

YOUR GUIDE TO THE HOTTEST GALAS & FUNDRAISERS in SOUTHERN ONTARIO

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Winter/Spring 2025 • V1

MAGAZINE

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HOToronto Digital Magazines

are published online by
JCO Communications Inc.

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TorontoOnDemand.com

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GALAvanting MAGAZINE

From the Editor



Joey Cee
Publisher & Managing Editor

A Season of Giving Back and Glamour

Welcome to the latest edition of *GALAvanting Magazine*, proudly brought to you by *HOToronto Magazine*. In this issue, we shine a spotlight on the dazzling galas and impactful fundraisers that make Southern Ontario a hub of generosity and celebration. From elegant evenings to inspiring athletic challenges, this season's lineup showcases how we can come together to create change while enjoying unforgettable experiences.

One of the most anticipated events of the year is the *Ride to Conquer Cancer*, a two-day cycling journey spanning picturesque Ontario landscapes. Participants raise funds to support groundbreaking research at the Princess Margaret Cancer Centre, making every mile a testament to hope and resilience.

For those who prefer running to cycling, the *Sporting Life 10K* is a perfect choice. This iconic run down Toronto's Yonge Street draws thousands each year, raising millions for Campfire Circle (formerly Camp Ooch & Camp Trillium). Every step taken helps children with cancer experience the joy of camp and community.

On the gala circuit, the *Yee Hong Dragon Ball* stands out as a vibrant celebration of culture and philanthropy. Known for its exquisite cuisine, dazzling entertainment, and commitment to raising funds for senior care services, this event has become a cherished tradition in the city.

Another standout is the *SickKids Fired Up Gala*, a spectacular evening dedicated to raising critical funds for SickKids Foundation. This event combines stunning décor, gourmet dining, and live entertainment to create an unforgettable night—all in support of the world-class care provided to children and families at SickKids Hospital.

Whether you're lacing up your running shoes, taking on a cycling challenge, or donning your finest attire for a glamorous night out, these events highlight the remarkable spirit of giving that defines our community. At *GALAvanting Magazine*, we're honored to bring you closer to these inspiring stories and events that make a difference. Let's continue to make this season one of compassion, connection, and celebration.

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GALAvanting MAGAZINE

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To help you maximize the experience, here are 10 tips to ensure you have a memorable and meaningful time.

www.TorontoOnDemand.com



Stay updated with the latest in fundraising news, announcements, and exclusive content by subscribing to our newsletter and following us on social media.

For the latest news visit,
torontoondemand.ca/category/fundraisers-and-galas.

For a monthly calendar, visit www.torontoondemand.ca/events/galas.



The Joy of Giving:

Why Generosity Brings Happiness and Fulfillment

Giving has long been seen as an act of kindness that benefits others, but it turns out that the person doing the giving also gains immensely. The joy of giving, whether it's through donating time, money, or acts of kindness, creates a sense of purpose and deep fulfillment. In fact, numerous studies show that generosity doesn't just impact those on the receiving end—it has profound emotional, psychological, and even physical benefits for the giver. So why does giving feel so good? Let's explore the reasons why giving brings so much joy and how it can enrich your life.

1 THE SCIENCE BEHIND GIVING AND HAPPINESS

The positive effects of giving are not just anecdotal; science backs them up. Studies in psychology and neuroscience have shown that acts of generosity trigger the brain's reward system. Giving activates areas of the brain associated with pleasure, social connection, and trust, releasing feel-good chemicals like dopamine, oxytocin, and serotonin. These chemicals are responsible for what is commonly known as the "helper's high," a rush of happiness similar to the euphoria people experience after exercising.

Research from Harvard Business School showed that people who gave to charity or supported causes they cared about were happier than those who did not. The act of giving lights up the same brain areas as food, sex, and other pleasurable experiences—proving that generosity truly has a biological basis in promoting well-being.

2 STRENGTHENING CONNECTIONS AND BUILDING COMMUNITY

Giving doesn't just make us feel good on a personal level; it also helps strengthen social bonds and builds a sense of community. When we give to others, whether through charitable donations, volunteering, or simply lending a hand, we reinforce connections and trust. This sense of belonging to a community is a fundamental human need, and giving fosters deeper connections with others.

When you donate to a cause or volunteer for an organization, you become part of a larger mission that can be incredibly rewarding. When you help others, they are more likely to help you in return, creating a positive cycle of mutual support. The social ties that are created through acts of kindness and giving can lead to stronger relationships and supportive community.

3 GIVING AS A SOURCE OF PERSONAL FULFILLMENT

One of the most powerful aspects of giving is the deep sense of fulfillment it provides. When you give, you're often contributing to something larger than yourself—whether that's helping someone in need, supporting a cause you care about, or making the world a better place in some small way. This sense of contributing to the greater good leads to personal satisfaction and a feeling of purpose.

Philanthropy, charitable acts, or even small gestures of kindness can shift your focus from personal gain to the well-being of others, fostering a sense of gratitude for what you have. This shift in mindset often brings with it a profound sense of contentment and emotional well-being.

4 SIMPLE WAYS TO EXPERIENCE THE JOY OF GIVING

Giving doesn't always have to involve large donations or grand gestures. Small acts of kindness can bring just as much joy and fulfillment. Here are some simple ways to experience the joy of giving in your daily life:

- Donate to a cause you care about, whether it's a local charity, a global initiative, or a GoFundMe campaign for someone in need.
- Volunteer your time at a local organization, like a food bank, animal shelter, or community center.
- Offer your skills to help someone, whether that's tutoring a student, teaching a class, or assisting with a project.

Acts of giving don't have to be monetary. Your time, energy, and kindness are just as valuable and can have an immense impact on the lives of others.

