

FREE

Events/Festivals

**Wellness, Education
& Sports Groups**

**And many other fun
activities**

In the GTA



August 2018

- Please check with event coordinators to ensure the event is taking place.
- This booklet is designed to offer general information of events taking place in Toronto that are free.
- Events are subject to change.



Sections in the Guide

Daily

Events and Groups that take place throughout the city

Coming Up

Events taking place the following month

Multi-day Events

Events taking place for more than 1 day

Ongoing Events

Events or groups that take place on a regular basis throughout 2017

Community Centres that are Free

Listing of all the community centres in Toronto that offer free programming

Welcome Policy

Information on the Welcome Policy available at recreation and community centres in the City of Toronto

Other Free Resources and Free to Join

Groups in the community to check out on your own
&

Recreation and Leisure based community groups that are free to join

Resources

To find more events and groups in the city

Where to borrow music instruments, book a writing space, etc

Single Day Events

August 01 2018 (Wednesday)

Savannah Stewards - Family Nature Walk

Join us to explore the endangered Black Oak Savannah ecosystem in High Park. Learn indigenous peoples' role in the creation and maintenance of the Savannah and how the city currently continues to restore it through yearly burns. (**Free - Suggested donation of \$2-\$5 per person**)

At: 375 Colborne Lodge Dr

Time: 1:30pm – 3:00pm

High Park Nature Centre

Website: <https://highparknaturecentre.com/2/family-nature-walks>



August 01 2018 (Wednesday)

Bands and Balance Exercise Class

Balance exercises are the primary training exercise to prevent falls, but any exercise that aims to improve muscle strength, endurance and flexibility can help to avoid falls and associated injuries. Resistance bands are incredibly simple, but effective for a full-body workout that challenges virtually every major muscle group in your body.

In this class, participants will learn resistance and balance exercises that will help with coordination and will develop strong muscles that provide protection to joints, builds sturdier bones and improve brain function. Presented in partnership with SPRINT Senior Care.

No registration required. Space is limited, arrive early to avoid disappointment.

(Reoccurs: Every Wednesday until Sept 19 2018)

At: 40 Orchard View Blvd (north of Eglinton Ave & west of Yonge St) *Northern District Library – Main Floor Program Room*

Time: 3pm – 4pm

Phone: 416-393-7610

August 01 2018 (Wednesday)

ROM Walk: Arts and Entertainment

Revisit the Entertainment District, rich in the history of early city expansion and immigration, and now a vibrant area buzzing with theatres and upscale hotels, architecture and public art.

Meet At: North median at Queen and University (in front of South African War Memorial). Look for the **purple** umbrella.

Time: 6:00pm – 7:30pm

Website: <https://www.rom.on.ca/en/whats-on/romwalks>



August 01 2018 (Wednesday)

Knit & Lit

Are you a knitter or have always wanted to learn? Bring your needles and yarn and join us the first Wednesday of the month to share ideas, skills or knit socially.

The library will supply teaching and knitting related books. Drop in.

(Reoccurs: Sept 05, Oct 03)

At: 1675 Danforth Ave (east of Coxwell Ave)

Time: 6:30pm – 8:00pm

Danforth/Coxwell Library – Program Room

Phone: 416-393-7783



August 01 2018 (Wednesday)

Toronto Poetry Circle

Come join us in discovering poetry! All are welcome who are interested in learning about, sharing and discussing diverse collections of poetry. Come prepared to share a favourite poem. The first Wednesday of every month. **(Reoccurs: Sept 05)**

At: 1303 Queen Street W (west of Dufferin St)

Time: 7:00pm – 8:00pm

Parkdale Library – Program Room

Phone: 416-393-7686

August 01 2018 (Wednesday)

Wild bees and architecture: a nexus of ecology and design -



Summer Speaker Series

We interact with bees and other pollinators often daily during the warm months in the city. Many of these animals live among us, and some even use infrastructure - including buildings and other structures to nest. This has led to the integration of their needs into the creative process of architecture, design, and materials development. In this talk we will examine existing and proposed products and designs that support pollinators and evaluate their viability and suitability in an urbanizing world.

Speaker: Scott MacIvor is an assistant professor in the Department of Biological Sciences at the University of Toronto Scarborough. **(PWYC \$5 suggested donation)**

At: 375 Colborne Lodge Dr

High Park Nature Centre

Time: 7:00pm – 8:00pm

Website: <https://highparknaturecentre.com/2/speaker-series>

August 01 2018 (Wednesday)

Intersection

PAY WHAT YOU CAN event

Finds the comedy in, and laughs with, the remarkable first hand accounts from storytellers from all walks of life. The stories are true and the improvised tales are performed by a cast who represent different intersections of race, sexuality, gender, faith, ability, and class. The show concludes with an open jam for all performers and interested audience members.

Pay What You Can donation (\$10 suggested) directly to StopGap Foundation.

At: 154 Danforth Ave (east of Broadview Ave)

The Social Capital Theatre - 2nd floor

Time: 8:00pm – 9:30pm

Website: <https://www.facebook.com/intersecTO/>

August 01 2018 (Wednesday)

High Park at Night: Urban Bat Walk & Star Party

Let's explore High Park's amazing and mysterious bat populations! Using hand-held bat detectors, we will listen for bats' ultrasonic calls in High Park, explore their habitat, behaviour, and favourite foods as they swoop and loop during their evening, mid-air forage. As the sky fades into night, stick around to explore the astrological wonders above us with the help of our new telescope! **(PWYC donation) (Reoccurs: Aug 15 same time & location)**

At: 375 Colborne Lodge Dr

High Park Nature Centre

Time: 8:30pm – 10:00pm

August 02 2018 (Thursday)

Paint with Me

Join us for an afternoon of colour, beauty and paint! Follow step by step instructions to create your very own canvas painting! Bring your creativity, imagination and painting skills for an afternoon of fun! Drop in. No registration required. **(Reoccurs: Sept 13, Oct 18, Nov 15)**

At: 1745 Eglinton Ave W (east of Dufferin St)

Maria A. Shchuka Library – Meeting Room

Time: 1:00pm – 2:30pm

Phone: 416-394-1000



August 02 2018 (Thursday)

Paint with Me for Adults-Caribbean Edition

Join us as we celebrate Toronto Carnival at the library with a painting class for adults. We will be painting Caribbean landscapes.

At: 1745 Eglinton Ave W (east of Dufferin St)

Maria A. Shchuka Library

Time: 2:00pm – 3:30pm

Phone: 416-394-1000

August 03 2018 (Friday)
Chair-Based Gentle Exercise Class

We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. Chair-based exercises have been shown to help with maintaining and promoting independence, increasing mobility and encouraging movement without putting undue pressure or strain on your body. Movement works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation.

Even if you've never taken an exercise program, it is not too late to start reaping the benefits.

Come and join us! Presented in partnership with SPRINT Senior Care.

No registration required. Space is limited, arrive early to avoid disappointment.

(Reoccurs: every Friday until September 21 2018)

At: 40 Orchard View Blvd (north of Eglinton Ave & west of Yonge St) *Northern District Library – Main Floor Program Room*

Time: 9:30am – 10:30am

Phone: 416-393-7610



August 03 2018 (Friday)
Crafternoons at Bloor/Gladstone

Join us Fridays this summer for an afternoon of fun and easy crafts!

July 27: Stenciling. Relieve some stress by stenciling in a relaxed environment.

August 3: Colouring. Relieve some stress by colouring in a relaxed environment.

August 10: Stenciling

August 17: Colouring

August 24: Paper Flowers. Learn how to make a flower out of paper. The perfect decoration for summer!

August 31: Colouring

At: 1101 Bloor St W (east of Dufferin St)

Time: 2pm – 3pm

Bloor/Gladstone Library

Phone: 416-393-7674



August 03 2018 (Friday)
Think.Dream.Paint.

Come and join us to paint up a storm. Best for those with some previous experience in painting. Bring a project you are working on and your own materials- no oils please.

Limited places, **must pre-register**. **Call 416-394-5350 to register** for this free program.

(Reoccurs: Sept 07, Oct 05)

At: 110 Eleventh St (south of Lakeshore Blvd W)

Time: 2pm – 4pm

New Toronto Library

Phone: 416-394-5350



August 04 2018 (Saturday)

Arts in the Parks: The Long Exposure Festival

The Long Exposure Festival is a family friendly experience of light, performance, and interactive art. Participants will be able to participate in workshops leading up to the festival to build their own LED and light up clothing and toys. During the festival, long exposure photo booths will be set up so participants can participating in light painting and get a printed photo of their work. There will be snacks, circus performances, and costumes of all variety. Rain date: Aug 11.

At: 150 Grenoble Dr (east of Don Mills Rd)

Flemington Park

Time: 6:00pm – 11:00pm

Website: <https://artsintheparksto.org/event/the-long-exposure-festival/>

August 04 2018 (Saturday)

DANCING IN THE PARK: ON SCREEN THE WIZ

Back by popular demand! Our Dancing in the Park series returns for a second season with performances and films guaranteed to get you moving. These events take place in the public space of the Aga Khan Park, a venue for individuals and families to gather and enjoy social and cultural activities all season long. We look forward to welcoming you!

Catch a disco-era remake of an ultimate classic film. Directed by the legendary Sidney Lumet, the unforgettable performances by Diana Ross, Richard Pryor, and a twenty-year-old Michael Jackson will have you singing and dancing along to the score of Quincy Jones, Luther Vandross, and others.

At: 77 Wynford Drive (Don Mills Rd & 1 block north of Eglinton Ave E) *Aga Khan Museum*

Time: 8:45pm

Website: <https://www.agakhanmuseum.org/programs/dancing-in-the-park-on-screen-the-wiz>



August 05 2018 (Sunday)

Music In The Park With Mascow Apartment

Indie folk duo, Mascow Apartment, launches the series into August. The duo, who won the 2017 Canadian Folk Music Award for 'Young Performer of the Year', is driven by a mixture of sweet harmonies and belted refrains, acoustic shimmer and electric crunch.

At: 2075 Queen St E (east of Woodbine Ave)

Kew Gardens Park

Time: 2:00pm – 4:00pm

Website: <https://thebeachvillage.com/event/music-moscow-apartment/>

August 06 2018 (Monday)

Simcoe Day

Fort York comes to life in honour of the first Lieutenant-Governor of the Province of Upper Canada (1793-96) and founder of Fort York and the Town of York – John Graves Simcoe. Walk the historic grounds and thrill to musketry, artillery and music demonstrations presented by the Fort York Guard and Guards from Fort George National Historic Site from Niagara-On-The-Lake and Old Fort Erie. Visit the working kitchen in the 1815 Officers' Brick Barracks, take tours of the Fort's buildings and grounds and discover the dynamic lives of the Fort's men, women & children.

At: 250 Fort York Blvd (west of Bathurst St)

Fort York National Historic Site

Time: 10:00am – 5:00pm

Phone: (416) 392-6907



August 06 2018 (Monday)

Summer Concert: For Those Who Died Trying

Join us as we welcome New York City's Mivos Quartet for a world premiere performance - part concert, part photo exhibit, part memorial to victims of violence in the environmental community. For Those Who Died Trying is an international collaboration between human rights NGO, Protection International; environmental photographer, Luke Duggleby; and Toronto composer, Frank Horvat.

At: 375 Mt Pleasant Rd (south of Davisville Ave)

Gathering Hall, Mount Pleasant Cemetery

Time: 5:00pm - 6:30pm

Website: <http://frankhorvat.com/event/for-those-who-died-trying-concert/>

August 08 2018 (Wednesday)

One-on-One Business Consultations

Book a free, 30-minute consultation with an Enterprise Toronto small business advisor!

Enterprise Toronto is a City of Toronto service that provides a one-stop source for:

- One-on-one business consultations
- Business registration, name searches and incorporation
- Business research assistance



- Consultation on government programs, financing and incubation services
- Business forums, weekly seminars and training and networking opportunities.

Registration is required. Call 416-394-5170 to register.

At: 1515 Albion Rd (west of Kipling Ave)

Time: 10:00am – 1:30pm

Albion Library

Phone: 416-394-5170

August 08 2018 (Wednesday)

Pond-ering the Grenadier - Family Nature Walk

Come and explore the beautiful wetlands surrounding the majestic Grenadier, Toronto's largest pond! Learn why wetlands are such an important ecosystem while you go on a birding hike beside Grenadier's waters. We'll also keep our eyes open for turtles, frogs, muskrats and other pond-dwellers! **(Free - Suggested donation of \$2-\$5 per person)**



At: Meet at the square of benches across the road from *Grenadier Restaurant*

Time: 1:30pm – 3:00pm

Website: <https://highparknaturecentre.com/2/family-nature-walks>

August 08 2018 (Wednesday)

Obstacle Course

Join us for an OBSTACLE COURSE. No registration required, drop in program.

At: 4279 Lawrence Ave E (east of Morningside Ave)

Time: 2pm – 3pm

Morningside Library

Phone: 416-396-8881

August 08 2018 (Wednesday)

Snap Circuits for Adults

What is a SNAP circuit anyway? Learn and explore the basics of Snap Circuits during this hands-on program. Challenge yourself to build something with our Snap sets that lights up, makes a sound, or powers a fan. Fun and entertaining!

The intended age group for this program is 20 years old and up. Drop in. No registration required.

At: 170 Memorial Park Ave (west of Coxwell Ave) *S. Walter Stewart Library - Meeting Room*

Time: 2pm – 3pm

Phone: 416-396-3975



August 08 2018 (Wednesday)

Graffiti 'Gram

Toronto is full of "grammable" spots! But sometimes we're a little shy...or maybe we need someone to take the perfect pic because a selfie just won't do. Either way, gramming in groups is a lot more fun. Let's check out some of the graffiti in the city together and get some insta- worthy shots, and maybe pick up a few new tricks. Bring your phones and your IG accounts!

Ages 13-24. Please register by calling the branch: 416-393-7746.

At: 239 College St (east of Spadina Ave)

Time: 4:00pm - 6:00pm

Lillian H. Smith Library

Phone: 416-393-7746



August 08 2018 (Wednesday)

ROM Walk: Jarvis Street

Once the most fashionable address in Toronto, Jarvis Street retains many of its old mansions and churches, and has acquired new architectural gems. A walk down this broad street provides insight into its elegant past and energetic present. The walk takes place rain or shine.

Meet At: Bloor & Church Streets.

Look for the **purple** umbrella.

Time: 6:00pm – 7:30pm

Website: <https://www.rom.on.ca/en/whats-on/romwalks>

(Reoccurs: September 9 2pm- 3:30pm)

August 09 2018 (Thursday)

Music in Trillium Park - Absolutely Free and Castle If

Some of Toronto's top experimental artists perform in Trillium Park for a unique night of music and collaboration.

Kamancello - The scope of their creations ranges from soulful and emotive to incendiary and intense, and their sound has been described as being "totally entrancing". (7pm – 7:45pm)

Castle If - Equipped with a small, yet powerful assembly of analog synthesizers, she crafts retro-futuristic "cosmic exotica" inspired by the strange sounds of the synth pioneers that forged electronica. (8pm – 8:45pm)

Absolutely Free - Their sound is a neoteric journey through analog electronics, minimalism, world music, and krautrock. Their live shows are known for unparalleled sensory experience, a balance of transcendence and skill. (9pm – 10pm)

At: 955 Lake Shore Blvd W

Ontario Place

Time: 6:00pm – 10:00pm

Website: <http://ontarioplace.com/en/musicintrilliumpark/>

August 09 2018 (Thursday)

Arts in the Parks: Toronto Bicycle Music Festival Sunset Series

The Sunset Series consists of four bike-powered concerts taking place in parks across the City. The concerts, occurring biweekly in July and August, will each feature a local act as well as the BMF house band, who will perform at all four concerts. All our concerts are powered by a unique sound system, which relies on members riding stationary generating bikes to produce the electricity needs for the show. Rain Date: August 16th, 2018

At: 1386 Victoria Park Ave (south of Eglinton Ave E)

Parma Park

Time: 6:30pm – 8:00pm

Website: <https://artsintheparksto.org/event/toronto-bicycle-music-festival-sunset-series-4/>

August 09 2018 (Thursday)

Community Yoga

Join us for community yoga classes, every other Tuesday evening. All levels welcome, beginner and experienced yogis alike! Please bring a mat and water bottle. Drop in. No registration required. Classes are being generously offered by Andrijana Sabadosh.

