2150 or www.beaconthermography.com.

Reiki Share. 10am-noon. 1st Saturday of the month. Join us in this safe supportive environment for this opportunity to share and deepen your Reiki skills, as well as satisfy your curiosity if you have yet to experience this gentle, yet powerful healing technique. No experience necessary. All skills levels are welcome. Suggested donation \$5. Reiki Master/Teacher Janice Escott facilitates. Unity Center of Peace, 8800 Seawell School Rd., Chapel Hill. 919-968-1854 www.unitychapelhill.org.

Carrboro Farmers Market. 9am-noon (Nov-Mar). 301 W. Main Street, www.carrborofarmersmarket.com

Chapel Hill Farmers Market. 8am-noon. University Mall, www.thechapelhillfarmersmarket.com

Durham Farmers Market. 8am-noon through November 17. Winter Market: Saturdays from 10 am-noon (December 1, 2018 through March 30, 2019) Durham Central Park, 501 Foster Street, Durham. www.durhamfarmersmarket.com

Hillsborough Farmers Market. 10am-noon. UNC Hospitals Hillsborough Campus, 430 Waterstone Dr. www.hillsboroughfarmersmarket.org

Western Wake Farmers Market. 8am-noon. 280 Town Hall Drive, Morrisville <http://www.wfm.ag>

Cary Downtown Farmers Market. 8am-12:30pm. 301 S. Academy St, Cary. www.caryfarmersmarket.com

Chatham Mills Farmers Market. 10 am-1pm. Chatham Mills, Pittsboro. tinyurl.com/yaxa9qv

Clayton Farm and Community Market. 10am-1pm. Every other Saturday, November-March. 348 E. Main Street, Clayton. www.cfmnc.org

Wake Forest Farmer's Market. 10am-noon. November-March. 150 N. White Street, Wake Forest. www.wakeforestmarket.org