The Endless Rewards of Giving

The joy of giving is a powerful and transformative experience. It not only benefits the recipients but also profoundly enhances the giver's happiness, fulfillment, and sense of purpose. Through the simple act of giving—whether it's time, money, or kindness—we can improve our well-being, build stronger communities, and create a better world. When you give, you ignite a cycle of joy that touches lives in ways that often go far beyond what can be measured.

In a world that often emphasizes what we can get, giving reminds us that true happiness lies in what we can give. ■

GALAvanting WINTER/SPRING 2025 CHARITY EVENTS

Fundraising events in Southern Ontario harness the spirit of giving, bringing people together to support various causes and initiatives. These events provide much-needed funds for charitable organizations, community projects and local causes.

To April 30, 2025

STAND FOR SOMETHING GOOD WITH SHAKE SHACK

Shake Shack Toronto

In Support of Second Harvest

www.secondharvest.ca/get-involved/fundraisers/shakeshack

As part of their mission to *Stand For Something Good*, Shake Shack will donate a portion of overall sales to Second Harvest. Canadian exclusive menu items include Maple Salted Pretzel Shake, I Heart Butter Tart Concrete, More S'mores Concrete, Shack Attack Concrete, and a variety of regional beer and wine selections.

March 21 – 22, 2025

6TH ANNUAL WEST PARK FOUNDATION TOURNAMENT OF STARS

Toronto Event Centre and Goldring Centre
In Support of UHN-West Park Healthcare Centre

westparkfoundation.ca/events/tournament-of-stars

At this unique, two-day basketball event you'll have the opportunity to team up with former Toronto Raptors and other NBA and WNBA alumni for a fun but competitive tournament in support of UHN-West Park Healthcare Centre. Tournament of Stars kicks off with the Friday night Celebrity Draft Party, an exclusive cocktail reception during which qualifying teams draft their celebrity player and meet to plot their game day strategy.

March 28, 2025

DAVID'S DISCO

The Great Hall, Toronto

In Support of Casey House

caseyhouse.ca/support-us/events/davids-disco

A night of dancing and drag in support of compassionate, judgment free health care at Casey House. This fundraising event was inspired by David Shannon, an activist and journalist who died at Casey House in 2018.

March 29, 2025 | 9 am – 5 pm

PADDLE ROYLE

Sherwood Village, Mississauga

In Support of St. Michael's Foundation

letspaddleroyale.ca

Relish the opportunity to connect with pickleball enthusiasts while advancing the health of your community. St. Michael's Foundation is thrilled to partner with the Ontario Pickleball Academy to make this tournament an unforgettable experience.

April 5 – 6, 2025

WWF'S CN TOWER CLIMB FOR NATURE

CN Tower, Toronto

In Support of the WWF for Nature

fundraisers.wwf.ca/event/climb-for-nature/Toronto

WWF's CN Tower Climb for Nature is an annual event where participants climb the iconic CN Tower to raise funds for wildlife conservation. This family-friendly

Image by ko yamu javanath from Pixabay

event supports WWF's efforts to protect biodiversity and promote sustainable solutions. Register today to climb and join a movement to protect and restore nature, reverse wildlife loss and fight climate change.

MAY 1 – 3, 2025

**BAYCREST PRO-AM FOR
ALZHEIMER'S**

TBA, Toronto

In Support of Baycrest Foundation

baycrestproam.ca

Come to draft night and meet your hockey heroes from the NHL and the Canadian Olympic teams. Teams draft the pros in order of the highest to lowest fundraising teams. Play up to five games with and against your heroes and bring your family for a kid-family day full of activities on Day 3. Sign up as an individual or register a team. Either way, you're making an impact.

May 4, 2025 | 11 am – 3 pm

**SHINE A LIGHT ON BREAST
CANCER BRUNCH WITH KATE
LINDER & FRIENDS**

Venu Event Space, Vaughan

In Support of Women's After Cancer Care

[www.afterbreastcancer.ca/](http://www.afterbreastcancer.ca/shine-a-light-2025)

[shine-a-light-2025](http://www.afterbreastcancer.ca/shine-a-light-2025)

Hosted by After Breast Cancer, this annual brunch brings together community members and celebrity guests to raise awareness and funds for post-cancer recovery programs. Join Kate Linder and friends for a day of inspiration, support, and celebration.

May 2025 | 10 am – 2:30 pm

**THE SECOND HARVEST TRUCK
PULL CHALLENGE**

Nathan Phillips Square

In Support of Food Rescue

[www.secondharvest.ca/events/](http://www.secondharvest.ca/events/truck-pull-challenge)

[truck-pull-challenge](http://www.secondharvest.ca/events/truck-pull-challenge)

The Second Harvest Truck Pull Challenge is an exciting charity event where teams of 10 compete to pull a 20,000-pound delivery truck across Nathan Phillips Square in the fastest time to support food rescue. Participants raise funds to fight food insecurity while showcasing teamwork and strength in a fun, community driven event.

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May 31, 2025**CRICKET TO CONQUER CANCER**

TBA, Mississauga

In Support of Cancer Research at The Princess Margaretcricket2conquer.ca

Princess Margaret will be hosting Canada's first-ever street cricket fundraiser. Co-ed teams made up of rookies, ringers, celebrities and players of all ages and skill levels will come together to raise funds for life-saving cancer research. Enjoy an unforgettable day of cricket, community, and hope, helping to advance life saving treatments and bring us closer to conquering cancer.

May 31, 2025 | 11:30 am – 3 pm**DISCOVERY BRUNCH – HOSTED BY FUTURE SINAI**

HomeCourt, 178R Ossington Avenue

In Support of Sinai Health's Lunenfeld-Tanenbaum Research Institutegive.supportsinai.ca/event/discoverybrunch

Play an important role in shaping the health care alongside 150 like-minded peers, at the most delicious networking event of the year. Every dollar raised goes directly towards the infrastructure needed to make breakthrough discoveries and fight the most complex diseases, from cancer to diabetes.