Andrijana is a mother, wife, nature and animal lover, student of Psychology and Yoga, forever child, immigrant/adventurist, who envisions her community yoga classes will be an aligned and focused combination of flow, functional movement, and restorative yoga.

Our program room will be transformed into a tranquil place where we can create a mindful body-mind relationship connecting movement with breath.

(Reoccurs: Aug 23)

At: 599 Mt. Pleasant Rd (south of Eglinton Ave E)

Mount Pleasant Library – Program Room

Time: 7:00pm – 8:00pm

Phone: 416-393-7737



August 09 2018 (Thursday)

Arts in the Parks: The Forest for the Trees

The Forest for the Trees is a physical theatre/dance hybrid which explores the shadows. When a woman escapes from hiding, an unknown world awaits her. What is she hiding from, and what will she discover? Is there something threatening out there, or is the supposed threat just an image of her imagination? An experiment in storytelling through movement without words, combined with a spine-chilling soundscape and eerie, mysterious lighting will transport the audience to a magical new world. Rain Date: August 28th, 2018

At: 201 Guildwood Pkwy, Scarborough

The Guild Park and Gardens

Time: 7:30pm – 9:30pm

Website: <https://artsintheparksto.org/event/the-forest-for-the-trees/>

August 10 2018 (Friday)

The Echoes Project

Clay and Paper Theatre works with Mimico residents to chronicle the changing face of the community through song, narrative theatre, movement, mask and puppetry.

At: 2441 Lake Shore Blvd W (west of Park Lawn Rd)

Amos Waites Park

Time: 7:30pm – 8:30pm

Website: <https://artsintheparksto.org/event/the-echoes-project/all/>

August 11 2018 (Saturday)

Paws in the Park

Paws in the Park® has been a staple in our community for years, and this year we would love for you to join us to celebrate 130 years of saving lives! For the second year in a row, we will be doing adoptions right from Woodbine Park! And aside from the adorable, adoptable pooches, there will be extraordinarily delicious food, beer, a pet photo booth, shopping in our Vendor Village, face painting, a caricature artist, free dog training sessions, and plenty more activities for you and your pooch to take part in! Paws in the Park® provides a significant portion of the Toronto Humane Society's annual operating costs and helps to keep our doors open for the next animals in desperate need of our assistance.



At: 1695 Queen St E (@ Kingston Rd)

Woodbine Park

Time: 9am – 4pm

Website: www.pawsinthepark.com

August 11 2018 (Saturday)

GhanaFest

The Ghanaian Festival of Arts & Culture (GHANAFEST) is an annual community event. The goal of Ghanafest is to bring Toronto's multi-cultural community together in showcasing the rich culture and experiencing the heritage of the Ghanaian community, which will include traditional food, cultural performers, performances from local artists across Canada, international artists from Ghana, as well as other multi-cultural showcases.

At: 4169 Bathurst St (south of Sheppard Ave W)

Earl Bales Park

Time: 10:00am - 8:00pm

Website: <https://artsintheparksto.org/event/ghanafest/>

August 11 2018 (Saturday)

Free Community Lunch

Free Soup Lunch at Grace Church. (Reoccurs:)

At: 700 Kennedy Road (south of Eglinton Ave E)

Grace Church Scarborough

Time: 12:00pm - 2:00pm

Phone: 416-755-5316



August 11 2018 (Saturday)

Poetry Got a Hold On Me

The Scarborough Poetry Club offers a series of workshops engaging participants in the art of poetry crafting (writing, revising, presenting). Selected participants will also develop leadership skills through a mentorship process. This workshop series is a Cultural Hotspot SPARK project in partnership with the City of Toronto. **To register for this event: www.eventbrite.ca search "Poetry Got a Hold On Me" (Reoccurs: Sept 08, Oct 06)**

At: 155 Bonis Ave, Scarborough (west of Kennedy Rd)

Agincourt Library

Time: 1:00pm - 3:00pm

Phone:



August 12 2018 (Sunday)

The Leslieville Flea

The Leslieville Flea hosts an average of over 1,000 attendees, with vendors selling vintage finds, furniture, clothing, collectibles and antiques plus a wide variety of artisan jewellery, art, and handcrafted goods.

Each Leslieville Flea is an opportunity to meet the maker of the item and find out how it is made, or talk to the treasure hunters who look far and wide to bring each unique item and its special history to the market. **(Reoccurs: Sept 16, Oct 14)**

At: 1444 Queen St E (east of Greenwood Ave)
Time: 10:00am – 5:00pm

Ashbridge Estate
Website: <https://leslievilleflea.com/>



August 12 2018 (Sunday)

ROM Walk: Sacred Stones & Steeples

While exploring the landmark religious buildings along Church and Bond Streets, including the recently restored St. Michael's Cathedral, learn about the role the church played in the social development of the city and Upper Canada. The walk takes place rain or shine.

Meet At: Northeast corner of Church & King Streets.

Look for the **purple** umbrella.

Time: 2:00pm – 3:30pm

Phone: 416.586.8097

Website: <https://www.rom.on.ca/en/whats-on/romwalks>

(Reoccurs: September 30 2pm- 4pm)

August 12 2018 (Sunday)

Music In The Park With Rufus John

August 12th welcomes Rufus John, a Canadian-Caribbean artist, who brings a new approach to old soul, that allows him to embrace the best of the two worlds; the edginess of today's music and the steadfast emotion of Motown. The result is a funky, fresh sound layered over an old soul backdrop, a slick fusion that can only be described as irrefutably undeniable.

At: 2075 Queen St E (east of Woodbine Ave)

Kew Gardens Park

Time: 2:00pm – 4:00pm

Website: <https://thebeachvillage.com/event/music-rufus-john/>

August 12 2018 (Sunday)

Music in Trillium Park - Countermeasure and Alissa Vox Raw

Presented with Sing! Festival, Toronto's top a cappella and vocal looping artists showcase their talents under the Pavilion in Trillium Park!

Countermeasure Music (2:00 pm - 2:45 pm & 4:15 pm - 5:00 pm)

Incorporating innovative live looping, instrument imitation, and vocal percussion, Countermeasure entralls their audiences worldwide with their dramatically choreographed shows and flawless harmonies.

Alissa Vox Raw (3:00 pm - 4:00 pm)

An eclectic artist, her sound can range from eerie, haunting and ethereal soundscapes to upbeat electronic rock sounds with dance-able beats.

At: 955 Lake Shore Blvd W

Ontario Place

Time: 2:00pm – 5:00pm

Website: <http://ontarioplace.com/en/musicintrilliumpark/>

August 13 2018 (Monday)

Crossword & Sudoku Club

Come work on your crossword and Sudoku puzzles. Studies show puzzles can stimulate the mind and improve logic and problem solving skills. Crossword and Sudoku puzzles, and pencils will be supplied, or bring your own. Reference materials will also be available.

At: 1806 Islington Ave (north of eglinton Ave W)

Richview Library – 2nd Floor

Time: 10:00am – 11:30am

Phone: 416-394-5120



August 13 2018 (Monday)

Bingo

Join us for a Game of Bingo! No registration required, drop in program.

At: 4279 Lawrence Ave E (east of Morningside Ave)

Morningside Library

Time: 2pm – 3pm

Phone: 416-396-8881

August 14 2018 (Tuesday)
Speculative Fiction Writers' Group

If you are looking for a safe and creative place to share your horror, sci-fi and/or fantasy writing with like-minded writers, please join us. We will read and discuss our works in progress. Drop-in.
(Reoccurs: Sept 18, Oct 16)

At: 239 College St (east of Spadina Ave)
Time: 6:00pm - 7:30pm

Lillian H. Smith Library
Phone: 416-393-7746

August 15 2018 (Wednesday)
Resume Workshop

An employment specialist from the Centre for Education and Training will give you one on one resume advice. Learn to use keyword effectively, update your resume and receive constructive feedback. *You must present a printed paper copy of your resume during the consultation.* Free program. Drop in at lobby table. No registration required. Presented in partnership with The Centre for Education and Training.

At: 35 Fairview Mall Dr (east of Don Mills Rd)
Time: 1:00pm – 4:00pm

Fairview Library
Phone: 416-395-5750



August 15 2018 (Wednesday)
ROM Walk: Danforth

Discover the rich history of the Danforth, which includes beautiful heritage homes, historical churches, the famous Music Hall and former Nickelodeon. Learn about the Playters, an early and influential family. The walk takes place rain or shine. **(Reoccurs: Sept 23 2pm- 3:30pm)**

Meet At: NW corner of Danforth and Cambridge Avenues (1 block west of Broadview Ave). Look for the **purple** umbrella.

Time: 6:00pm – 7:30pm

Phone: 416.586.8097

Website: <https://www.rom.on.ca/en/whats-on/romwalks>

August 15 2018 (Wednesday)
Safe Cycling 101: Bike with Confidence

Cycle Toronto will guide you through everything you need to know about cycling in Toronto. Topics include road rules, safe riding techniques, equipment, choosing your route and more. Drop in. No registration required.

At: 269 Gerrard Street E (@ Parliament St)
Time: 7pm – 8pm

Parliament Street Library – Community Room
Phone: 416-393-7663

August 15 2018 (Wednesday)
High Park at Night: Urban Bat Walk & Star Party

Let's explore High Park's amazing and mysterious bat populations! Using hand-held bat detectors, we will listen for bats' ultrasonic calls in High Park, explore their habitat, behaviour, and favourite foods as they swoop and loop during their evening, mid-air forage. As the sky fades into night, stick around to explore the astrological wonders above us with the help of our new telescope! **(PWYC donation)**

At: 375 Colborne Lodge Dr
Time: 8:30pm –10:00pm

High Park Nature Centre



August 16 2018 (Thursday)
Music in Trillium Park - Cris Derksen Trio and Wolf Saga

Award winning contemporary Indigenous artists bring their unique performances for a packed night of innovative artistic arrangements.

WOLF SAGA (7:00 pm - 7:45 pm & 8:00 pm - 8:45 pm)

Indigenous artist Wolf Saga has achieved a lot in his career so far. Now performing as a trio with guitarist/keyboardist Richard Gracious and drummer Michael Farina has allowed Wolf Saga to bring in some indie-rock influences to his synth-based dance sound.

Cris Derksen Trio (9:00 pm - 10:00 pm)

Derksen weaves her classical background and her Indigenous ancestry together with new school electronics to create genre-defying music. So — she is kind of in a category all her own.

At: 955 Lake Shore Blvd W

Ontario Place

Time: 7:00pm – 10:00pm

Website: <http://ontarioplace.com/en/musicintrillumpark/>

August 18 2018 (Saturday)

Pop Up at the Barns (In the Park!)

Join us for a fantastic community market, one of the city's best Pop Ups, and tour the park at Artscape Wychwood Barns. Featuring dozens of Toronto's most talented artisans, running alongside the extraordinary Stop's Farmer's Market in Wychwood Barns Park on six special Saturdays May-October. Wander with a coffee, healthy smoothie or fresh juice. Activities for children, pet friendly, and fun entertainment planned. Support local art, business, and makers while enjoying a great morning in the park.

At: 76 Wychwood Ave (east of Christie St & south of St Clair Ave W)

Wychwood Barns Park

Time: 8:00am – 2:00pm

Phone: (647) 241-5086



August 18 2018 (Saturday)

Celebrate Ukrainian Independence Day

Join us for North America's largest celebration of Ukraine's Independence Day. Plan for a full day of fabulous food, fun and festivities!

Enjoy the outdoor stage show featuring energetic and beautiful Ukrainian dancers and singers. Indulge in the food court, beverage gardens, market place, children's play centre and then top the evening off at the outdoor dance to some exhilarating rhythms.

At: 256 Centennial Park Rd (@ Eglinton Ave W)

Centennial Park

Time: 10:00am – 11:00pm

Phone: (416) 323-4772

Website: <https://ucctoronto.ca/events/ukrainian-independence-day-2/>

August 18 2018 (Saturday)

Rastafest – Health & Wellness Fair & Reggae Festival

Rastafest Reggae festival is a family fun event showcasing different aspect of the Rastafari culture, i.e. ital food, ancestral drumming, live reggae music, arts and craft market place and a health and wellness community fair.

Health and Wellness Community Fair - 1:00 pm to 5:00 pm

Live Entertainment - 5:00 pm to 10:00 pm

At: 1677 Wilson Ave (west of Jane St)

Toronto Plaza Hotel (Parking Lot)

Time: 1:00pm – 10:00pm

Website: <http://rastafest.com/>



August 18 2018 (Saturday)

Restorative Meditation: A Meditation Toronto Workshop

Experience the tranquility of meditation. Join an instructor from Meditation Toronto for easy stress relieving stretches followed by deep breathing and a relaxing and rejuvenating meditation session. You will leave feeling peaceful and relaxed. All are welcome regardless of experience level. **Registration is required. Please phone 416-393-7727.**

(Reoccurs: Sept 15, Oct 20)

At: 701 Pape Ave (@ Danforth Ave)

Pape/Danforth Library

Time: 2:00pm – 3:00pm

Phone: 416-393-7727





August 18 2018 (Saturday)

Evening of Bhakti

We warmly invite you to come and join us in a transcendent night of sublime kirtan (musical mantra meditation) as we celebrate a new beginning.

While we have all become accustomed to seeing the typical images that are conjured up when we think of yoga, it can be an heart-opening experience to learn of "bhakti-yoga" - the yoga of love (devotion). The premise of our "Evening of Bhakti" is to have a spiritually soaked evening, filled with the divine musical mantra meditation (kirtan) and intriguing philosophy. Whether you are completely new to the concept of kirtan and bhakti or a seasoned chanter, you can expect sublime kirtan, wisdom, dancing & more! **Register @ <http://www.gaura-shakti.com/upcoming> (Reoccurs: Sept 15, Oct 20, Nov 17, Dec 15)**

At: 243 Avenue Rd (north of Davenport Rd)

Time: 4:30pm – 7:30pm

The Hare Krishna Centre

Website: <http://www.gaura-shakti.com/eob>

August 18 2018 (Saturday)

DANCING IN THE PARK: HANHAN and Guests

Back by popular demand! Our Dancing in the Park series returns for a second season with performances and films guaranteed to get you moving. These events take place in the public space of the Aga Khan Park, a venue for individuals and families to gather and enjoy social and cultural activities all season long. We look forward to welcoming you!

Our summer-long dance party ends on an inspiring high-note with Toronto-based MC HanHan, who blends Filipino traditions with hip-hop aesthetics. She often works with electronic-tribal music duo DATU and dance troupe Hataw, who interpret traditional Filipino folkdance through the lens of the Filipino-Canadian experience, fusing diverse styles and with an eagerness to share — and teach audiences to join in.

At: 77 Wynford Drive (Don Mills Rd & 1 block north of Eglinton Ave E) *Aga Khan Museum*

Time: 8:00pm

Website: <https://www.agakhanmuseum.org/assets/pdf/akm-museum-park-2018-summer.pdf>

August 19 2018 (Sunday)

The Trinity Bellwoods Flea – End of Summer Market

Well where did the time go. Its the end of the summer and as it so happens our third anniversary! That's right The Trinity Bellwoods Flea is three years old! Lets celebrate the end of summer and our birthday together! Join us for another #shoplocalsunday. Come meet many of the new faces who have joined the market and see some of the regulars who have been here since the beginning. What still has not changes is four legged friends welcome and kiddos encouraged!

At: 1087 Queen Street W (west of Ossington Ave)

Time: 10:00am – 5:00pm

Website: <https://www.trinitybellwoodsflea.com/>

The Great Hall

Phone: (416) 414-6589



August 19 2018 (Sunday)

ROM Walk: Queen's Park Circle

Learn the stories and secrets of the provincial legislature, the mansions on Queen's Park Crescent, St. Michael's University, and Victoria University, while seeing some new and interesting Toronto architecture. The walk takes place rain or shine.

Meet At: In front of the Legislative buildings. Look for the **purple** umbrella.