CYCLING FUNDRAISER**May 25, 2025 | 6:30 am – 2 pm****VILLA GIRO CYCLING FUNDRAISER**

Veneto Centre, 7465 Kipling Avenue

In Support of Villa Charitiesvillacharities.akaraisin.com/ui/GIRO2024

Enjoy a safe ride through the countryside of Vaughan, Kleinburg, and King City. With a route option for every level, choose from family-friendly 25km route or the scenic and challenging 60km and 100km routes. Enjoy rest stops along the way with gourmet Italian food and beverages, all while supporting a great cause.

June 1, 2025**MATTAMY HOMES BIKE FOR BRAIN HEALTH**

Toronto's DVP and Gardiner Expressway

*In Support of Alzheimer's and Other**Dementias Baycrest Support Programs*bikeforbrainhealth.ca

Join the *Mattamy Homes Bike for Brain Health* and ride Toronto's DVP and Gardiner Expressway in support of Baycrest's Alzheimer's and dementia programs. Pedal towards a healthier future while supporting groundbreaking care and research for brain health.

June 7 – 8, 2025 | 8 am – 5 pm**THE RIDE TO CONQUER CANCER**

Start line: Sherway Gardens, Toronto

Finish line: Peller Estates Winery,

Niagara-on-the-Lake

In Support of Princess Margaret Cancer Centreride2conquer.ca

The *Ride to Conquer Cancer* offers six different route options, welcoming cyclists of all skill levels to participate in a powerful journey across scenic landscapes. This annual event raises funds for critical cancer research and uniting riders to support life-saving advancements in cancer treatment and care.

GOLF TOURNAMENTS**June 2, 2025****MASTERS GOLF TOURNAMENT**

Donalda Club, North York

In Support of the North York General Foundationnyghfoundation.ca/masters-golf

Tee off at the prestigious *Masters Golf Tournament* at Donalda Club to support the North York General Foundation's mission to advance exceptional

healthcare. Enjoy a day of golf, camaraderie, and making a meaningful impact in your community.

June 5, 2025**ATWELL CENTRE'S ANNUAL GOLF TOURNAMENT**

TBA

In Support of Atwell Centreatwellcentre.ca

Atwell Centre's Annual Golf Tournament offers a day of golf, community, and fundraising in support of compassionate healthcare for those in need of reproductive and sexual health support. Proceeds from the event help Atwell Centre provide counseling, education, and medical care across its programs.

June 2025**ANNUAL GOLF FOR HEART CLASSIC**

Eagles Nest Golf Club, Maple

In Support of Peter Munk Cardiac Centrewww.golf-for-heart.ca

The *Golf for Heart Classic* differentiates itself from other tournaments because it is known for providing a very high-end experience for its participants. From the exquisite wine tasting to the gourmet on-course food stations catered by the GTA's top restaurants; it is a tournament you don't want to miss!

June 9, 2025 | 11:30 am**2025 FIRST® ROBOTICS CANADA CHARITY GOLF TOURNAMENT**

Angus Glen Golf Club, Markham

In Support of FIRST® Robotics Canada Programs

firstroboticscanada.org/charitygolftournament-2

At the FIRST® Robotics Canada Charity Golf Tournament, you'll have the opportunity to meet the talented youth involved in FIRST® Robotics Canada programs. These programs nurture the development of future science, technology, engineering, and mathematics (STEM) innovators.

June 10, 2025
YOUNG PEOPLE'S THEATRE'S GOLF CLASSIC

Station Creek Golf Club, Toronto

In Support of YPT's extensive Educational Programs and Theatre Productions

www.youngpeoplestheatre.org/golf

Swing into action at the *Young People's Theatre Golf Classic*! Enjoy a fantastic day of golf while supporting transformative theatre experiences for young audiences. Your participation helps inspire creativity, confidence, and connection in the next generation through the arts.

June 13, 2025
CELEBRITY GOLF CLASSIC AND BANQUET

St. Mary's Golf & Country Club, St. Mary's
In Support of the Canadian Baseball Hall of Fame & Museum

baseballhalloffame.ca/annual-celebrity-golf-classic

Don't miss out on your opportunity for a great day of golf, while supporting a great cause. The tournament will provide an excellent opportunity for 4 team members and your celebrity 5th on the golf course.

June 16, 2025
ANNUAL LUCE ON THE LINKS

Lambton Golf and Country Club

In Support of Local Mental Health Charity

www.lucehelps.com/site/luce-on-the-links-golf-tournament-2025

The *Annual Luce on the Links* golf tournament is a charity event supporting local mental health initiatives. Golfers of all skill levels gather to enjoy a day on the greens while raising vital funds for mental health programs.

June 16, 2025
ANNUAL GOLF FOR WISHES

Angus Glen Golf Club, Markham

In Support of Make-A-Wish Canada
bit.ly/makeawishca-golf

Enjoy a day of golfing for a great cause, with proceeds directly benefiting wish initiatives. The event includes lunch, a 1:30 p.m. shot-gun start, 18 holes of phenomenal golf, on-course food stations, reception with cocktails, a 7:00pm sit down dinner, prizing and silent/live auction.

June 19, 2025
HWP'S ANNUAL CHARITY GOLF TOURNAMENT

Piper's Heath Golf Course, Milton

In Support of Halton Women's Place Programs

haltonwomensplace.com/golf

HWP's Annual Charity Golf Tournament supports essential programs for women and children impacted by domestic violence. Funds raised go directly to Halton Women's Place, helping provide safe shelter and critical resources.



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June 2025

MICHAEL GARRON HOSPITAL FOUNDATION'S SIGNATURE GOLF CLASSIC

Scarboro Golf & Country Club

In Support of Michael Garron Hospital

www.mghf.ca/golf

A premier charity event, bringing together golf enthusiasts and community leaders to support healthcare initiatives. Proceeds fund vital hospital programs, advancing patient care and improving health outcomes in the community.