Time: 2:00pm – 3:30pm

Website: <https://www.rom.on.ca/en/whats-on/romwalks>

Phone: 416.586.8097



August 19 2018 (Sunday)

Music In The Park With Ryan McNally

Ryan McNally brings his passion for acoustic traditional blues, jazz and old-time music to Kew Garden Plaza. Ryan's talent doesn't end at the guitar, he effortlessly plays the harmonica, mandolin, violin and banjo in his own signature style.

At: 2075 Queen St E (east of Woodbine Ave)

Kew Gardens Park

Time: 2:00pm – 4:00pm

Website: <https://thebeachvillage.com/event/music-ryan-mcnally/>

August 19 2018 (Sunday)

Music in Trillium Park - Sashar Zarif's "When The Heart Opens"

A multi-disciplinary performing arts piece takes over the Trillium Park grass for a examining the notion of place & home. Innovative cello arrangements by VC2 bookend this piece.

Sashar Zarif Dance Theatre (3:00 pm - 3:45 pm)

When The Heart Opens is a mystical journey portraying man's spiritual ascent through body, mind and emotions. Informed by Sufi and Shamanic practices of Central and Western Asia, it is an innovative investigation of Mugham, a devotional integrated practice of poetry, music & dance, in a contemporary context which facilitates an encounter between remembering, perceiving, & imagining in time & space.

VC2 (2:00 pm - 2:45 pm and 4:15 pm - 5:00 pm)

VC2 is an innovative cello duo able to captivate audiences through their performances of classical masterworks, unknown gems and boundary pushing music.

At: 955 Lake Shore Blvd W

Ontario Place

Time: 2:00pm – 5:00pm

Website: <http://ontarioplace.com/en/musicintrilliumpark/>

August 20 2018 (Monday)

Origami Book Flowers

Adults please join us and learn how to use recycled books to make beautiful paper flowers. Everything you make, you keep! Drop in program. Materials will be provided.

At: 2178 Bloor St W (east of Runnymede Rd)

Runnymede Library - Program Room

Time: 2pm – 3pm

Phone: 416-393-7697



August 21 2018 (Tuesday)

No Sew Reusable Bags

Plastic bags are out. Reusable bags are in! Have an old tee that you no longer wear? Why not give it new life as a tote bag? No sewing required.

Materials needed: Old T-shirt.

Presented by Sophi Robertson, Zero Waste Events Manager at the Toronto Tool Library as part of Toronto Public Library's Our Fragile Planet program series.

Free program. Registration required. **To register call: 416-395-5490**

At: 578 Finch Avenue W (west of Bathurst St)

Centennial Library

Time: 1:30pm – 2:30pm

Phone: 416-395-5490

August 21 2018 (Tuesday)

How to Relieve a Sedentary Lifestyle through Yoga & Mindfulness

This program will outline the detriments of living a sedentary lifestyle with practical solutions for changing this habit. The focus will be on the benefits of bringing movement and mindfulness into one's daily life and demonstrations of movements that can be practiced easily by participants after the presentation.

Carina Cappuccitti is a 250 hour certified yoga teacher. She started practicing yoga in 2009 as a way to bring movement into her life. Over the years she has gained strength, flexibility and has seen great impact in the way her daily routines have changed positively. Carina is passionate about bringing the sense of peace and calm that many receive through practicing yoga on the mat to brief and regular moments throughout a person's day.

Created by: Amber – Recreation Therapist 4-5 CAMH



Everyone welcome. Drop in. No registration required. Free.

At: 170 Memorial Park Ave (west of Coxwell Ave)

Time: 6:30pm – 7:30pm

S. Walter Stewart Library

Phone: 416-396-3975

August 22 2018 (Wednesday)

Chronic Pain Management Workshop

The Chronic Pain Management Workshop, conducted by the Arthritis Society member, is a two-hour program that gives you the tools to help control the pain of your disease.

Registration is required. Please phone 416-396-8890 to register.

At: 496 Birchmount Rd (@ Danforth Rd)

Albert Campbell Library - Leading to Reading Room

Time: 2:00pm – 4:00pm

Phone: 416-396-8890



August 22 2018 (Wednesday)

DIY Bullet Journal

Come and make your own bullet journal! Traditional journaling can seem daunting and time consuming, but it doesn't have to be. Learn about bullet journaling - a method of journaling that uses bullet points as its main structure (i.e. no long sentences). You will make your own journal to create something that is completely you.

Ages 13-24. Please register by calling the branch: 416-393-7746.

At: 239 College St (east of Spadina Ave)

Lillian H. Smith Library

Time: 4:00pm - 6:00pm

Phone: 416-393-7746



August 22 2018 (Wednesday)

ROM Walk: Citadels of Wealth

With 100,000 commuters flooding in daily to move billions of dollars, it's no wonder that the built environment in the financial district offers so much visual inspiration. Admire the work of noted architects such as Mies van der Rohe, I.M. Pei and Santiago Calatrava, and discover surprising public art. The walk takes place rain or shine.

Meet At: Northwest corner of Front and Yonge Streets. Look for the purple umbrella.

Time: 6:00pm – 7:30pm

Phone: 416.586.8097

Website: <https://www.rom.on.ca/en/whats-on/romwalks>

August 22 2018 (Wednesday)

Paint With Me Painting Workshop

Attention painting enthusiasts! Join us for a fun night of painting with acrylic and canvas.

Erin Reece will guide participants step by step to recreate their own unique version of a pre-selected painting while music enhances the creative atmosphere. All levels are welcome.

Registration is required. Please phone 416-393-7700 to register.

At: 137 Main St (south of Gerrard St E)

Main St Library

Time: 6:00pm – 8:00pm

Phone: 416-393-7700



August 23 2018 (Thursday)

Music in Trillium Park - The Dreamboats

A free dance party for all ages! Three sets of high energy danceable tunes!

The Dreamboats are bringing back good ol' fashioned Rock n' Roll! With a sound that is equal parts Chuck Berry & The Wonders, this quartet of handsome young Mississauga boys delivers a high energy, nostalgic show that has audiences dancing and singing the night away!

At: 955 Lake Shore Blvd W

Ontario Place

Time: 7:00pm – 10:00pm

Website: <http://ontarioplace.com/en/musicintrilliumpark/>

August 24 2018 (Friday)

Exposed Exhibit

Exposed Exhibit is a contemporary art show featuring works from 2 up-and-coming Toronto artists. With 30+ installations ranging multiple artistic styles and mediums. These two are prepared to break down the barriers of genre and cater to Toronto's diverse audience.

At: 722 College St (east of Ossington Ave)

The Peach Gallery

Time: 7:00pm – 10:00pm

Website: <http://exposedexhibit.com/>

August 25 2018 (Saturday)

Arts in the Parks: Bard in Berczy

A group of professional actors will perform *Much Ado About Nothing* on weekends in August. Take centre stage in this immersive theatrical experience that is unique in the downtown core.

At: 35 Wellington St E (west of Church St)

Berczy Park

Time: 1pm – 2:30pm & 7:30pm – 9pm

Website: <https://artsintheparksto.org/event/bard-in-berczy-2/all/>

August 25 2018 (Saturday)

Sorauren Park Outdoor Movie ("Ghostbusters II (2016)")



Enjoy a free outdoor movie at Sorauren Park! June's movie is Babe (PG). Come early (and bring money for) for a pizza dinner from the park's new wood-fired pizza oven, and also enjoy popcorn and snacks during the screening. Produced by the non-profit Friends of Sorauren Park, and sponsored by Dundas West Animal Hospital, Master Mechanic High Park and Meridian Credit Union. Movies are presented on the fourth Saturday of June, July, August and September.

Pizza Dinner starts 7:30 pm. Movie starts 9pm

(Reoccurs: Aug 25 – "Ghostbusters II (2016) dinner @ 7 movie @ 8:30, Sept 22 – "Moana" dinner @ 6 movie @ 7:30)

At: Sorauren Avenue Park (west of Lansdowne Ave & south of Dundas St W)

Time: 7:30pm – 11:00pm

Website: <http://soraurenpark.com/>

August 26 2018 (Sunday)

Music In The Park With Suzie Vinnick

Toronto based Saskatchewan native, Suzie Vinnick will properly rock Kew Gardens. Her collection of roots, blues and gospel tunes make her a crowd favourite. Suzie is a frequent headliner at festivals across the country and in the U.S. – we are lucky to have her close out our 2018 Music in the Park series!



At: 2075 Queen St E (east of Woodbine Ave)

Kew Gardens Park

Time: 2:00pm – 4:00pm

Website: <https://thebeachvillage.com/event/music-suzie-vinnick/>

August 26 2018 (Sunday)

Music in Trillium Park - Sina Bathaie and AraBest

Toronto's top santur player and a new group presenting their Arabic music heritage with a modern style join forces for an afternoon of contemporary world music.

Sina Bathaie (2:00 pm - 2:45 pm and 3:00 pm - 3:45 pm)

Known for his unique style and approach toward Persian contemporary music, he developed his own style of music through years of experimental collaboration & achieved a unique sound in world fusion music.

AraBest Music (4:00 pm - 5:00 pm)

AraBest is an Arabic music band that presents Arabic music heritage in a modern style. They aim to reach out all Canadians who are interested to know about Arabic and oriental music and to give all Arabs in Canada the feeling of home and touch their memories.

At: 955 Lake Shore Blvd W

Ontario Place

Time: 2:00pm – 5:00pm

Website: <http://ontarioplace.com/en/musicintrilliumpark/>

August 29 2018 (Wednesday)

ROM Walk: Waterfront

A walk by the water makes a summer's day even better. Learn about the evolution of the Queen's Quay area, from its industrial and commercial origins to the recent revitalization. The walk takes place rain or shine.

Meet At: South-east corner of Queen's Quay West & Bathurst St. Look for the **purple** umbrella.

Time: 6:00pm – 7:30pm

Website: <https://www.rom.on.ca/en/whats-on/romwalks>



August 30 2018 (Thursday)

Music in Trillium Park - Kristi Lane Sinclair and Ansley Simpson

Closing out our season of programming with a banger of folk, rock and roll, and a dance party for a night of contemporary Indigenous music.

Ansley Simpson (7:00 pm - 7:45 pm)

A natural performer, she holds audiences spellbound with her haunting vocals and poetics.

Kristi Lane Sinclair (8:00 pm - 9:00 pm)

The Toronto-based singer/songwriter draws equally from her Haida/Cree heritage and her love of both grunge and classical music to create a sound that challenges long-held preconceptions, while telling her own unique story.

Classic Roots with Nimkii Osawamick (9:15 pm - 10:00 pm)

Infusing tribal rhythms and his own boreal spirit over raw techno beats is his specialty and he does not disappoint for his debut release with M5!

At: 955 Lake Shore Blvd W

Ontario Place

Time: 7:00pm – 10:00pm

Website: <http://ontarioplace.com/en/musicintrilliumpark/>

Coming Up/Register NOW

September 01 2018 (Saturday)

Mandala Stone Painting Workshop

Come explore your creativity and make a beautiful keepsake. No experience required. Some small stones will be provided or you can bring your own.

Registration is required. Please phone 416-396-8920

At: Eglinton Square Shopping Centre 1 Eglinton Square, Unit 126 (@ Victoria Park Ave)
Eglinton Square Library - Program Room

Time: 2pm – 3:30pm

Phone: 416-396-8920



September 04 2018 (Tuesday)

Stress Management through Meditation

Please join us for this stress relieving series. Feel transported to another realm by the beautiful chanting of sacred mantras and breathing meditation. Two methods of meditation will be taught and practised: one using the breath and another accompanied by beautiful music courtesy of Meditation Toronto. Drop in. **(Reoccurs: Sept 18, Oct 02 & 16)**

At: 20 Covington Rd (west of Bathurst St & north of Lawrence Ave W)

Time: 7:00pm – 8:00pm

Barbara Frum Library

Phone: 416-395-5440



September 08 2018 (Saturday)

Stress Relief Through Meditation

Join an instructor from Meditation Toronto for easy stress relieving and relaxing meditation sessions on following Saturdays.

Registration is required. Please phone 416-396-8850

(Reoccurs: Nov 03 and Dec 01)

At: 545 Markham Road (south of Lawrence Ave E)

Time: 10:30am – 11:30am

Cedarbrae Library

Phone: 416-396-8850



September 08 2018 (Saturday)

Fall Plant Walk

Join local herbalist, Danette Steele, for a wonderful adventure walk to identify the many plants growing throughout the city that can be used for food and medicine. This is harvest season, so Danette will talk about sustainable approaches for plant gathering and how to care for our local eco-system. At the end of the walk, Danette will demonstrate how to make a seasonal herbal tonic that can be made at home.

The walk will start at the Queen/Saulter Library. Please bring a travel mug as herbal beverages will be provided. **Call the library at 416-393-7723 to register.**

The walk will be approximately one hour in length and the demonstration of how to make a remedy will take about 20 minutes.

At: 765 Queen St E (east of Broadview Ave)

Time: 11:00am – 12:30pm

Queen/Saulter Library

Phone: 416-393-7723



September 08 2018 (Saturday)

Stress Relief Through Meditation

Join us in this series to experience the power of meditation. You will be exploring how to balance a demanding life and discover happiness in every present moment. Classes will be led by Meditation Toronto. For ages 18 and up.

Registration is required. Phone 416-393-7700 to register. (Reoccurs: Oct 13, Nov 03)

At: 137 Main St (south of Gerrard St E)

Time: 1:30pm – 2:30pm

Main St Library

Phone: 416-393-7700





(begins) September 14 2018 (Friday)

Creative Watercolours

Relax with this fun watercolour and mixed media class presented by artist Marina Nazarova and Artbarn School. This six-session series is suitable for beginners and includes all materials. Participants are expected to commit to all sessions.

Space is limited. **Registration begins on August 13, 2018.** For more details and **to register, please call 416-393-7610. (Reoccurs: Sept 21, Oct 12 & 19, Nov 09 & 16)**



At: 40 Orchard View Blvd (north of Eglinton Ave & west of Yonge St) *Northern District Library – Room 224*

Time: 1:30pm – 3:00pm

Phone: 416-393-7610



September 14 2018 (Friday)

Physical Activity and Ageing

Join an instructor certified by the Canadian Centre for Activity and Aging (CCAA) to learn the importance of physical activity as we age. Space is limited and registration is required. **Call the branch at 416-395-5710 to register.**

At: 888 Lawrence Ave E (west of Don Mills Rd)

Don Mills Library – Auditorium

Time: 2:00pm – 3:30pm

Phone: 416-395-5710

September 18 2018 (Tuesday)

Your Health Matters: Stress management

Toronto Public Health presents this one hour workshop where participants will learn about strategies to cope with stress and protect your overall health and well-being. Topics that will be discussed include: Coping strategies for everyday stress, taking small steps to improve health and mental health. Drop-In. Please call 416-395-5720 for more information.

At: 2793 Keele St (north of Wilson Ave)

Downsview Library - Program Room

Time: 1:00pm – 2:00pm

Phone: 416-395-5720

September 25 2018 (Tuesday)

Getting a Good Night's Sleep

Not getting a good night's sleep? Are you tossing and turning? Are you feeling exhausted when you wake up in the morning? Delia Silva, RN, Baycrest, explains why sleeping well has a positive effect on your mental and physical well-being. You will learn why it's important to have a good night's sleep, some of the causes of poor sleep and natural strategies that can help promote restful sleep.

At: 789 Yonge St (north of Bloor St)

Toronto Reference Library – Beeton Hall

Time: 1pm - 2pm

Phone: 416-395-5577



September 27 2018 (Thursday)

Meditation 101

Join Cassidy from Radiate Happy for an Introduction to Meditation.

The class will cover:

- * Benefits of meditation
- * How to start a daily practice
- * Meditation posture
- * Different types of meditation (including a few short meditations)
- * Incorporating mindfulness into everyday life
- * Opportunity to ask questions

Cassidy is a meditation teacher with Radiate Happy. She studied meditation teacher training in the Learn to REST program, and has received her Foundations of Mindfulness Certificate from the University of Toronto. She has also learned through her own experience, and in travels to India, Bali, Thailand and Nicaragua. **Call 416-393-7706 to register or for more information.**

At: 700 Eglinton Avenue W (east of Bathurst St)

Forest Hill Library

Time: 2pm - 3pm

Phone: 416-393-7706

Events Happening Over Multiple Days

(Now = As of the 1st of the month)

July 28 - August 16 2018 (except August 4th)

CNE HorseCapades



Considered the unofficial start to the CNE, HorseCapades kicks off with its beloved program designed to introduce the young, and the young at heart alike, to the magical world of horses.