June 2025

HAVE A HEART GOLF TOURNAMENT

King Valley Golf Club, King City

In Support of Peter Munk Cardiac Centre

www.haveaheart.info

Held annually, the tournament raises critical funds for cutting-edge cardiac research and life-saving treatments. Participants enjoy a day of golfing, networking, and community spirit, all while making a meaningful impact on heart health.

WALKS AND RUNS

February 22, 2025

COLDEST NIGHT OF THE YEAR WALK

Various Southern Ontario Cities

In Support of Various Local Charity

cnoy.org/locations

A nationwide 2 or 5 km walk event raising funds for homeless and vulnerable individuals. Participants walk in the winter's chill to raise awareness and funds for local charities providing critical services to those experiencing poverty and homelessness.

March 16, 2025

TORONTO ST. PATRICK'S DAY RACE

Evergreen Brick Works, Toronto

In Support of Achilles Canada

torontostpatricksdayerace.ca

The Annual Toronto St. Patrick's Day Race celebrates Irish culture and heritage while raising funds for charity. Participants of all ages join in a festive run through the city, wearing green and supporting causes related to health, community, and local initiatives.

March 30, 2025

HAMILTON'S AROUND THE BAY ROAD RACE

Around Hamilton Harbour

In Support of the St. Joseph's Healthcare Foundation

bayrace.com

Hamilton's Around the Bay Road Race, the oldest road race in North America, returns March 24, 2024. Experience its iconic 30K route, enthusiastic crowd support, and rich history while helping raise funds for St. Joseph's Healthcare Foundation.

April 5, 2025

BENEVA SPRING RUN-OFF

High Park, Toronto

In Support of Local Charities

canadarunningseries.com/spring-run-off

The Spring Run-Off in Toronto's High Park kicks off the running season with scenic 5K and 8K routes. Known for its challenging hills and vibrant atmosphere, the event supports local charities, encouraging runners of all levels to participate in a springtime tradition.

April 27, 2025

BUMRUN TORONTO 2025

Queen's Park, Toronto

In Support of Colon Cancer Research and Enhancing Patient Support Programs

www.bumrun.com

Participants join in fundraising activities like walking or running to raise awareness for the cause, all while contributing to life-saving research and better care for those affected by colon cancer.

April 27, 2025 | 8 am

NATURE'S EMPORIUM RUN FOR SOUTHLAKE

Newmarket Senior's Meeting Place,

474 Davis Drive

In Support of Southlake Foundation

runforsouthlake.ca

The Nature's Emporium Run for Southlake is an annual 5K run or walk. This community event supports Southlake Regional Health Centre, with funds raised going towards vital patient care, equipment needs, and improved hospital spaces. Teams and individuals can join to raise funds, showing appreciation for Southlake's dedicated healthcare professionals.

April 27, 2025

BENEVA MISSISSAUGA MARATHON

City Centre Drive, Mississauga

In Support of Trillium Health Partners

www.mississaugamarathon.com

The Beneva Mississauga Marathon is an annual event offering scenic waterfront views and multiple race options, including a marathon, half marathon, and 10K, perfect for all fitness levels. It promotes community wellness and celebrates active lifestyles in Mississauga.

May 4, 2025

TORONTO MARATHON

Yonge St./Sheppard Ave. and Queen

Elizabeth Building

In Support of Various Charities

www.torontomarathon.com

The Toronto Marathon invites runners of all levels to tackle various race distances. Participants will run through Toronto's iconic streets, passing major city landmarks and experiencing diverse neighbourhoods. This celebrated event supports several charities.

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May 10, 2025 | 8:30 AM
MEAGAN BEBENEK FOUNDATION
24TH ANNUAL WALK & HUG

Hotel X, Toronto

In Support of SickKids

www.meaganbebenekfoundation.org/whats-happening/meagans-hug-signature-event

Walk the 5k as a community making noise on the streets of downtown Toronto. All money raised directly supports the Brain Tumour Research Centre at SickKids.

May 10, 2025
TORONTO'S 13TH ANNUAL
BUDDY WALK

Woodbine/Ashbridge's Bay Park, Toronto

In Support of Down Syndrome

Association of Toronto Programs

dsat.ca/buddywalk

Annual Buddy Walk supports individuals with Down syndrome, promoting inclusion, awareness, and acceptance. Join the walk to celebrate abilities, raise awareness, and foster a supportive community for all.

May 11, 2025 | 7:30 am
SPORTING LIFE 10K

Midtown Toronto (Yonge St. & Davisville Ave.)

In Support of the Campfire Circle

sportinglife10k.ca

Annual charity run in Toronto supporting an organization dedicated to bringing joy to children affected by cancer. Runners raise funds to help send kids to camp, providing memorable and transformative outdoor experiences.

May 24, 2025 | 9:45 am
RUN FOR WOMEN – OAKVILLE

Bronte Creek Provincial Park, Oakville

In Support of Halton Healthcare's Mental Health Programs

raceroster.com/events/2025/90224/shoppers-drug-mart-run-for-women-oakville-2025

Participate in 5K and 10K distances, with proceeds directly funding essential mental health services and programs through Halton Healthcare. The event encourages community involvement in raising awareness and funds to improve mental health support for women in need.

May 25, 2025 | 5:30 – 8 pm
PET VALU WALK FOR DOG GUIDES
 High Park, Toronto



In Support of Dog Guides

www.walkfordogguides.com

Pet Valu Walk helps Lions Foundation of Canada raise funds to train and provide Dog Guides to Canadians with disabilities and navigate their world with confidence and independence.

May 25, 2025
RUN FOR WOMEN – MARKHAM

Markham Civic Centre

In Support of Markham Stouffville

Hospital Women's Mental Health Programs

www.runforwomen.ca/Unionville

This community centred run, which features in-person and virtual options for 5K and 10K distances, enables vital programs like art therapy, cognitive behavioural therapy, and stress reduction workshops.

May 25, 2025
RUN4LIGHTHOUSE 2025

St. Volodymyr Cultural Centre, Oakville

In Support of Lighthouse For Grieving Children & Families

lighthousegriefsupport.org/events/run4lighthouse-2024

Run4Lighthouse is the largest annual fundraiser to help ensure their services remain free for families who need them, so no child has to grieve alone. Children, youth and their families who are grieving the death of a family member, can come to Lighthouse to find a sense of belonging, connection, and understanding from others experiencing a similar loss.

May 25, 2025 | 8:30 am – 1 pm
WALK FOR HILL HOUSE
HOSPICE PRESENTED BY CANSO
INVESTMENT COUNSEL LTD.

36 Wright St., Richmond Hill

In Support of Hospice Care

hillhousehospice.akaraisin.com/ui/walkforhillhousehospice

Your participation helps us raise money to support people who have a terminal illness and are nearing the end of their lives. Their mission is to provide at no cost, expert medical care, dignity, kindness and compassion to our residents during their end-of-life journey.

May 25, 2025
2025 TORONTO MS WALK

Various Ontario Cities

In Support of MS Canada Programs

msspwalk.donordrive.com

Participate this May 2025 as your community made up of tens of thousands of Canadians walks together to show that no person living with multiple sclerosis is alone. Fundraise to make lives better for people living with MS.

May 2025 | 8:45 am – 1 pm
SASHBEAR WALK FOR BPD,
MENTAL HEALTH AND SUICIDE
PREVENTION

Sir Casimir Gzowski Park, Toronto

In Support of Mental Health

sashbear.org/sashbear-annual-walk-fundraiser

The *Sashbear Walk* is the largest event of its kind in Canada for emotion

dysregulation and borderline personality disorder. The *Sashbear Walk* brings together families, friends, those with lived experience, mental health providers and supporters throughout the community to create a sea of orange in support of those with emotional dysregulation.

May 25, 2025 | 10 am – 3 pm
JACK COOPER HIKE FOR HOSPICE
Dorothy Ley Hospice, 220 Sherway Drive
In Support of the Dorothy Ley Hospice
dorothyleyhospice.akaraisin.com/ui/DLHhike2024

This family and dog-friendly event is a time to come together as a community to celebrate life, remember those dear to us, and raise funds in support of the Dorothy Ley Hospice.

June 1, 2025 | 9 am – 2 pm
HAZEL MCCALLION WALK FOR HEALTH
Port Credit Memorial Park, Mississauga
In Support of Trillium Health Partners
secure.trilliumgiving.ca/site/SPageServer?pagename=Hazel_Walk_for_Health/HWFH_home

The annual *Hazel McCallion Walk for Health* will fundraiser to help Trillium Health Partners build the largest hospital in Canada, the future home of The Peter Gilgan Mississauga Hospital. The *Hazel McCallion Walk for Health* will return this year to support health care in the West GTA and to raise funds to ensure every member of the community has access to the health care they need.

June 5, 2025 | 6 – 10 pm
CANADIAN CANCER SOCIETY'S RELAY FOR LIFE
TBA, Toronto
In Support of the Canadian Cancer Society

support.cancer.ca/site/TR/RelayForLife/RFL_NW_even_?fr_id=30331&pg=entry
The *Canadian Cancer Society's Relay for Life* is an inspiring event where communities unite to walk, fundraise, and support cancer research. Join to honor survivors, remember loved ones, and fight back against cancer

June 7, 2025 | 7:40 am
SHOPPERS DRUG MART® RUN FOR WOMEN

Women's College Hospital, Toronto
In Support of Women's Mental Health Programs at Women's College Hospital
raceroster.com/events/2025/90726/shoppers-drug-mart-run-for-women-toronto-2025

Shoppers Drug Mart® Run for Women is an annual event that raises funds for mental health programs for women. Participants can walk or run to support local mental health initiatives, helping to raise awareness and provide critical services for women's health across Canada.

June 8, 2025 | 8:30 am
SHOPPERS DRUG MART® RUN FOR WOMEN – HAMILTON
Confederation Park, Hamilton
In Support of Women's Mental Health Programs at St. Joseph's Healthcare Hamilton
raceroster.com/events/2025/90794/shoppers-drug-mart-run-for-women-hamilton-2025

The *Shoppers Drug Mart® Run for Women – Hamilton 2025* is a vibrant event dedicated to supporting women's mental health. Participants can choose from running or walking while raising funds for local mental health organizations. Join the movement for empowerment, well-being, and positive change in the Hamilton community.

June 15, 2025
JOURNEY TO CONQUER CANCER
Princess Margaret Cancer Centre, Toronto
In Support of Cancer Research at Princess Margaret Cancer Centre
journey2conquer.ca

The *2025 Journey to Conquer Cancer* is a fundraising event that unites participants in support of cancer research and patient care. Walkers and runners of all levels join together to raise awareness and funds, making strides toward a cancer-free future.

June 2025
ALS CANADA WALK TO END ALS
Ashbridges Bay Park, Toronto
In Support of ALS Canada
walktoendals.ca

The *ALS Canada Walk to End ALS* is the largest community fundraiser for ALS research, advocacy, and community-based

services. It is a fun, family-friendly way to celebrate hope for a world free of ALS, honour the people we have loved and lost, and show support for Canadians and their families living with the disease.