Visitors with little ones can trot over to the Horse Palace, which features interactive and educational activities such as Guess a Horse's Weight, learning about a horse's nutrition and grooming, battery-operated mini tractor rides, and can't miss opportunities to pet the horses and enjoy free pony rides (for children under 10 years of age).

Also back by popular demand and set to original music, HorsePower Live! is pageantry, passion, precision, and fun for all ages.

At: 15 Nova Scotia Ave - Exhibition Place

CNE Horse Palace

Time: 11am – 2pm

Phone: (416) 263-3330

Website: <https://theex.com/main/entertainment/animals-and-more/horsecapades>

Now - August 16 2018

Colour and Form Society Members' Juried Show

Since forming in 1952, CFS provides art exhibitions of excellence, including artists who show their work in Europe, Africa, and Asia.

At: 1 Colonel Samuel Smith Park Dr (Lakeshore Blvd W & Kipling Ave)

Assembly Hall

Time: Mon – Fri: 12:00pm – 5:00pm, Sat: 10:00am – 1:00pm

Phone: (416) 338-7255

Website: <http://www.assemblyhall.ca>

Now - August 19 2018

A Creative Buzz

A creative hive of professional Ontario artists, including retired Globe and Mail illustrator Anthony Jenkins, exhibiting landscape, portraits, still life, and transportation in a variety of media.

At: 399 The West Mall (south of Burmanthorpe Rd)

Etobicoke Civic Centre Art Gallery

Time: Mon – Fri: 9:00 am - 8:00pm Sat – Sun: 9:00am – 5:00pm

Phone: (416) 394-8628

Website: <http://www.toronto.ca/eccartgallery>



August 03 - August 04 2018

2018 Toronto International Youth Dance Festival

Join us at 2018 Toronto International Youth Dance Festival. The Festival celebrates cultural diversity through the art of dance. Specifically, we focus on youth dancers, with participation ranging from local to international dance schools. There will also be food vendors and merchant vendors present through the two days. It is a great opportunity to enjoy a wonderful weekend with your families.

At: 100 Queen St W (@ Bay St)

Nathan Phillips Square

Phone: (905) 604-6018

Website: <http://www.cidca.ca/>

August 03 - August 06 2018

Island Soul

Come to the waterfront to catch a little bit of that island soul and experience the rich legacy of Caribbean music heard through Canada and around the world.

At: 235 Queens Quay West

Harbourfront Centre

Phone: (416) 973-4000

Website: <http://www.harbourfrontcentre.com>

August 03 - August 06 2018

Scarborough Ribfest

Scarborough Ribfest is the summer's largest community event in East Toronto. The Rotary Club of Scarborough runs Scarborough Ribfest as an annual festival and fundraiser. All moneys raised by the Rotary Club of Scarborough are donated to charitable projects in Scarborough, Toronto, and around the world.

This year, Ribfest will have 10 incredible Ribbers from all over Canada and the US, along with 20 other food vendors, a midway, and over 50 other craft vendors! To keep you cool, pop and water will be available at the two Rotary tents. 11 fantastic live bands will be providing live entertainment free during the weekend. For the young and young at heart, open mike Karaoke will start each day at 11 AM.

At: 1005 Brimley Rd (north of Lawrence Ave E)

Thomsom Memorial Park

Time: 11am – 11pm (except Monday 11am – 8pm)

Phone: (416) 818-8337

Website: <http://www.scarboroughribfest.com/>

August 03 - August 12 2018

Tina Tran: "Femme Fatale"

"Femme Fatale" explores the notion that women do not have to reject their femininity in order to be seen as a force to be reckoned with. This collection features beautiful women juxtaposed with the likes of carnivorous plants and poisonous creatures. With this pairing, Tina Tran's pastel coloured work illustrates the concept that there is more than meets the eye. See more of Tina Tran's work on her Instagram @imawonder

At: 830 Dundas St W (west of Bathurst St)

Website: <https://www.hashtaggallery.com/>

#Hashtag Gallery

Femme Fatale

*Tina Tran
August 3-12*



August 03 - September 30 2018

ZimSculpt @ Toronto Botanical Garden

Toronto Botanical Garden's outdoor African art exhibition "ZimSculpt" showcases hundreds of stone sculptures by over a dozen contemporary Zimbabwean artists.

The works are chiseled, hand-carved, sanded and polished by artists who draw upon a wide variety of inspiration. From dramatic modern styling praised by Henry Moore, to more contemplative "village" pieces that capture African life, these sculptures project a vibrancy that has captivated audiences around the world.

During the course of the exhibition, two artists-in-residence will be live-sculpting, demonstrating their carving techniques and intricate handiwork. All displayed work, including work created during the event, will be available for purchase, and visitors are welcome to commission pieces from the two featured artists.

An outdoor Marketplace will feature smaller one-of-a-kind sculptures for purchase as well as traditional basketry and jewellery of Zimbabwe.

At: 777 Lawrence Avenue E (@ Leslie St)

Toronto Botanical Garden

Time: 10:00am – 5:00pm

Phone: 416-397-1341

Website: <https://torontobotanicalgarden.ca/enjoy/special-events/zimsculpt/>

August 05 - August 12 2018

Dusk Dances

Dusk Dances is an outdoor dance festival that brings high quality contemporary and traditional dance to public parks. As dusk descends, a theatrical host leads the audience – which invariably includes children, dog walkers and local residents – to eclectic dance pieces that unfold in different areas of the park.

Choreographers from various backgrounds are invited to perform a ten-minute piece inspired by the park's natural environment. Audiences are invited on a pay-what-you-can basis to an



innovative site-specific festival, which is not only an artistic event but a social and cultural one as well. 2018 will be Dusk Dances' 24th season.

At: 725 Logan Ave (south of Danforth Ave)

Withrow Park

Time: 7pm – 9pm

Website: <https://artsintheparksto.org/event/dusk-dances/all/>

August 10 - August 12 2018

ArtWalk in the Square

ArtWalk in the Square is a juried show featuring ONLY fine art. With over 75 established and emerging artists exhibiting painting, photography, mixed media, printmaking, drawing, glass and sculpture, we are confident you will find that perfect piece for your home.

The intimate central square at the Shops at Don Mills provides a wonderful way to spend a summer day. Come out early, see some art, talk the artists themselves about what you see. Then stay for lunch, do some errands, and come back again to pick up your new art purchase! This is a great opportunity to shop for affordable and unique artworks. You can get in on the ground floor with emerging artists or be on the lookout for your favourite established Canadian artists.

At: Corner of Lawrence Ave E and Don Mills Rd

Shops at Don Mills

Time: see website

Website: <http://www.artwalksquare.ca/>

August 10 - August 12 2018

Habari Africa Festival 2018

This multi-disciplinary African arts festival is free for all-ages. The festival will display an authentic African experience through presentations and workshops that celebrate the uniqueness, wealth and diversity of African arts and culture. The festival will also have activities for children of all ages, workshops, drumming, films, vendors with crafts, as well as delicious cuisine from the World Café. Join us for a weekend of exploration and engagement with the art, sounds and tastes of the continent.

At: 235 Queens Quay West

Harbourfront Centre

Phone: (416) 973-4000

Website: <http://www.harbourfrontcentre.com/habariafrica/>



August 10 - August 12 2018

Taste of the Danforth

Join us as we celebrate our 25th anniversary of great food from local vendors along with lots of free entertainment and fun. There's something for everyone! At the Festival, visitors have the opportunity to experience being 'Greek for the Day', but the Festival is much more than the celebration of the Danforth's Greek heritage - it is also a celebration of Canada's multiculturalism. A few highlights for this year include our Celebrity Stage with performances by Cuban Bands, Aboriginal singers, over 40 Bollywood dancers, as well as the Mr. & Miss Asia Toronto Pageant Competition. We also offer a 'Let's Dance' program presented by City of Toronto where participants can learn how to dance different cultural dances from around the world, including Chinese, South Asian, Filipino, Egyptian, Greek, Japanese, Azerbaijani & Afro-Caribbean dance.

At: Along *Danforth Ave* between Broadview Ave & Jones St

Time: see website

Website: <http://tasteofthedanforth.com/>



August 16 - August 26 2018

David Creed: I'm Compatible

IBM Compatible shows the transition of how our sight has adjusted to a whole new view, of ourselves and surroundings, caused by the ever changing landscape of technology. Also recognizing the simple history of when the wave began. We have had to become compatible ever since it entered our homes. The change was subtle in the beginning and has rapidly mutated our way of living over the past 3 decades.

It has changed us.... This is how we get see the world now...

At: 830 Dundas St W (west of Bathurst St)

#Hashtag Gallery

Website: <https://www.hashtaggallery.com/>

August 16 - August 26 2018 (does not occur Aug 20)

Portia's Julius Caesar

Reimagining Shakespeare's Julius Caesar, Shakespeare in the Ruff is putting the female characters at the centre of the story, exploring their agency within this fascinating moment in Ancient Rome when all the rules changed. New writing and Shakespeare blend seamlessly together to tell a story that has always existed in the shadows of this classic tale.

At: 725 Logan Ave (south of Danforth Ave)

Withrow Park

Time: 7:30pm – 9:30pm

Website: <https://artsintheparksto.org/event/portias-julius-caesar/all/>

August 17 - August 18 2018

Wheels on the Danforth Street Festival

Toronto's only street-judged car show

- 100's of classics, hot rods, muscle cars, tuners, race cars & exotics!
- Toronto's east bicycle fest, movie cars, food vendors, & kid's zone!
- Live bands, DJs & performers!

If it's got wheels...BRING IT!

Wheels on the Danforth is truly a community experience, jammed full of fabulous family fun activities. This 2 day event takes over part of Danforth Avenue and a large city park. The event supports the Oakridge, East York, Beaches and surrounding communities within the City of Toronto.

At: 3459 Danforth Ave (east of Pharmacy Ave)

Oakridge Park

Time: Fri: 6pm – 11pm Sat: 11am – 11pm

Website: <https://www.wheelsonthedanforth.com/>



August 18 - August 19 2018

Toronto Chinatown Festival

Our theme for 2018 is "Leap through The Dragon's Gate." In the folktale the Carps swim upstream to try hard to jump through the dragon's gate; it reminds people to work hard in order to be successful.

Join us for BBQ skewers, Taiwanese Style Fried Chicken, bubble waffle ice cream and more! Try your luck on prize draws and marvel at an array of engaging performances alongside vendors and interactive activities that will both showcase Canada's cultural and communal diversity while helping to improve local tourism and economy. Free walking tours will allow you to explore and learn the history of one of Toronto's oldest communities. End the night with a free movie screening under the stars.

At: West side of Spadina Avenue (between St Andrew St & Sullivan St)

Chinatown

Time: Sat: 12pm – 11pm Sun: 11am – 8pm

Website: <http://www.chinatownbia.com/eventsnews/toronto-chinatown-festival/>

August 18 - August 19 2018

Festival of South Asia 2018

The Festival of South Asia 2018 embraces multidisciplinary arts and foods from all the countries in South Asia. Tastes cost \$1 to \$5. Literary Arts, visual arts, performances and live music emanates from the stage all weekend. If you can't fly to South Asia this summer come attend this festival and experience a slice of the culture.

At: Gerrard Street East between Glenside and Coxwell intersections

Little India

Website: <http://gerrardindiabazaar.com/>

August 18 - August 19 2018



Pakistan through Ages-History and Culture

The exhibition will showcase Pakistan's history from Mehargarh(7000BC), the Indus Valley(2500BC), Ghandara (500BC) to contemporary art and culture. Gear up and familiarize your family and friends with glorious heritage of Pakistan.

At: 500 Rexdale Blvd (west of highway 27)

Time: 10am – 8pm

Woodbine Mall and Fantasy Fair

Phone: (905) 532-0042 ext.23

August 24 - August 26 2018

Korean Harvest Festival

Guests of all ages and backgrounds can enjoy over twenty live performances such as traditional sport of Tae Kwon Do, traditional dance and drumming, K-pop dance concert, interactive audience games, and the popular masked singer competition.

Bring cash for Korean food stalls, snacks and our sellers market. For visitors 19+ we also have a rooftop beer patio where you can sample Korean beer and rice wine!

Activities will be placed throughout the square for families, participation is by donation which all proceeds will go to the Korean Canadian Business Association (non-profit) in support of local Korean businesses.

At: 5100 Yonge St (north of Sheppard Ave)

Phone: (905) 597-1533

Mel Lastman Square

Website: <https://torontokhf.wixsite.com/torontokhf>

August 25 - August 26 2018

Pan American Food & Music Festival 2018

This is Canada's only event that brings together the 41 countries that make up the American continent. Join us for a celebration of flavours, music, and dance.

Our audience of more than 50,000 people enjoys a variety of fun events such as food demos and competitions, live performances and interactive activities for the whole family. Don't miss out on the variety of food vendors and artisans at the Square and be ready for surprises. With more than 20 chefs, 40 performances.

At: 1 Dundas St E (@ Yonge St)

Website: <http://panamfest.com/about-2018/>

Yonge-Dundas Square

August 25 - August 26 2018

Mabuhay Philippines Festival



The Mabuhay Philippines Festival, celebrating its 20th anniversary in 2018, is the largest celebration of Philippine heritage and culture in Canada. Enjoy non-stop entertainment, vendors, Philippine cuisine, a fashion show with designers Renee Salud, Shanon Pamaong and Kenneth Barlis. Popular ballader Martin Nievera, the Concert King of the Philippines, will be performing and a parade with colourful costumes representing various regions in the Philippines will make its way around downtown Toronto.

At: 100 Queen St W (@ Bay St)

Website: <http://www.pidctoronto.com/>

Nathan Phillips Square

August 25 - August 26 2018

Tamil Fest 2018

Tamil Fest 2018 is the largest Tamil street festival of its kind outside of the Indian subcontinent. Last year crowds exceeded 200,000 people including Prime Minister Justin Trudeau over two days marking Tamil Fest in its third year as the largest event in east Toronto's history. This two-day road festival is expected to draw thousands of people from across North America and is a unique platform to showcase and exhibit traditional and modern Tamil culture, cuisine, arts and entertainment.

At: Markham Road, Scarborough - Between McNicoll and Passmore Avenue

Website: <https://www.tamilfest.ca/>

August 25 - August 26 2018
Scarborough Afro-Carib Fest

The award-winning Scarborough Afro-Carib Fest (SACF) is back for an unforgettable experience! The dynamic and engaging festival will celebrate the diversity of African and Caribbean cultures through music, arts, dance, and cuisine to foster civic pride, engage audiences and to build a vibrant community!

Join us for a free fun filled weekend for the whole family with activities for all ages, including live music and dance performances from diverse local and international artists, cultural vendors, ethnic food, drum and dance, kids' zone, beer tent, dance competition, raffle draw, and much more!

At: 150 Borough Dr (east of Brimley Rd)

Albert Campbell Square

Time: 12pm – 9pm

Website: <http://scarboroughafrocaribfest.com/>

August 26 - September 20 2018

Six Degrees of Freedom

Six award-winning artists celebrate freedom of expression in an exhibition featuring exciting original works in acrylics, oils, and watercolours. **Public reception will be held on Sunday**

August 26th, 2:00 - 4:00 pm

At: 399 The West Mall (south of Burmanthorpe Rd) *Etobicoke Civic Centre Art Gallery*

Time: Mon – Fri: 9:00 am - 8:00 pm Sat – Sun: 9:00am – 5:00pm

Phone: (416) 394-8628

Website: <http://www.toronto.ca/eccartgallery>



August 31 - September 03 2018

Fine Art & Craft Show @ Distillery District

Celebrating painting, photography, sculpture, fine craft, live music and more from Canada's top artists. Set throughout the cobblestone lanes of the Distillery Historic District in downtown Toronto. Artfest Kids: free art workshops all weekend.