June 2025 | 9:30 am – 12:30 pm
FREEDOM TO MOVE: RUN, WALK, AND WHEEL FOR DYSTONIA (TORONTO IN-PERSON)
Parc Downsview Park, 70 Canuck Ave.
In Support of Canadians Living with Dystonia
www.freedomtomove.org

Join dystonia community in Downsview Park to raise funds for critical dystonia research and support programs for the 50,000 Canadians and their families living with dystonia. *Freedom to Move: Run, Walk, and Wheel for Dystonia* is a national month-long awareness and fundraising event that generates funds for dystonia research and support programs

June 2025
TORONTO CORPORATE WALK/RUN
Hotel X and 10XT0
In Support Sinai Health
www.runguides.com/event/1295/toronto-corporate-run

The *Toronto Corporate Walk/Run* is a fun, team-building event promoting fitness and philanthropy. Participants from local companies join together for a walk or run through Toronto's scenic routes. The event supports charitable causes, fostering community spirit while encouraging employees to stay active and engaged in giving back.

June 2025 | 11 am – 3 pm
EPILEPSY TORONTO PURPLE WALK
444 Yonge Street, Toronto
In Support of Epilepsy Toronto
epilepsytoronto.org/about-us/events/purple-walk

The *Epilepsy Toronto Purple Walk* is an annual event raising awareness for epilepsy. Participants walk in solidarity to support those affected by epilepsy and raise funds for programs and services. Join the community to promote inclusion, educate the public, and make a difference in the lives of individuals with epilepsy.



VIRTUAL FUNDRAISING

To June 1, 2025

VIRTUAL BUMRUN TORONTO 2025

In Support of Colon Cancer Research and Enhancing Patient Support Programs

www.bumrun.com

Bumrun Toronto 2025 is a charity event supporting colon cancer research and enhancing patient support programs. Participants join in fundraising activities like walking or running to raise awareness for the cause, all while contributing to life-saving research and better care for those affected by colon cancer.

February 4 – March 11, 2025

SECOND HARVEST HERO SWEEPSTAKES

In Support of Second Harvest's Mission
trellis.org/sweepstakes

This sweepstakes offers a chance to win

incredible prizes while supporting food rescue efforts. By participating, you help fight food waste and hunger across Canada. Enter to make a difference!

March 1 - 31, 2025

VIRTUAL HAMILTON'S AROUND THE BAY ROAD RACE

In Support of the St. Joseph's Healthcare Foundation

bayrace.com/details

Virtual races are races that you would run using your own route during the virtual race period. Results must be submitted by 11:59pm on March 31, 2025.

April 1 – 30, 2025

BENEVA SPRING RUN-OFF

In Support of Local Charities

canadarunningseries.com/spring-run-off

The Virtual Beneva Spring Run-Off allows participants to complete their 5K or 8K

runs from anywhere, celebrating the arrival of spring and supporting local charities. Run at your own pace while joining a wider community event remotely.

May 11 – May 31, 2025

VIRTUAL SPORTING LIFE 10K

In Support of the Campfire Circle

sportinglife10k.ca/virtual-information

A virtual run can take place anywhere—on a road, path, trail, or on a treadmill. Outdoor or indoor, it's your choice. To share your *Sporting Life Virtual 10K* journey, upload and share your virtual 10K results and photos. Runners raise funds to help send kids to camp, providing memorable and transformative outdoor experiences.

May 24 – June 7, 2025

VIRTUAL PUMA TORONTO WOMEN'S SPRING 10K/5K RUN

In Support of Pediatric Oncology Group of Ontario

www.towomensruns.com/events/puma-toronto-womens-10k-5k-spring/virtual-information

This virtual run gives you the flexibility to complete your distance, your way, on your schedule. You can run on a road, a trail, path, a treadmill or wherever you want, any time between Saturday, May 24 and Saturday, June 7, 2025. ■

If you have a **FUNDRAISING EVENT** you would like us to know about, send the details of your event to

HOToronto@rogers.com or submit our form on www.torontoondemand.ca/contact-us.

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2025 Southern Ontario Winter/Spring Galas

Step into a night of elegance and philanthropy at upcoming Gala Fundraisers. These unforgettable evenings regularly feature gourmet dining, captivating entertainment, and exciting auctions, all set in stunning venues with elaborate decor and settings.

Dress to impress and enjoy a sophisticated atmosphere while supporting a worthy cause.

JANUARY 2025

January 18, 2025 | 6 pm

CYM MALANKA 2025

Oasis Convention Centre, Mississauga
*In Support of the Ukrainian Youth
Association Humanitarian Aid Fund*
bit.ly/cym-malanka-2025

CYM MALANKA 2025 Gala celebrates Ukrainian New Year with an elegant evening of culture, dance, and community at the Mississauga Oasis Convention Centre. This vibrant event features traditional music, a gourmet dinner, and live entertainment, uniting the community in support of Ukrainian heritage and CYM programs.

January 25, 2025

YEE HONG DRAGON BALL 2025

Metro Toronto Convention Centre
*In Support of Yee Hong Centre for
Geriatric Care*
www.yeehongdragonball.org

Combining philanthropy with the celebration of Chinese New Year, Dragon Ball has maintained its position as one of Toronto's most anticipated events and the largest Chinese New Year celebration of its kind in North America for the last three decades.

FEBRUARY 2025

February 1, 2025 | 5:30 – 9 pm

NIGHT TO NURTURE GALA FEATURING FLO RIDA WITH HOST RICK MERCER

Metro Toronto Convention Centre
*In Support of Children and Youth in
Canada*

[groceryfoundation.com/pages/
night-to-nurture](http://groceryfoundation.com/pages/night-to-nurture)

The Night to Nurture Gala offers the grocery and food industry a unique opportunity to participate in making a significant, positive difference to children in Canada. Funds raised through the Gala benefit organizations that nurture the whole child such as Kids Help Phone and breakfast programs in Canadian schools.

February 6, 2025 | 6 – 10:30 pm

IMAGINARIUM GALA

The Imperial Room, Fairmont Royal York
In Support of the Young People's Theatre
youngpeoplestheatre.org/imaginarium

Imaginarium is Young People's Theatre's (YPT) largest annual fundraiser, blending immersive arts with interactive experiences to support youth-focused theatre programming. An unforgettable evening

Image by Дарья Яковлева from Pixabay

of support and celebration, featuring fine cuisine, captivating entertainment, and exclusive prize-filled auctions.