At: 55 Mill St (south of King St E & east of Parliament St)

The Distillery Historic District

Time: 11:00am – 6:00pm

Website: <http://www.artfestontario.com/toronto/>

Ongoing

*Listed in the following order:

- takes place every day
- takes place on multiple days of the week
- takes place regularly on a specific day each week

Every Day

Allan Gardens Conservatory

Allan Gardens Conservatory is a major landmark and tourist attraction in downtown Toronto. Its historic, cast-iron and glass domed "Palm House" was built in 1910 and is designated under the Ontario Heritage Act. A botanical gem in the heart of the city, Allan Gardens has a permanent collection of exotic plants and beautiful seasonal flower shows

At: South side of Carlton Street between Jarvis and Sherbourne St

Time: 10:00am – 5:00pm

Phone: (416) 392-7288



Every Day

Centennial Park Conservatory

The Centennial Park Conservatory has an area of over 12,000 square feet. With a tropical house, an arid house and a show house it offers a variety of interesting plant collections and exciting seasonal displays. This tropical paradise is a great place to relax and refresh your spirit

At: 151 Elmcrest Rd (west of Renforth Avenue & north of Rathburn Rd)

Time: 10:00am – 5:00pm

Phone: (416) 394-8543

Every Day (All Year)

Computer Access @ The Exchange Loft

This is a place where community members can connect to each other, connect to the internet, and connect to the Ralph Thornton Community Centre.

The Exchange Loft provides the broader community with free access to computers and the internet while offering a welcoming, friendly, and helpful environment to community members. Our volunteers are available to assist people learning how to use common computer applications, such as Microsoft Office, setting up and accessing email accounts, and more. By appointment, volunteers can provide one-on-one tutorials to help people feel comfortable and confident while increasing their skills.

Facilities available in the Lewis Pearsall Exchange Loft (within Ralph Thornton Community Centre) include:

- Seven computers, connected to the internet and running Windows 10 with Microsoft Office 2013

- Free fax service (local or toll free only)

- Printing and photocopying (\$0.10/page black and white, \$0.25/page colour)

- Document scanning

- Free public telephone (local calls only, five minute limit)

At: 765 Queen Street East (2 blocks east of Broadview Ave) *Ralph Thornton Community Centre*

Time: Monday – Wednesday: 9:30am - 4:30pm Thursday – Sunday: 9:30am - 8:30pm

Phone: 416-392-6810

Every Day (All Year)

Riverdale Farm

Tour the Farm's scenic 7.5 acres along pathways through wooded areas, around ponds, and into butterfly-herb-flower-vegetable gardens. Visit the farm animals and chat with the farmer during daily chores. Riverdale Farm is located in a park setting in the heart of the downtown community of Cabbagetown. Admission is free and parking is only available on neighbouring city streets.

At: 201 Winchester St (3 blocks east of Parliament St & 3 blocks north of Gerrard St)

Time: 9:00am – 5:00pm

Phone: (416) 392-0743

Every Day

Table Tennis

Table tennis available for the community.

At: 155 Crawford St (north of Queen St W & west of Ossington Ave) *Trinity Community Recreation Centre*

Time: 9:00am – 8:45pm

Phone: (416) 392-0743



Every Weekday

Peer Support Groups – Mood Disorder Association of Ontario

Peer Support Groups offered @ the Toronto location and around Ontario. There are also support groups for family members whom need support. Please check the website for dates and times.

At: 36 Eglinton Ave. West, Suite 602 (@ Yonge St) *Mood Disorders Association of Ontario*

Time: various times

Phone: (416) 486-8046

Website: <http://www.mooddorders.ca/>



Every Monday - Saturday

Parkdale Community Information Centre

Parkdale Community Information Centre is a community resource for connecting people and organizations to information and services. We have developed a comprehensive database of information about local community services, government programs and emergency services.

At: 1303 Queen St. W (west of Dufferin St) *Parkdale Community Information Centre (within Parkdale Library)*

Time: Monday–Friday 10:00am – 5:00pm Saturday 12:00pm – 5:00pm

Phone: 416-393-7689

Every Monday - Saturday

FREE Tai Chi @ Scarborough Town Centre

Come to Scarborough Town Centre for a FREE Tai Chi class every Mon to Sat morning 7:30am to 9am located in the Scarborough Walk of Fame court - lower level by entrance 7.

About the Instructor : Peter Kwong is a certified Tai Chi Community coach and Wushu Duan-wei master, qualified to teach in Canada.

Exercises:

Tai Chi Qi-gong (breathing exercises), Tai Chi Chuen, Tai Chi Fans

Bring : Please wear a sky blue shirt

Purpose:

1. To promote Chinese culture of Tai Chi Chuen and Qi-Gong

2. To help people achieve better health.

JOIN US! It's safe, has many physical and mental health benefits and easy to learn.

At: Scarborough Town Centre *Scarborough Walk of Fame court - lower level by entrance 7*

Time: 7:30am – 9:00am



Every Monday - Friday (listed until August 31 2018) (except holidays)

Lane Swim (drop-in)

Regent Park Aquatic Centre (RPAC) is the newest development in the Toronto/East York District. This stand alone aquatic facility is located in the heart of Regent Park and features a 25 meter lap pool, leisure pool, spa pool, tarzan rope, diving board and water slide. Our universal change rooms allow for full accessibility for all patrons. You must be at least 7 years old to attend.

At: 640 DUNDAS ST E (east of Parliament St)
Time: 10:30am – 1:00pm

Regent Park Aquatic Centre
Phone: 416 338-2237

Every Monday – Friday (listed until Sept 21 2018) (except holidays)

Dominoes (drop-in)

You must be at least 19 years old to attend.

At: 150 SHERBOURNE ST (north of Queen St E)
Time: 12pm – 4pm

John Innes Community Recreation Centre
Phone: 416 392-6779

Every Monday - Friday (listed until August 31 2018)

Leisure Swim (drop-in)

Regent Park Aquatic Centre (RPAC) is the newest development in the Toronto/East York District. We offer drop-in leisure swim for all ages, several times a week.

At: 640 DUNDAS ST E (east of Parliament St)
Time: 2pm – 4pm

Regent Park Aquatic Centre
Phone: 416 338-2237

Every Monday – Friday (listed until Sept 21 2018) (except holidays)

Games (drop-in)

You must be at least 19 years old to attend.

At: 150 SHERBOURNE ST (north of Queen St E)
Time: 6pm – 9pm Fridays 6pm - 8pm

John Innes Community Recreation Centre
Phone: 416 392-6779

Every Monday - Friday (listed until Oct 01 2018) (except holidays)

Weight Room (drop-in)

Wellesley Community Centre is located at Sherbourne Street and Wellesley Street in the St. James Town community. You must be at least 16 years old to attend.

At: 495 SHERBOURNE ST (@ Wellesley St)
Time: 7:00pm – 9:30pm

Wellesley Community Centre
Phone: 416 392-0227

Every Tuesday - Sunday
The Power Plant (Gallery)

The Power Plant is comprised of 4 main galleries & a clerestory with a beautiful view of Lake Ontario.

At: 231 Queens Quay West (@ Lower Simcoe St)
Time: Tuesday–Sunday 10:00am – 5:00pm Thursday 10:00am – 8:00pm
Phone: 416-973-4949

The Power Plant

Every Monday, Wednesday & Friday (listed until Oct 01 2018)(except holidays)

Weight Room - Women ONLY (drop-in)

Wellesley Community Centre is located at Sherbourne Street and Wellesley Street in the St. James Town community. You must be at least 16 years old to attend.

At: 495 SHERBOURNE ST (@ Wellesley St)
Time: 5:00pm – 7:00pm

Wellesley Community Centre
Phone: 416 392-0227



Every Monday, Wednesday & Friday (listed until August 28 2018)

Aquafit (drop-in)

Regent Park Aquatic Centre (RPAC) is the newest development in the Toronto/East York District. We offer drop-in aquafit classes for anyone 17 years of age and older.

At: 640 DUNDAS ST E (east of Parliament St)

Regent Park Aquatic Centre

Time: 1:00pm – 2:00pm

Phone: 416 338-2237

Every Saturday & Sunday (listed until Sept 02 2018)

Leisure Swim (drop-in)

Regent Park Aquatic Centre (RPAC) is the newest development in the Toronto/East York District. We offer drop-in leisure swim for all ages, several times a week.

At: 640 DUNDAS ST E (east of Parliament St)

Regent Park Aquatic Centre

Time: 1:30pm – 5:00pm

Phone: 416 338-2237

Listed by Day

Every Monday (until September 03 2018)

Yoga Mondays

Outdoor open-level yoga class. Free. Limited amount of yoga mats available. Bring your own, if possible.

At: 1 Dundas St E (@ Yonge St)

Yonge Dundas Square

Time: 12:00pm – 1:00pm



Every Monday (until September 03 2018)

Music Mondays

We strive to present an eclectic mix of classical, light-classical, jazz, world and fusion genres. This is reflected in the wide array of musicians we have represented this summer: a number of emerging and JUNO award winning ensembles, such as Payadora Tango Ensemble, juntQín keyboard collective, Catalyst Ensemble, The Florian Hoefner Trio, Allison Au Quartet, Azuline Duo, Ardan Duo, The Bedford Trio, and Concordo. Recent immigrants to Canada, Padideh Ahrarnejad and Ali Massoudi will present a program of Persian music from their native Iran. In addition, we will be treated to performances from some of Canada's finest soloists: Matthew Larkin-organ, Sheng Cai-piano, Britton Riley-cello and Emily Rho-piano. Our long-time association with CBC Radio 2 continues as performances of Tony Yike Yang-piano and Michael Bridge-accordions with Kornel Wolak-carinet will be recorded for broadcast. Our concerts are informal, open and accessible to all. **Concert admission is: Pay-what-you-can**

At: 19 Trinity Square (north of Queen St W, west side of Eaton Centre) *Church of the Holy Trinity*

Time: 12:15pm

Website: <http://www.musicmondays.ca/currentseason.html>

Every Monday (except holidays) (listed until November 19 2018)

Monday Memoir Writers Group

The Memoir Writers group meets at the library every Monday afternoon except holidays. Come share your ideas and develop your style! New members are welcome.

For more information please call 416-393-7746 or visit astralsite.com/memoirs

At: 239 College St (east of Spadina Ave)

Lillian H Smith Public Library

Time: 2:00pm – 4:00pm

Phone: 416-393-7746

Every Monday (except holidays) (listed until December 17 2018)

Alderwood Branch Knitting Club

Would you like to share your love of knitting? Want to learn how to knit? Bring your own needles and yarn or use the ones provided. Drop-in. No registration required.

At: 2 Orianna Dr (west of Browns Line, north of Horner Ave)

Alderwood Public Library

Time: 3:30pm – 5:00pm

Phone: 416-394-5310

Every Monday

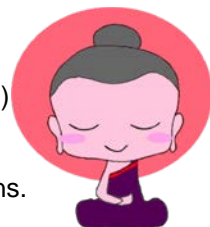
Meditation Sessions

We practice meditation, mindfulness, and Zen Buddhism in the tradition of Thich Nhat Hanh. See the About Us page for more info about the group.

A typical meditation session consists of:

- 1.Guided meditation (approx. 20 min)
- 2.Walking meditation (approx. 15 min)
- 3.Silent sitting meditation (approx. 20 min)
- 4.Mindful movements/stretching (approx. 5-10 min)
- 5.A reading on Buddhist teachings (we pass a book around the circle and each of us reads a paragraph from it if we wish) (approx. 15 min)
- 6.Dharma sharing: sharing our experience with the practice in our daily lives or asking questions. (approx. 30 min)

The sessions are facilitated by experienced meditation practitioners.



- All are welcome •Attendance is free of charge (donations welcome) •No experience necessary.
- We have an email list for announcements and sharing about practice. To sign up to it, you must show up to one of the meditation sessions and write down your email address.
- We have a Sangha Library from which you can borrow or buy books on meditation and Buddhism(Monday session only at the moment).
- You are encouraged to speak with and make friendships with other people in the group! It is very helpful to have friends who are also practicing this path.

Enter the Multi-Faith Centre from the east side (from Bancroft Ave) as the doors on Spadina Ave are locked.

We are on the second floor in the Main Activity Hall. Note that the doors to the room, when closed, look like wooden walls because there is no handle. Just gently push on the door and it will open.

At: 569 Spadina Ave (south of Harbord St)

Multi-Faith Centre at the University of Toronto

Time: 5:30pm - 7:30pm

Website: <http://truepeacetoronto.ca/>

Every Monday (listed until July 30 2018)

Cross-stitching Circle

Need a break? Discover cross-stitching, a traditional needlecraft that has endured the test of time. Join to learn basic cross-stitching skills and have great conversation!

No previous experience is required. Supplies are provided, or bring your own. Drop in.

At: 190 Fort York Boulevard (@ Bathurst St)

Fort York Library

Time: 6:00pm - 7:00pm

Phone: 416-393-6240

Every Monday

Mindfulness Meditation

Mindfulness Meditation is an open community of meditation practitioners providing a welcoming space for all individuals who are interested in the practice of meditation.

The intention of Mindfulness Meditation is to cultivate peaceful living and wisdom by practicing non-judgment awareness in the present moment.

We invite you to join the regular meditation sitting groups at The 519.

The meditation sessions are drop-in, there is no cost to practice, and the group sustains itself through voluntary work.

Format: Guided

- Gratitude practice (10 min)
- Topic discussion (10 min)
- Breathing meditation (5-10 min)
- Mind/Body awareness (20-25 min)
- Loving Kindness meditation (10 min)

Session format may vary from time to time.

If you are new to meditation, you are welcome to approach the guide for assistance.

At: 519 Church St (near Pottery Rd)

The 519 Community Centre

Time: 6:00pm – 7:00pm

Phone: 416-392-6874

Website: <http://www.the519.org/>

Every Monday (except holidays) (listed until August 27 2018)

Comics/Komiks Meet-Up

A regular workspace for those wishing to network, create and bring their comics/komiks to completion. Some materials will be provided by the library but please bring your own equipment and a sample of your work or work in progress to share with the group. If you do not like working alone this is the space to meet other creatives and share resources in a supportive community.

Presented by the Toronto Public Library in partnership with Kwentong Bayan Collective (www.lcpcomicbook.com).

At: 239 College St (east of Spadina Ave)

Lillian H Smith Public Library

Time: 6:00pm –8:00pm

Phone: 416-393-7746

Every Monday (except holidays)

SMART Recovery

SMART Recovery is the leading and free science-based approach to recovery which embraces self-empowerment to learn tools to address harmful substance use or behaviour issues in a mutually supportive and non-judgmental group.

At: 519 Church St (@ Wellesley St)

Time: 6:30pm - 7:30pm

The 519 Community Centre

Phone: 416-707-3433

Every Monday

FREE Meditation Class – North York

1 – 1.5 hour meetings with practical sessions, video talks and guided collective meditations to enjoy, in a relaxed atmosphere. You can join in at any time. No prior knowledge is necessary, everything is explained.

At: 5100 Yonge St (@ Sheppard Ave) *North York Civic Centre – Committee Room 4*

Time: 6:30pm – 8:30pm

Phone: 416-830-9288

Website: <http://www.freemeditation.com/meditation-classes/ontario/>



Every Monday

FREE Meditation Class - Beaches

1 – 1.5 hour meetings with practical sessions, video talks and guided collective meditations to enjoy, in a relaxed atmosphere. You can join in at any time. No prior knowledge is necessary, everything is explained.

At: 2161 Queen St E (east of Woodbine Ave)

Time: 6:30pm – 8:00pm

Beaches Public Library

Phone: 416-266-8737

Website: <http://www.freemeditation.com/meditation-classes/ontario/>



Every Monday

York University Observatory

The observatory welcomes public interest and highly promotes the field of astronomy to those who are interested. Our public viewing program runs all year round and is popular with the local and visiting communities. On public viewing nights, visitors are able to observe selected celestial objects in the presence of friendly staff, in addition to engaging in various on-hand presentations. The observatory is open regardless of weather conditions, even though viewing through the telescope is limited to clear skies. If it's cloudy, drop in for a slide show and a tour featuring both of our telescopes.

At: See website for details

Time: October – March 9:00pm – 10:00pm. April – September 9:00pm – 10:00pm

Website: <http://astronomy.blog.yorku.ca/public-viewing/>



Every Tuesday (until October 30 2018)

East York Farmers Market

Ontario farmers market since 1999, with fruit, vegetables, mushrooms, honey, bakery products, maple syrup, jams, and jellies. All products are grown or produced in Ontario from Ontario produce.

At: 850 Coxwell Ave (north of Mortimer Ave)

Time: 8:00am – 2:00pm

East York Civic Centre

Phone: (416) 429-9684

Every Tuesday (until August 21 2018)

A Walk in the Park

Join us as we take a guided stroll through Downsview Park's greenspaces. **This program is geared to adults 60+ and will take place on accessible pathways.**

Please come wearing comfortable close-toed shoes. Walks will be a leisurely pace and take place on paved or wood-chipped pathways, depending on the mobility of participants.

At: 70 Canuck Ave, Back door, close to greenhouses

Time: 9:15am – 11:00am

Website: <https://downsviewpark.ca/educate/a-walk-in-the-park>

Downsview Park Discovery Centre

Phone: (416) 952-2160

Every Tuesday (until September 18 2018)

Dancing in the Park

Pack your dancing shoes and let the danceable music of the Americas take you away. Let this feel good music of Toronto make you forget about heading back to work.

At: 19 Trinity Square (access from Eaton Centre, James St or Bay St)

Trinity Square Park

Time: 12:30pm - 2:00pm

Website: <http://www.downtownyonge.com/playtheparks/>



Every Tuesday (listed until November 13 2018)

York Woods Chess Club

Come join us in our Periodical Lounge for some casual chess. Players of all levels are welcome. A staff member will teach anyone who is interested in learning how to play.

At: 1785 Finch Ave W (east of Jane St)

York Woods Library

Time: 1:00pm – 2:30pm

Phone: 416-395-5980



Every Tuesday (listed until September 25 2018)

Adult Colouring Club

Colouring is said to relieve tension, improve focus, and strengthen fine motor skills. Unleash your creative side and colour your stress away in this fun, accessible activity! Materials are provided, or bring your own. This is a drop-in program.

At: 1081 Progress Ave (south of Sheppard Ave E)

Burrows Hall Library

Time: 2:30pm – 4:30pm

Phone: 416-396-8740

Every Tuesday & Thursday

Mindfulness And Zen Meditation

These sessions are open to everyone: we welcome all religious and ethnic backgrounds, and gender identities and expressions. We respect all spiritual types and sensibilities, from those who simply want to achieve deep relaxation, manage stress, anxiety, and depression, to those who walk the path of spiritual growth. You decide what the meaning of your meditation is.

The first section is guided. We will help you find the right posture and breathing rhythm. We focus our mind and explore our consciousness envisioning images and considering ideas that draw together ancient thought and mythology from the Eastern and Western traditions with up-to-date theories in the fields of neuroscience, evolutionary psychology, and philosophy of mind.

We'll then do some gentle yoga and stretching exercises to relax the core muscles, followed by 10 minutes of silent unguided meditation. We close chanting mantras or short phrases.

All levels are welcome. This is a judgement-free, non-competitive environment.

At: 320 Richmond E #101 (@ Sherbourne St)

Centre Place

Time: 6:00pm – 7:00pm

Phone: 647-348-7755

Website: <https://www.eventbrite.ca/e/mindfulness-and-zen-meditation-tickets-35972211854>

Every Tuesday (listed until August 28 2018)

Expressive Writing Workshop

Are you writing poetry, fiction or a memoir? We want to hear it! Join our free writing group, offered in partnership with Toronto Writers Collective. You will have the opportunity to hone your skills through various writing exercises, receive feedback in a supportive environment, and network with other aspiring writers. **Call 416-394-1006 to register.**

At: 120 Trowell Ave (east of Keele St & south of Eglinton Ave W) *Evelyn Gregory Library - Auditorium*

Time: 6:00pm – 7:30pm

Phone: 416-394-1006



Every Tuesday (listed until August 28 2018)

Basketball (drop-in)

Wellesley Community Centre is located at Sherbourne Street and Wellesley Street in the St. James Town community. You must be at least 16 years old to attend.

At: 495 SHERBOURNE ST (@ Wellesley St)

Wellesley Community Centre

Time: 6:00pm – 9:00pm

Phone: 416-392-0227

Every Tuesday (listed until October 16 2018)

Games Night

Join in with others every Monday night and enjoy solving/completing some jigsaw puzzles or playing games. No registration required. Everyone welcome.

At: 165 McRae Dr (Eglinton Ave E & Laird Dr)

Leaside Library- Community Room

Time: 6:30pm – 8:15pm

Phone: 416-396-3835

Every Tuesday (until August 21 2018)

Earl Bales Park: Tuesday Night Live!

Enjoy a beautiful evening of free music in the park every Tuesday for the rest of the summer. Check out the line-up of our fantastic concert series. Events are weather permitting.

July 31 Danny's 11

August 7 Royal Canadian Legion Concert Band

August 14 Sidecar78

August 21 Shul of Rock

At: 4169 Bathurst St (south of Sheppard Ave W)

Earl Bales Park - Zuckerman Amphitheatre

Time: 7:00pm - 8:00pm

Phone: (416) 392-3846

Every Tuesday (and Wednesday)

FREE Meditation Class



Meditation is a natural state of the human mind—at rest, open, alert. The practice of meditation has been taught for over 2,500 years as a vehicle for realizing the beauty and magic of the ordinary world without aggression or manipulation. This ancient practice of self-discovery is rooted in the simple but revolutionary premise that every human being has the ability to cultivate the mind's inherent stability, clarity and strength in order to be more awake and to develop the compassion and insight necessary to care for oneself and the world genuinely.

Every **Tuesday and Wednesday** evening at 7 pm, and each **Thursday** morning at 10 am, the Shambhala Meditation Centre offers meditation instruction, group meditation practice, and regular public talks.

7 pm – Meditation instruction provided upon request.

7 pm – Group meditation practice in main meditation room.

8 pm – Tea and cookies. Donations appreciated.

At: 670 Bloor St W, Suite 300 (east of Christie subway station) *The Shambhala Meditation Centre*

Website: <http://toronto.shambhala.org/location/>

Phone: 416-588-6465



Every Tuesday (listed until October 23 2018)

The Joy of Writing

The Joy of Writing is a weekly writers' workshop and gathering where we read, write, laugh and inspire each other. Call Lucille at 416-461-3700 for more information.

At: 765 Queen St E (east of Broadview Ave)

Ralph Thornton Centre – Mezzanine Level

Time: 7:00pm – 8:30pm

Phone: Lucille 416-461-3700



Every Tuesday (listed until August 28 2018)

Aquafit (Women) (drop-in)

Regent Park Aquatic Centre (RPAC) is the newest development in the Toronto/East York District. We offer drop-in aquafit classes for women 17 years of age and older.

At: 640 DUNDAS ST E (east of Parliament St)

Regent Park Aquatic Centre

Time: 8:00pm – 9:00pm

Phone: 416 338-2237

Every Monday (until August 28 2018)

City Cinema: Rockumentaries

YDS is providing Toronto the ultimate summer soundtrack with Rockumentaries; a lineup of non-fiction films that are sure to cause treble as they explore the life and times of some of North America's most beloved musical acts, featuring different artists and their signature sounds each week. Each feature screening will include an opening short from the *Live at Massey Hall* series, the 2018 Live Music Industry Award-winner for Brand/Music Program of the Year at Canadian Music Week.

July 31 - 20 Feet From Stardom (2013), August 7 - Amy (2015), August 14 - Shine A Light (2008), August 21 - What Happened, Miss Simone? (2015), August 28 - Long Time Running (2017).

At: 1 Dundas St E (@ Yonge St)

Yonge Dundas Square

Time: 8:00pm

Every Wednesday (until September 26 2018)

Touring the Toronto Music Garden

Guided Tours - Our popular garden tours return for another season. Learn about the garden's unique design and history on a free guided, 45-minute tour led by a volunteer Toronto Botanical Garden guide. Tours begin in the west end of the garden's Prelude section and will run as scheduled unless there is heavy rain, lightning or severe heat. Reservations are not required.

At: 479 Queens Quay West

Toronto Music Garden

Time: 11:00am

Website: <http://www.harbourfrontcentre.com>



Every Wednesday

Hatha Yoga pay-what-you-can

Develop awareness, strength and flexibility with hatha yoga classes taught by instructor Victoria Fodor. Classes are for all ages (16+) and abilities. Classes will be held in the **BMO Atrium or the Blakes Room**. Please check in at the Welcome Desk location.

At: 550 Bayview Ave (near Pottery Rd)

Evergreen Brick Works

Time: 12:00pm – 1:00pm

Phone: 416-594-1495

Every Wednesday (until August 29 2018)

Yoga in St James Park

Join us for a free yoga class every Wednesday in St. James Park at 12pm. Classes in July brought to you by the Cooper Koo Family Y. Classes in August brought to you by Wynn Fitness.

At: 120 King St E (@ Jarvis St)

St. James Park

Time: 12:00pm – 1:00pm

Phone: 416 410 9242

Every Wednesday (until August 29 2018)

City Hall Live

City Hall Live continues to support Toronto's music community with live performance opportunities. Now in its third year, the program has its biggest summer line-up of free lunchtime concerts yet, generously supported by TD Bank Group in partnership with Music Canada. City Hall Live returns to Nathan Phillips Square with lunchtime concerts from 12:30 to 1:30 p.m., on Wednesdays from June 20 to August 29 and on Thursdays from July 12 to August 30 (except Aug 9). Popular music and entertainment reporter Rudy Blair is back as host of City Hall Live.

Wednesdays shop local at the Farmers Market which offers fresh food options and on Thursdays check out the food trucks.

At: 100 Queen St W (@ Bay St)

Nathan Phillips Square

Time: 12:30pm – 1:30pm

Every Wednesday (ALL Year)
Montgomery's Inn Farmers Market

Built in 1830, Montgomery's Inn was once part of a 400-acre farm which supplied food for the Montgomery family, guests of the Inn and for retail sale. Today we celebrate the Inn's agricultural roots by once again offering farm-fresh produce for sale at the Montgomery's Inn Farmers' Market. Our vendors sell local and organic veggies, fruit, meat, cheese, eggs, honey, preserves, baked goods, fresh bread and prepared foods that you can take home or enjoy on the premises. The market operates year-round; Indoors from November-May and outdoors from May-November. Be sure to visit the Inn for food tastings and other activities. **Tours are free of charge during Market Days till 5 pm!**

At: 4709 Dundas Street W (@ Islington Ave)

Montgomery's Inn

Time: 2:00pm - 6:00pm

Website: <http://www.toronto.ca/inn-market>

Phone: 416-394-8113



Every Wednesday (listed until September 19 2018)

Bands and Balance Exercise Class

Balance exercises are the primary training exercise to prevent falls, but any exercise that aims to improve muscle strength, endurance and flexibility can help to avoid falls and associated injuries. Resistance bands are incredibly simple, but effective for a full-body workout that challenges virtually every major muscle group in your body.

In this class, participants will learn resistance and balance exercises that will help with coordination and will develop strong muscles that provide protection to joints, builds sturdier bones and improve brain function. Presented in partnership with SPRINT Senior Care.

No registration required. Space is limited, arrive early to avoid disappointment.

At: 40 Orchard View Blvd (north of Eglinton Ave & west of Yonge St) *Northern District Library – Main Floor Program Room*

Time: 3pm – 4pm

Phone: 416-393-7610

Every Wednesday
Aga Khan Museum

Visit the Aga Khan Museum each Wednesday between 4 and 8 pm and receive free entry to the Museum and all special exhibitions.

At: 77 Wynford Drive (Don Mills Rd & 1 block north of Eglinton Ave E) *Aga Khan Museum*

Time: 4:00pm – 8:00pm

Website: <https://www.agakhanmuseum.org>

Phone: 416-628-5608

Every Sunday (until August 29 2018)

Summer Wednesdays

Bask in the setting sun as you kick back with an ice cold drink, grab a bite of delicious summer fare and make the most of those warm summer evenings. The hottest place to spend Wednesday nights is at Evergreen Brick Works, nature's patio.

For dinner, enjoy gourmet selections from street food trucks or platters of seasonal food and hand-baked bread made by Forno Cultura in our wood-fired oven.

Plus, join us for the Live Music Series, Presented by Muskoka Brewery on select dates, where you can enjoy music from local bands, or drop by to shop from makers at the Etsy Market three nights throughout the summer!

At: 550 Bayview Ave

Evergreen Brick Works

Time: 5:30pm – 10:00pm

Phone: (416) 596-1495

Website: <https://www.evergreen.ca/whats-on/event/summer-wednesdays/>

Created by: Amber – Recreation Therapist 4-5 CAMH

Every Wednesday
Art Gallery of Ontario

The AGO offers FREE admission from 6:00pm to closing to the regular exhibits.

At: 317 Dundas Street W (west of University Ave)

AGO

Time: 6:00pm – 9:00pm

Website: <https://ago.ca/>

Phone: 416-979-6648



Every Wednesday

Yoga Meditation: presented by SAHAJA Yoga

Come experience a true form of meditation - Yoga. Feel the spiritual energy and peace within by Kundalini awakening. Classes are free.

At: 1 Colonel Samuel Smith Park Dr (Kipling Ave & Lakeshore Blvd W) *The Assembly Hall*

Time: 6:15pm – 8:00pm

Website: <http://www.freemeditation.com/>

Phone: 416-201-7649

Every Wednesday

Coming Out Being Out

Coming Out Being Out is a volunteer-run discussion group for people (generally 18 and over) who identify as lesbian, gay, bisexual, transgender or any of the other identities found within the larger queer community. They share experiences, struggles, and victories at all stages of coming out and being out. They also support those who feel the need to have a support group as they explore their process of coming and being out.

At: 519 Church St (@ Wellesley St)

The 519 Community Centre

Time: 6:30pm – 7:30pm

Website: <http://www.the519.org/programs/coming-out-being-out>

Every Wednesday

FREE Meditation Class

Meditation is a natural state of the human mind—at rest, open, alert. The practice of meditation has been taught for over 2,500 years as a vehicle for realizing the beauty and magic of the ordinary world without aggression or manipulation.

Every Tuesday and Wednesday evening at 7 pm, and each Thursday morning at 10 am, the Shambhala Meditation Centre offers meditation instruction, group meditation practice, and regular public talks.

7 pm – Meditation instruction provided upon request.

7 pm – Group meditation practice in main meditation room.

8 pm – Tea and cookies. Donations appreciated.

At: 670 Bloor St W, Suite 300 (east of Christie subway station) *The Shambhala Meditation Centre*

Time: 7:00pm

Website: <http://toronto.shambhala.org/location/>

Phone: 416-588-6465

Every Wednesday (listed until October 10 2018)

Crafter's Circle

Come out and enjoy good company with other knitters and crafters.

At: 123B Rexdale Blvd Unit 5 (@ Kipling Ave)

Northern Elms Library

Time: 7:00pm – 8:00pm

Phone: 416-394-5230

Every Wednesday (until August 15 2018)

Under the Stars (Movies)

Now in its fifth year Under the Stars has grown into Regent Park's largest summer community event. We show widely loved films that prominently feature Indigenous, Black and People of Colour on screen. We offer a pre-show starting around 7pm before the film each week, with family friendly activities that change week to week.

We'll be in the park this year alongside Taste of Regent Park, a weekly community market hosted by CRC 40 Oak. The market starts up at 5pm each week, so come out early to get some delicious food and shop from local vendors.

August 1 – “Coco” movie starts around 9pm.

At 585 Dundas St E (@ Kipling Ave)

Regent Park

Time: 7:00pm – 11:00pm

Phone: 416-599-7733

For movie listings: <http://regentparkfilmfestival.com/year-round/under-the-stars/>

Every Wednesday

Mindfulness and Meditation Class

This is a class for people who have a hard time with Meditation & Mindfulness. It's also a class for those who already have a practice and want take their skills off the cushion & apply them to a chaotic & stressful world.

Our community exists to evolve the mindfulness conversation using neuroscientific research, biofeedback & evidence based, non-religious principles. Basically, we want to make our brains fit, strong & resilient enough to gracefully manage the challenges of urban life.