February 7, 2025
2025 MOTIONBALL GALA

Liberty Grand Toronto
In Support of the Special Olympics
Canada Foundation
motionball.com/torontogala

The *Motionball Gala* is an annual event supporting Special Olympics Canada. It brings together athletes, celebrities, and supporters to raise funds and awareness for athletes with intellectual disabilities. The event features entertainment, auctions, and a celebration of inclusivity and community spirit.

February 8, 2025 | 5:30 – 9 pm
GREAT VALENTINE GALA

Fairmont Royal York, Toronto
In Support of the Canadian Foundation
for Physically Disabled Persons
www.cfpdp.com/great-valentine-gala

The *Great Valentine Gala* is an annual event, raising funds and awareness for disability-focused initiatives across Canada. This gala unites community leaders, supporters, and advocates to promote inclusion and empowerment. Proceeds directly support essential programs.

February 21, 2025 | 6 – 11:30 pm
SICKKIDS FIRED UP GALA 2025

The Ritz-Carlton, Toronto
In Support of SickKids Hospital's Burn & Plastics Unit.
www.sickkidsfiredupgala.com

The *SickKids Fired Up Gala* is a vibrant fundraising event known for its lively atmosphere, entertainment, and impactful mission, the gala gathers Toronto's philanthropic community to support groundbreaking medical care and research for children.

February 21, 2025 | 6 pm
HEARTS IN MOTION GALA

The Crystal Fountain Event Venue, Markham
In Support of Steer Friends' Facility Fund
steerfriends.org/gala

Join the Hearts in Motion Gala by Steer Friends for an enchanting evening of dining, entertainment, and support for adults with disabilities.

10 Tips for Enjoying a Charity Gala

Attending a charity gala is a rewarding way to support causes you care about while enjoying a night of elegance and connection. To help you maximize the experience, here are 10 tips to ensure you have a memorable and meaningful time.

1. Understand the Cause

Take a few minutes to read about the organization and the cause. Knowing how your attendance and donations will make a difference enhances the experience and gives you talking points to discuss with other guests.

2. Plan Your Attire

Charity galas often have a dress code—formal, semi-formal, or themed. Follow the invitation guidelines, and don't hesitate to ask if you're unsure. Dressing appropriately not only shows respect for the event but helps you feel confident and comfortable.

3. Arrive Early for Networking

Arriving a bit early gives you a chance to mingle before the event begins. It's a great way to meet like-minded people, make connections, and even engage with the event's hosts and sponsors.

4. Bring a Donation if Possible

Many charity galas offer opportunities to make additional donations, such as raffles, auctions, or fundraising pledges. If you're able, bring some extra funds or check for donation methods available at the event.

5. Set a Budget for Auctions

Auctions are popular at charity galas, but it's easy to get carried away in the excitement. Set a budget ahead of time for bidding on auction items, and stick to it to ensure you can enjoy the event stress-free.

6. Be Open to Meeting New People

Galas attract a diverse group of attendees, from corporate professionals to local leaders. Take this chance to broaden your network by introducing yourself to new people—you might make lasting connections.

7. Participate in Event Activities

Charity galas may include activities like silent auctions, photo booths, or themed games. Get involved! Not only will you have fun, but these activities often contribute to the fundraising efforts.

9. Capture the Moment (but Respect Privacy)

Document your experience with photos, but be mindful of others' privacy. Some guests may prefer not to be photographed, so it's best to avoid snapping candid shots of others without permission.

10. Enjoy the Food and Drink, but Pace Yourself

Many galas offer catered meals or hors d'oeuvres along with wine or cocktails. Savor the food and drink, but remember to pace yourself, especially if there are multiple courses or a long evening ahead.

Charity galas are unique opportunities to make a positive impact while enjoying a memorable evening. With these tips, you'll be well-prepared to maximize your experience, connect with others, and contribute meaningfully to the cause. Enjoy the night, and remember that every moment supports a larger purpose. ■

February 22, 2025 RBC BLACK DIAMOND BALL

Fairmont Royal York Toronto
*In Support of the Black Youth and
Black-Owned Business Across Canada*
blackdiamondballto.com

Experience an unforgettable evening of glamour, live performances, and community pride at this highly anticipated annual event.

February 26, 2025 CONN SMYTHE CELEBRITIES DINNER AND AUCTION

Fairmont Royal York Hotel
In Support of Easter Seals Ontario
www.connsmythedinner.com

Each year, sports icons, celebrities, and supporters come together for an inspiring evening of auctions, dinner, and storytelling.

February 28, 2025 | 6 pm – 1 am HOSPICE VAUGHAN HEARTS GALA

Paramount Eventspace, Woodbridge
In Support of Hospice Vaughan
www.hospicevaughan.com/gala

Enjoy gourmet dining, live entertainment, and inspiring stories while supporting essential hospice services.

February 28, 2025 | 7 pm – 2 am MGHL ANNUAL FUNDRAISING GALA

Mississauga Grand Banquet & Event Centre
*In Support of the Mississauga Girls
Hockey League (MGHL)*
mghl.ca/Events/3480/MGHL_Annual_Fundraising_Gala_2025_90s_Throwback

Dust off your platform shoes and break out those flannel shirts because the *MGHL Annual Fundraising Gala* is turning back the clock to the raddest decade of all! This year's Gala is a 90s Throwback, and you're invited to party like it's 1995.

MARCH 2025

March 1, 2025 | 6 pm 16TH ANNUAL LUSO GALA EVENT

Pearson Convention Centre, Brampton
*In Support of Luso's Programs and
Residential Project*
lusoccs.akaraisin.com/ui/16thAnnualLusoGala

This gala promises an incredible evening where voices and hearts unite in support of individuals living with special needs.