At: 96 Ossington Ave (north of Queen St W)

The Local / lululemon

Time: 7:30pm

Website: <http://info.lululemon.com/stores/ca/toronto/the-local-toronto>

Every Wednesday

FREE Meditation Class - Etobicoke

1 – 1.5 hour meetings with practical sessions, video talks and guided collective meditations to enjoy, in a relaxed atmosphere. You can join in at any time. No prior knowledge is necessary, everything is explained.

At: 2 Rowntree Rd (@ Kipling Ave)

North Kipling Community Centre

Time: 7:45pm

Phone: 647-628-1255

Website: <http://www.freemeditation.com/meditation-classes/ontario/>



Every Thursday

FREE Meditation Class

Meditation is a natural state of the human mind—at rest, open, alert. The Shambhala Meditation Centre offers meditation instruction, group meditation practice, and regular public talks.

10am to 11am –Sitting and walking meditation.

10:15am to 11am –Meditation instruction for newcomers.

11am to 11:15am – Tea.

11:15am to noon – Sitting and walking meditation

Noon – Discussion.

Donations appreciated.

At: 670 Bloor St W, Suite 300 (east of Christie subway station) *The Shambhala Meditation Centre*

Time: 10:00am **Website:** <http://toronto.shambhala.org/location/>

Phone: 416-588-6465



Every Thursday

Walking Group

Join us Thursday mornings for an outdoor walk with light stretching or playful activities. A friendly, gentle way to get moving.

At: 1619 Queen St E (@ Coxwell Ave)

East End Community Health Centre

Time: 10:00am – 11:00am

Phone: Zari Atai 416-778-5805 x222

Website: www.eastendchc.on.ca

Every Thursday

Women's Drop In Program

Our drop-in program runs in the lounge outside the NYWC office. No registration required. Call us at 416-781-0479 for information.

At: 116 Industry Street (Weston Rd & Eglinton area)

North York Women's Centre

Time: 11:00am – 1:00pm

Phone: 416-781-0479

Website: <http://nywc.org/support-groups-workshops/support-groups/>

Created by: Amber – Recreation Therapist 4-5 CAMH

Every Thursday (until September 13 2018)

RE-energize at Lunch Time

Come be part of some fantastic lunchtime live performances from a variety of high energy artists of all different styles while enjoying the sunshine.

At: 444 Yonge Street (behind College Park building)

College Park Courtyard

Time: 12:00pm - 1:30pm

Website: <http://www.downtownyonge.com/playtheparks/>

Every Thursday

Meditation in the Christian Tradition

Pastor Joan Mitchell launches a weekly group based on the meditation practices taught by the international World Community for Christian Meditation (WCCM) of which she is a member.

Meditation assists with quieting the mind and emotions, calms anxiety, and deepens our connection with God who lives within us. A tape-guided 20 minute meditation is followed by discussion. **If you are interested in participating**, please add your name to the sign-up sheet in the Founders Hall or **email:** info@redeemerlutheran.ca

At: 1691 Bloor Street W (east of Keele St)

Redeemer Lutheran Church – Founder's Hall

Time: 1:30pm – 2:30pm

Phone: 416-766-1424

Website: <http://www.redeemerlutheran.ca/>

Every Thursday

Social Drop-In Group

This program provides adults in the community with access to a variety of social, recreational and educational activities. It's a great opportunity to meet others who live in the area and get information on other programs at DPNCHC and the Davenport area.

At: 61 Pelham Park Gardens (south of Davenport)

Time: 1:30pm – 3:00pm

Phone: Eileen Hannan, 416-656-8025 ext. 370



Every Thursday

Creative Writing Group

We're now offering free drop-in creative writing classes at Routes. Anyone over 18 living in Toronto with a mental health or addictions issue can come!

InkWell's award-winning team of professional writers with lived experience of mental illness facilitate workshops in fiction, creative non-fiction, poetry, playwriting, and spoken word. The workshops offer instruction on writing craft, provide writing prompts and time to develop written work, and create a supportive community through the sharing and discussion of participants' writing. Each session includes time for both writing and sharing.

At: 2700 Dufferin Street, Unit 90 (@ Briar Hill)

Routes

Time: 2:00pm – 4:00pm

Phone: 416.781.4199

Every Thursday (ALL YEAR)

Toronto Botanical Garden Organic Farmers' Market

Meet organic farmers and buy local produce, bread, meat, cheese, honey, prepared food, and more! Come for your groceries, stay for dinner with your family. Free parking is available on site. Toronto Master Gardeners are also on hand, providing an Advice Clinic. The library wheels out a cart of previously loved gardening books for you to browse and buy.

FREE Farmers' Market Tour & Tasting - First Thursday of the Month, 5:30 p.m.

Take an "insiders" guided tour of the market, meet the farmers, discover what's in season and learn easy tips for preparing fresh, healthy meals and enjoy complimentary tastings

At: 777 Lawrence Avenue E (@ Leslie St)

Toronto Botanical Garden

Time: 2:00PM – 7:00PM

Phone: 416-397-1341

Website: <http://torontobotanicalgarden.ca/enjoy/special-events/tbgmarket/>

Every Thursday (ALL YEAR)
Dufferin Grove Organic Farmers' Market

Every week, all year long, some of our region's best organic food producers gather at the Dufferin Grove Park Organic Farmers' Market. Visitors will find a wide array of fresh organic vegetables, seasonal fruits, local meats and cheeses, fish, honey, wood-fired oven breads(baked right in the park), wild foods, and many ready to eat snacks and meals. There's something for every preference: spicy, sweet, raw, gluten-free, vegan, and more.

At: 2 blocks south of Bloor St W on Dufferin St *Dufferin Grove Park* **Time:** 3PM – 7PM

Website: www.dufferinpark.ca

Phone: 416-392-0913



Every Thursday
Actors' Jam

The Actors' Jam @ The 519 is a free, self-directed acting workout for anyone age 18+ held in a casual, welcoming environment where actors of any experience level from beginner to pro can meet and play. For two hours each week, experiment, learn, explore, read monologues, scenes, improvs, rants, audition pieces, poems, stories, etc. whatever gets you jazzed. Bring your own material or find links to resources for monologues, plays, scenes and more on our website: <http://actorsjam.blogspot.ca/>

At: 519 Church St (north of Wellesley St)

The 519 Community Centre

Time: 6:00pm - 8:00pm

Website: <http://actorsjam.blogspot.ca/>

Every Thursday (listed until July 26 2018)

Creative Yarn Works

Do you knit or crochet? Come out and enjoy knitting and crocheting in the library, every Thursday from 6-8 pm. Beginners are welcome. We will help you learn. Bring your own needles and wool.

To register, contact Arlene either at 416-783-0394 or Quanah1@gmail.com

At: 1745 Eglinton Ave W (east of Dufferin St)

Maria A. Shchuka Library

Time: 6:00pm – 8:00pm

Phone: 416-394-1000



Some Thursdays (until August 30 2018) (dates below)

Music in St. James Park

Enjoy the best local Toronto talent on the gazebo stage in St. James Park every Thursday night 7pm - 9pm June through August. New this year in the series are our monthly swing nights. Try a free dance class at 6:30pm with Swing Toronto and then practice your moves with our featured Swing band. Swing nights are on July 19 and Aug 30.

(Occurs on: Aug 02, 09, 16, 30)

At: 120 King St E (@ Jarvis St)

St. James Park

Time: 6:30pm – 9:00pm

Phone: 416 410 9242

Website: <https://artsintheparksto.org/event/music-st-james-park-3/all/>



Every Thursday

FREE Meditation Class - Downtown

1 – 1.5 hour meetings with practical sessions, video talks and guided collective meditations to enjoy, in a relaxed atmosphere. You can join in at any time. No prior knowledge is necessary, everything is explained.

At: 252 Bloor St W (close to St. George subway)

University of Toronto

Time: 7:00pm - 8:00pm

Website: <http://www.freemeditation.com/meditation-classes/ontario/>

Phone: 416-266-8737



Every Thursday

Run Club

Join us Thursday evenings at our Run Club (all levels). Run Club leaves The Local @ 7:00PM

At: 96 Ossington Ave (north of Queen St W)

The Local / lululemon

Time: 7:00pm

Website: <http://info.lululemon.com/stores/ca/toronto/the-local-toronto>

Every Thursday (until August 30 2018)

The Edwards Summer Music Series

Enjoy outdoor concerts by an eclectic roster of popular artists, set in the natural beauty of the gardens, rain or shine. (indoors in case of extreme weather). The concerts will take place in the courtyard adjacent to the historic barn in Edwards Gardens. Some seating available or bring your own chair. General seating.

At: 777 Lawrence Ave E (@ Leslie St)

Toronto Botanical Garden

Time: 7:00pm - 9:00pm

Website: <https://torontobotanicalgarden.ca/enjoy/special-events/summer-music-series/>



Every Friday (listed until September 21 2018)

Chair-Based Gentle Exercise Class

We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. Chair-based exercises have been shown to help with maintaining and promoting independence, increasing mobility and encouraging movement without putting undue pressure or strain on your body. Movement works to lubricate joints and keep them flexible, strengthen and stabilize individual muscles and increase blood circulation.

Even if you've never taken an exercise program, it is not too late to start reaping the benefits.

Come and join us! Presented in partnership with SPRINT Senior Care.

No registration required. Space is limited, arrive early to avoid disappointment.

At: 40 Orchard View Blvd (north of Eglinton Ave & west of Yonge St) *Northern District Library – Main Floor Program Room*

Time: 9:30am – 10:30am

Phone: 416-393-7610

Every Friday (until August 31 2018)

Crafternoons at Bloor/Gladstone

Join us Fridays this summer for an afternoon of fun and easy crafts!

July 27: Stenciling. Relieve some stress by stenciling in a relaxed environment.

August 3: Colouring. Relieve some stress by colouring in a relaxed environment.

August 10: Stenciling

August 17: Colouring

August 24: Paper Flowers. Learn how to make a flower out of paper. The perfect decoration for summer!

August 31: Colouring

At: 1101 Bloor St W (east of Dufferin St)

Bloor/Gladstone Library

Time: 2pm – 3pm

Phone: 416-393-7674

Every Friday

Friday Night Dance

Our Place offers a dance every Friday night. Our Place is a drop-in centre of ministry and hospitality for people experiencing mental health issues.

At: 1183 Davenport Rd (@ Ossington) *Our Place (within Galilee Korean Presbyterian Church)*

Time: 6pm – 8pm

Phone: 416 598-2919

Website: www.ourplacecommunityofhope.com

Every Friday

English Country Dancing

We welcome beginners or experienced dancers of all ages and backgrounds. LGBTQ+ friendly. All dances are taught by a dance caller. The dances are easy to learn and to dance with walking steps. You do not need to bring a dance partner; we switch partners every dance.

At: 765 Queen St E (east of Broadview Ave)

Ralph Thornton Centre – 2nd Floor

Time: 6:30pm – 9:00pm

Website: <http://www.tecda.ca/>

Every Friday

Meditation Sessions

We practice meditation, mindfulness, and Zen Buddhism in the tradition of Thich Nhat Hanh.

A typical meditation session consists of:

- 1.Guided meditation (approx. 20 min)
- 2.Walking meditation (approx. 15 min)
- 3.Silent sitting meditation (approx. 20 min)
- 4.Mindful movements/stretching (approx. 5-10 min)
- 5.A reading on Buddhist teachings (we pass a book around the circle and each of us reads a paragraph from it if we wish) (approx. 15 min)
- 6.Dharma sharing: sharing our experience with the practice in our daily lives or asking questions. (approx. 30 min)

The sessions are facilitated by experienced meditation practitioners.

•Attendance is free of charge (donations welcome). •No experience is necessary. •You are welcome to ask questions about meditation, mindfulness, Buddhist practice, as well as personal issues to the facilitators in person or in email. •You are encouraged to speak with and make friendships with other people in the group! It is very helpful to have friends who are also practicing this path.

At: 750 Spadina Ave (@ Bloor St W)

Jewish Community Centre

Time: 6:45pm - 8:45pm

Website: <http://truepeacetoronto.ca/>



Every Friday

Bodhi Meditation Evening Group Practice

Bodhi Meditation offers a unique methodology that stimulates physical renewal and promotes general health. Acclaimed as a natural stress relief system, it further revitalizes the mind and frees the spirit, facilitating improvements in both mental clarity and physical well-being.

At: Unit 21-22, 4500 Sheppard Ave E

Bodhi Meditation

Time: 7:00pm – 9:00pm

Phone: 416-319-4898

Every Friday (until August 31 2018)

Indie Fridays

The popular multicultural free concert series every Friday night in the Heart of the City. Join Yonge Dundas Square on the sunny side of the street for ten weeks of performances from Canada's brightest artists!

At: 1 Dundas St E (@ Yonge St)

Yonge Dundas Square

Time: 8:00pm – 11:00pm

Website: <http://www.ydsquare.ca/>

Every Saturday (Year Round)

The Stop's Farmers' Market at Wychwood Barns

The Stop's Farmers' Market at Wychwood Barns operates year-round and focuses on local, sustainable, organic, and artisanal products. All of our non-farmer vendors shop for their ingredients from the Market. The range of produce available varies from season to season, connecting customers to the natural growing cycle of our region. The market provides fresh, local food to our community while supporting local producers. There's also great music, community information booths, and lots of brilliant chefs making special treats every week, including at The Stop's Market Cafe.

At: 601 Christie St (@ St Clair Ave W)

Artscape Wychwood Barns

Time: 8:00am – 12:30pm

Phone: 416-651-7867 ext. 24



Every Saturday (until November 03 2018)

Saturday Farmers Market

Shop for fresh, seasonal food and meet your local farmers, chefs and food producers every Saturday at Evergreen Brick Works. Our award-winning outdoor farmers market happens every Saturday from May to November.

At: Evergreen Brick Works - The Pavillion

Time: 8:00am – 1:00pm

Phone: (416) 596-1495

Website: <https://www.evergreen.ca/evergreen-brick-works/markets-food/saturday-farmers-market/>

Every Saturday (until November 03 2018)

Junction Farmers Market

The Junction Farmers Market is an independent non-profit local farmers' market in the heart of The Junction, Toronto. The Market provides local, sustainably produced fresh foods in ways that build community, support local food growers and producers, and promote access to healthy food for all. Come eat with us in The Junction!

At: 2960 Dundas St W (west of Keele St)

Time: 9:00am – 1:00pm

Junction Train Platform

Website: <http://junctionmarket.ca/>

Every Saturday

Sahaja Yoga Meditation



Try Sahaja Yoga Meditation, a simple, time-honored technique of Meditation. Sahaja Yoga Meditation helps reduce, stress and increase wellness. It brings better focus and helps people become more centered and better balanced. Anyone can do it. All classes are free.

<http://www.freemeditation.com/>

At: 110 Eleventh St (@ Kipling Ave & Lakeshore Blvd W)

New Toronto Public Library

Time: 10:00am – 12:00pm

Phone: 416-201-7649

Website: <http://www.freemeditation.com/meditation-classes/ontario/>

Saturdays (listed until August 11 2018)

Drop In Craft

Drop into the branch any time between 10 am and 3 pm to make a craft.

At: 1589 Dupont St (west of Symington Ave)

Perth/Dupont Library

Time: 10:00am – 3:00pm

Phone: 416-393-7677

Alternate Saturdays

Ashdale Writers Group

In this program, you will have an opportunity to share a piece of your own writing in a friendly and supportive environment. Group members will listen and provide you with suggestions and feedback. You will also have a chance to listen and provide support to others. This is a great setting to develop your skills and hone in on your writing craft.

The group meets on the 2nd floor of the Branch. Drop-in.

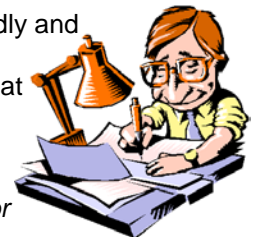
Occurs on: Aug 04 & 18, Sept 01, 15 & 29.

At: 1432 Gerrard Street E (west of Coxwell Ave)

Gerrard/Ashdale Library 2nd floor

Time: 10:30am – 12:00pm

Phone: 416-393-7717



Selected Saturdays & Sundays (dates listed below) (until August 26 2018)

BEACH VILLAGE MUSIC SERIES

Come hear musicians from around the world, play at Kew Gardens Piazza.

Dates and artists:

July 28th – Arsenals

July 29th – Whiskey Jack

Aug. 5th – Moscow Apartment
Aug. 12th – Rufus John
Aug. 19th – Ryan McNally
Aug. 26th – Susie Vinnick

At: 2161 Queen St E (east of Woodbine Ave)

Kew Gardens Piazza

Time: 12:00pm – 4:00pm

Website: <http://beachesjazz.com/kew-beach-world-beat-stage/>

Every Saturday (until October 06 2018)

Street Classic Cruise

See classic cars in the Canadian Tire parking lot each Saturday until Oct. 6. Classic cars and trucks, street rods and hot rods, 50s to 70s music, and prizes.

At: 1608 The Queensway (east of the 427)

Canadian Tire - The Queensway

Time: 5:00pm – 8:00pm

Every Saturday (listed until September 01 2018)

Leisure Swim Women ONLY (drop-in)



Regent Park Aquatic Centre (RPAC) is the newest development in the Toronto/East York District. This stand alone aquatic facility is located in the heart of Regent Park and features a 25 meter lap pool, leisure pool, spa pool, tarzan rope, diving board and water slide. Our universal change rooms allow for full accessibility for all patrons.

At: 640 DUNDAS ST E (east of Parliament St)

Regent Park Aquatic Centre

Time: 5:30pm – 7:30pm

Phone: 416 338-2237

Every Sunday

Morning Yoga with lululemon

Join lululemon on Sunday mornings for a complimentary 1 hour yoga practice, led by local instructors who are also lululemon ambassadors!

Each week will bring a new practice, new learnings and new perspective.

Please bring your own mat, towel and water and arrive in your athletic gear. All participants are welcome and the practice is suitable for all levels of yoga enthusiasts.

At: Scarborough Town Centre (shopping mall) *Beside Centre Court, in front of H&M*

Time: 9:30am – 10:30am

Every Sunday

Yoga – All Levels



Join us Sunday mornings for yoga (all levels). Bring your own mat if you've got one.

At: 96 Ossington Ave (north of Queen St W)

The Local / lululemon

Time: 10:00am

Website: <http://info.lululemon.com/stores/ca/toronto/the-local-toronto>

Every Sunday (until November 04 2018)

Sunday Artisan Market at Evergreen Brick Works

Toronto's ideal destination to meet and shop local makers, enjoy delicious food and drink, and explore the surrounding nature. Visit our rotating roster of local makers weekly and join us on special market activation days!

At: *Evergreen Brick Works - The Pavillion*

Time: 10:00am – 3:00pm

Phone: (416) 596-1495

Website: <https://www.evergreen.ca/evergreen-brick-works/markets-food/sunday-artisan-market/>

Every Sunday **Mindfulness Meditation**

Mindfulness Meditation is an open community of meditation practitioners providing a welcoming space for all individuals who are interested in the practice of meditation.

The intention of Mindfulness Meditation is to cultivate peaceful living and wisdom by practicing non-judgment awareness in the present moment.

We invite you to join the regular meditation sitting groups at The 519.

The meditation sessions are drop-in, there is no cost to practice, and the group sustains itself through voluntary work.

Format: Guided

- Gratitude practice (10 min)
- Topic discussion (10 min)
- Breathing meditation (5-10 min)
- Mind/Body awareness (20-25 min)
- Loving Kindness meditation (10 min)

Session format may vary from time to time. If you are new to meditation, you are welcome to approach the guide for assistance.

At: 519 Church St (near Pottery Rd)

The 519 Community Centre

Time: 12:00pm – 1:00pm (& Mondays 6:00pm – 7:00pm)

Phone: 416-392-6874

Website: <http://www.the519.org/>

Every other Sunday (listed until Oct 21 2018)

Toronto Writers' Co-operative

Weekly workshops, usually on Sundays (**except in July and August when it is bi-weekly (dates written below during July & Aug)**), guest authors, member readings, open mic and publications - your opportunity to polish and perform your work. In partnership with The Toronto Writers' Co-operative. For more information, please contact TOWC at towc@live.com or the Languages & Literature Department at 416-393-7085.

Occurs: Aug 12 & 26, Sept 09, 16, 23 & 30, Oct 14 & 21

At: 789 Yonge St (1 block north of Bloor St)

Toronto Reference Library - Discussion Room

Time: 2:00pm – 4:00pm

Phone: 416-395-5577

Every Sunday **An Enchanted Evening**

Join us for our Sunday evening group meditation. Feel yourself transported to another realm by the beautiful chanting of sacred mantras, and breathing meditation. Two methods of meditation will be taught and practiced. One using the breath and another accompanied by beautiful music. A delicious vegetarian dinner will be served. You will leave feeling refreshed, renewed and satisfied. These gatherings are free of charge. No need to register, simply show up!

These evenings are free of charge but donations are gratefully accepted to cover the cost of the meal.

As one of our teachers has a compromised immune system we ask that you don't attend if you are sick. Thank you for your consideration.

Meet: 427 Bloor W (west of Spadina Rd)

Trinity St. Paul's Church

Time: 6:00pm – 8:00pm

Phone: 416-539-0234

Website: <http://www.meditationtoronto.com/gatherings.html>

Every Sunday (until August 19 2018)

CHRISTIE PITS FILM FESTIVAL

Christie Pits Film Festival is Toronto Outdoor Picture Show's signature project. This weekly screening series in Christie Pits Park has been a summertime staple for the local community since 2011, and draws some of the city's largest and most enthusiastic outdoor movie audiences. Film starts at sundown. Eats and treats available for purchase starting at 6pm.

Meet: north west corner of Christie St & Bloor St W

Christie Pits Park

Time: 6:00pm

Website: <https://www.christiepitsff.com/>

Created by: Amber – Recreation Therapist 4-5 CAMH



Every SATURDAY and SUNDAY

Evergreen Brick Works Tour



Learn the story of Evergreen Brick Works and discover how Evergreen reclaimed and revitalized this former industrial site into an award-winning environmental community centre and green-technology showcase. Tours touch on key themes related to the site, such as sustainability, art and geology. Tours meet in the Young Welcome Centre.

Tour the site at your own pace with our downloadable self-guided tours focusing on all aspects of the site—from heritage and ecology to art and sustainability. Self-guided tours brochures are also available at the Young Welcome Centre. To listen to the stories of the site, call 416-39BRICK

Location: Evergreen Brick Works 550 Bayview Ave - Tours meet in the *Young Welcome Centre* and take place rain or shine

Times: 2:00pm - 3:00pm

Phone: 416-596-1495

Website: <https://www.evergreen.ca/>

Every 1st & 3rd SUNDAY of the month

High Park Walking Tours



Sunday morning casual gatherings offering observations on the various elements of the park. Each walk has a different theme and is led by volunteer scientists, historians, and local naturalists who will help you to understand and explore High Park's many characteristic features. May go on natural trail so dress appropriately. Meet at the benches just south of Grenadier Café and Teahouse in High Park.

Location: Meet at the benches just south of *Grenadier Café and Teahouse in High Park*

Time: 10:30am – 12:00pm

Phone: 416 762-3453 **Website:** <http://www.highpark.org/programs/high-park-walking-tours/>

Community Centres Where Programs Are Free

Etobicoke York District

- [Chalkfarm Community Centre](#) (180 Chalkfarm Drive)
- [Elmbank Community Centre](#) (10 Rampart Road)
- [Emery Collegiate Institute](#) (3395 Weston Road)
- [Falstaff Community Recreation Centre](#) (50 Falstaff Avenue)
- [John English Community School](#) (95 Mimico Avenue Rm 100B)
- [Islington Community School](#) (44 Cordova Avenue)
- [Kingsview Village Community School](#) (1 York Road)
- [North Kipling Community Centre](#) (2 Rowntree Road)
- Rockcliffe Middle School (400 Rockcliffe Boulevard)
- [The Elms Community School](#) (45 Golfdown Drive)
- [York Recreation Centre](#) (115 Black Creek Drive) *Opening in 2017

North York District

- [Antibes Community Centre](#) (140 Antibes Drive)
- [Dennis R. Timbrell Recreation Centre](#) (29 St. Dennis Drive)
- [Driftwood Community Recreation Centre](#) (4401 Jane Street)
- [Grandravine Community Centre](#) (23 Grandravine Drive)
- [Jenner Jean-Marie Community Centre](#) (48 Thorncliffe Park Drive)
- [Lawrence Heights Community Recreation Centre](#) (5 Replin Road)
- [Oakdale Community Centre](#) (350 Grandravine Drive)
- [O'Connor Community Recreation Centre](#) (1386 Victoria Park Avenue)
- [Oriole Community Centre](#) (2975 Don Mills Road)

Scarborough District

- [Cedarbrook Community Centre](#) (91 Eastpark Boulevard)
- [Centennial Recreation Centre](#) (1967 Ellesmere Road)
- [Don Montgomery Community Recreation Centre](#) (2467 Eglinton Avenue East)
- [Heron Park Recreation Centre](#) (292 Manse Road)
- [L'Amoreaux Community Recreation Centre](#) (2000 McNicholl Avenue)
- [Malvern Recreation Centre](#) (30 Sewells Road)
- [Oakridge Community Centre](#) (63 Pharmacy Avenue)
- [Scarborough Village Recreation Centre](#) (3600 Kingston Road)

- [Stephen Leacock Community Recreation Centre/Community Centre](#) (2500 Birchmount Road)

Toronto & East York District

- [Harrison Baths](#) (15 Stephanie Street)
- [Jimmie Simpson Recreation Centre](#) (870 Queen Street East)
- [John Innes Community Recreation Centre](#) (150 Sherbourne Street)
- [Masaryk-Cowan Community Recreation Centre](#) (220 Cowan Avenue)
- [Regent Park Aquatic Centre](#) (640 Dundas Street East)
- [Regent Park Community Centre](#) (402 Shuter Street)
- [Scadding Court Community Centre](#) (707 Dundas Street West)
- [Secord Community Centre](#) (91 Barrington Avenue)
- [Wellesley Community Centre](#) (495 Sherbourne Street)

If programs are full, there will be waitlists created. If you can't attend the program you are registered for, call 416-338-4386 to tell us so we can offer your spot to someone on the waitlist.

City of Toronto - Welcome Policy

The City of Toronto's Welcome Policy provides a fee subsidy to help individuals and families with low-income who live in Toronto access City-operated recreation programs. If you are approved for Welcome Policy, you will receive an annual financial credit that can be spent on any of the wide variety of high-quality recreation programs offered by the City throughout the year.

Effective January 1, 2018, the individual annual credit amounts will be increased to \$537 for children and youth and \$249 for adults and seniors.

To be an Applicant (Main Contact on Application Form), you must be at least 18 years of age or older.

Applicants and their families must also:

- Live in the City of Toronto
- Have a before-tax family income of less than the following amounts:
 - 1 person – \$24,949
 - 2 people- \$31,061
 - 3 people- \$38,185
 - 4 people- \$46,362
 - 5 people- \$52,583
 - 6 people- \$59,304
 - 7 or more people – \$66,027

Note: This chart is based on Statistics Canada's Low Income Cut-Off (LICO), and is in effect from September 1, 2017 to August 31, 2018.

People who receive Ontario Works Assistance automatically meet the income requirements and should speak to their caseworker about Welcome Policy (no application form is needed).

People who receive Ontario Disability Support Program (ODSP) and Assistance for Children with Severe Disabilities (ACSD) meet the income requirements but are required to submit an Application Form with the supporting documents (verification of ID, address, and income).

More information available on the website:

<https://www.toronto.ca/community-people/employment-social-support/child-family-support/subsidy-for-recreation-programs/>

Free To Join



Free Meditation

<http://www.freemeditation.com/meditation-classes/ontario/>

A list of free meditation classes across Ontario (and other provinces too)

Riverside Walks

<http://www.riverside-to.com/events/riverside-walks/>

'Riverside Walks' is a series of local walking tours throughout the spring, summer, and fall (May-Oct). We invite you to come and explore the vibrant Riverside neighbourhood! We are located along Queen Street East from the DVP to Empire Avenue in Toronto. Sponsored by Team Sheppard Re/MAX, our 2017 walks will showcase Riverside's diverse culture, heritage, and culinary delights – catering to a wide variety of interests. All walks are led by local residents and Riverside personalities.

Toronto Friends Network on Meetup

http://www.meetup.com/Toronto_Friends/

If you enjoy friendship, activities, music, arts, networking, socializing, parties, learning, sharing, inspiration, personal/professional development, travel, culture, language, and/or some fun, and you like them for free, this is the group for you!!

Toronto Outdoor Club

<http://www.torontooutdoorclub.com>

They offer a wide variety of activities throughout the year.



Toronto Photo Walks

<http://torontophotowalks.ca>

Toronto Photo Walks (TOPW) is a group of photographers with a wide range of abilities, from accomplished photographers to those just starting out. We get together every other weekend to take pictures in and around Toronto.

The group is open to anyone who wants to get out and about, see more of the city with photographers of all levels of experience & ability, to shoot together, to share hints, tips and ideas ... and it's free!

Other Resources:

Borrow a Musical Instrument

<http://www.torontopubliclibrary.ca/services/borrow-a-musical-instrument.jsp>

The Parkdale branch has a collection of musical instruments you can borrow for free with your library card. Call Parkdale staff at 416-393-7686 for more information.

Sound Times

<http://soundtimes.com/>

We are an information resource centre providing assistance and referral to Consumer/Survivors and others in the Greater Toronto Area. All of our staff and volunteers are consumers of the mental health and/or addiction systems. We offer this service through telephone, email, mail, and face to face. We have a broad range of literature, and information catalogues available to take away. We also publish a newsletter called The Bulletin twice a month.

East End Community Health Centre

<http://www.eastendchc.on.ca>

They offer a variety free programming (health, art, physical activity), including drop-in and pre-registered groups.

High Park Walks

www.highparknature.org

Walks take place 2 Sundays per month

Inside Toronto

<http://www.insidetoronto.com/toronto/>

Go to the "What's On" section and then from there select "events". There are many events listed, both free and of cost.

Meetup.com

<http://www.meetup.com/cities/ca/on/toronto/>

A great way to meet new people and to try something new or engage in an activity you already enjoy!

Mountain Equipment Co-op events

<http://events.mec.ca/>

Free organized bike rides and yoga groups at MEC locations across Canada.

Museum + Arts Pass Program

<http://www.torontopubliclibrary.ca/museum-arts-passes/index.jsp>

Sign out a Sun Life Financial MAP Pass with your adult library card and you and your family can get free admission to many Toronto museums and other cultural attractions.

Now Toronto

<http://www.nowtoronto.com/>

Our Place – Community of Hope

<http://www.ourplacecommunityofhope.com>

A drop-in centre of ministry and hospitality for people experiencing mental health issues.



Repair Café Toronto

<http://repaircafetoronto.ca/about/>

Repair Café Toronto is a grassroots, volunteer group that organizes events where neighbours help neighbours learn how to repair. Repair Café Toronto organizes monthly gatherings in which volunteer “fixers” help visitors learn how to repair for free. Repair Café Toronto aims to build a more sustainable society and counter the throwaway mindset. Repair Café Toronto supports the model of the sharing economy through building a community where people with repair skills are valued and organizations collaborate and innovate for the common good. Our events are hosted by local community centres, branches of the Toronto Public Library and other community-based organizations. Check our calendar to see where we will be repairing next!

The Writer’s Room

<http://www.torontopubliclibrary.ca/services/the-writers-room.jsp>

Are you a writer, looking for a space to write?

The Writers' Room offers a quiet and convenient place to work with ready access to the Toronto Reference Library collections and to librarians for research support. Use of the Writers' Room requires an application and depends on availability. See website for more information.

Toronto Public Libraries

<http://www.torontopubliclibrary.ca/>

They offer a variety of free programs, social events, etc.

Toronto Special Events and Festivals website

<http://wx.toronto.ca/festevents.nsf/>

Yellow Door

<http://www.6stjoseph.ca/>

Located in downtown Toronto near Yonge & Wellesley St., 6 St Joseph House is a creative resource centre where everyone, no matter what their circumstances, has an opportunity to contribute their talents, feel a sense of belonging, and receive support from one another.