Attendees will contribute to making a meaningful difference through their presence at this impactful event.

March 8, 2025 CPAC ANNUAL GALA

Hilton Toronto/Markham Suites
Conference Centre & Spa
*In Support of CPAC Work in the
Immigrant Community*
cpac-canada.ca/gala

CPAC (formerly Chinese Professionals Association of Canada) offers an excellent opportunity to entertain clients and to engage with some of Toronto's foremost business and community leaders amongst the Asian and global communities.

March 28, 2025 | 6 – 10 pm HEALING HEARTS CHARITY GALA

City Hall, Toronto
*In Support of United International Peace
and Governance Council (UNIPGC)*
www.unipgccanada.org/?tribe_events=healing-hearts-charity-gala

The *Healing Hearts Charity Gala* unites communities to support vital causes through an evening of elegance, entertainment, and compassion.

APRIL 2025

April 3, 2025 BIBLIO BASH 2025

Toronto Reference Library
In Support of the Toronto Public Library
whygive.tplfoundation.ca/biblio-bash
Biblio Bash glamorous evening features renowned authors, live entertainment, and exceptional dining, supporting library programs that inspire and transform lives. Participate in an unforgettable night dedicated to empowering knowledge and fostering inclusivity.

April 5, 2025 HOLI GALA: FESTIVAL OF COLOURS

Pearson Convention Center, Brampton
*In Support of William Osler Health
System Hospitals*
bit.ly/holi-gala

Featuring lively performances, gourmet cuisine, and the joyous spirit of Holi, this charity event supports meaningful causes while uniting attendees in an unforgettable evening of colour, music,

and purpose. Experience the magic and make a difference!

April 5, 2025 RENAISSANCE: THE GALA FOR NIAGARA COLLEGE

Fallsview Casino Resort, Niagara
*In Support of New and Expanded Niagara
College Facilities, Student Scholarships
and Bursaries*
www.niagaracollege.ca/gala

Participate in an evening of celebration, elegance and engagement in support of the Together Campaign, raising funds to support new and expanded facilities and student scholarships and bursaries.

April 25, 2025 | 7 pm CITY COUTURE PRESENTS GLAMOUR IN EDEN

Toronto Congress Centre, Etobicoke
In Support of the SickKids Foundation
livingluxedesignshow.ca/city-couture
City Couture Presents *Glamour in Eden* is a charity gala supporting SickKids, featuring cocktails, dinner, a live auction, and a stunning fashion show. Join us for an unforgettable evening of elegance, all in support of a worthy cause.

April 25, 2025 | 5:30 - 11 pm BLUE RIBBON GALA

Hazelton Manor, Vaughan
In Support of Diabetes Canada
www.diabetes.ca/get-involved/local-programs-events/blue-ribbon-gala
The *Blue Ribbon Gala*, hosted by the Arangio family, brings people together to raise awareness, foster community support, and stand united against the challenges posed by diabetes.

April 26, 2025 ANNUAL UWI TORONTO BENEFIT AWARDS AND GALA

The Ritz-Carlton, Toronto
*In Support of the UWI Student
Scholarship Fund*
www.uwitorontogala.org
The *University of the West Indies (UWI) Toronto Benefit Awards* is an extraordinary event on the Toronto social calendar that brings together corporate, public and individual supporters for an inspiring evening of giving, sharing and celebrating.



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MAY 2025

May 3, 2025 | 5 pm
UNDER THE SEA GALA

Ajax Convention Centre, 550 Beck Cres.
In Support of the Hearth Place and Its Programs

hearthplace.org/events/gala

Join the *Under the Sea Gala* at Ajax Convention Centre, supporting Hearth Place and its vital programs for families affected by cancer. An evening of elegance for a meaningful cause awaits.

May 10, 2025 | 5:30 p.m.
LAUGHTER IS THE BEST MEDICINE COMEDY GALA

Beanfield Centre, Exhibition Place
In Support of the Michael Garron Hospital Foundation

www.mghf.ca/laughter-best-medicine

This gala brings together top comedians for an unforgettable evening of laughter and entertainment. This charity event supports vital healthcare initiatives, proving that humor truly heals and unites communities.

May 15, 2025
ANNUAL CHIEF OF POLICE DINNER

Parkview Manor, Toronto
In Support of Toronto Crime Stoppers Programs

www.chiefofpolicedinner.com

Chief of Police Dinner is an annual event hosted by Chief Myron Demkiw in support of Toronto Crime Stoppers. It is the premier fundraising event that provides the opportunity to highlight the invaluable work this valued non-profit volunteer organization does for community safety.

May 21, 2025
THEATRE BALL 2025

The Globe and Mail Centre, Toronto
In Support of the Canadian Stage

www.canadianstage.com/shows-events/theatre-ball-2025

Experience the magic of the *Theatre Ball 2025*, a glamorous evening supporting Canadian Stage. Enjoy captivating performances, fine dining, and live entertainment, all while contributing to the arts. A must-attend event for theatre enthusiasts and community supporters.

May 31, 2025
MOONLIGHT GALA

McMichael Canadian Art Collection, Kleinburg
In Support of the McMichael Canadian Art Collection

mcmichael.com/moonlight-gala

The *Moonlight Gala* is a dazzling evening celebrating art, culture, and community. Enjoy exquisite cuisine, live music, and breathtaking artworks under the stars.

JUNE 2025

June 7, 2025 | 5:30 – 11:30 pm
A NIGHT TO END DIABETES ANNUAL GALA

Venu Event Space, Vaughan
In Support of the Juvenile Diabetes Research Foundation

bit.ly/4hTj1j1

A premier fundraising event dedicated to supporting diabetes research and awareness. Featuring elegant dining, inspiring stories, and live entertainment, this evening unites attendees in the fight against diabetes, fostering hope and change. ■

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