



**FREE**

## **Events/Festivals**

**Wellness, Education  
& Sports Groups**

**And many other fun  
activities**

*In the GTA*

**March 2019**

- 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

**March 02 2019 (Saturday)**

### Ukulele Crash Course

Got a uke for Christmas and don't know what to do with it? Been on a self-teaching journey and want some insight? Or maybe you just want to learn something new. Uke can do it!

Drop in with your uke for one or both of these introductory sessions. Learn to read tabs and transition between basic chords. No registration required.

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

**Time:** 10:30am – 11:30am

*Runnymede Library*

**Phone:** 416-393-7697



**March 02 2019 (Saturday)**

### BJM Masterclass with Andrew Mikhaeil

**For Professional/Advanced Dancers**

This masterclass is a unique opportunity to learn pieces from the repertoire of an international dance company. Come explore the language of international choreographers and receive the mentoring of high calibre dancers.

**To register: go to [www.eventbrite.ca](http://www.eventbrite.ca) search "BJM Masterclass with Andrew Mikhaeil"**

*\*\*\*Registration is required (no drop-in spots available). Ages 16 and up. This class is free for participants but we require a refundable fee to register in advance. Simply purchase your ticket for \$5.00 to reserve your spot! Upon arrival at the class, you will be refunded with a \$5.00 gift card from Tim Hortons.\*\*\**

**At:** 1 Front Street E (@ Yonge St)

*Sony Centre for the Performing Arts - Rehearsal Hall*

**Time:** 10:30am - 12pm (doors open @10am) **Please enter by:** Yonge Street Entrance (located along Yonge Street on the west side of the building halfway between Front St. and Esplanade).

**Website:** <http://www.sonycentre.ca/education-and-engagement/community-classes>

**March 02 2019 (Saturday)**

### Phoenix Poetry Group

The group invites new and experienced poets of all ages to bring their work to our monthly meetings! Bring a poem with six to ten copies for review by other attendees. The group will listen to you read your poem and offer constructive comments to enable improvement and growth.

Enjoy the works of others as well as growing as a poet! **Drop-in.**

For more information, you can visit the group's website at [www.phoenixpoetryworkshop.ca](http://www.phoenixpoetryworkshop.ca)

**(Reoccurs: Apr 06, May 04, June 01)**

**At:** 766 College St (@ Shaw St)

*College/Shaw Library – Program Room*

**Time:** 2:30pm – 4:30pm

**Phone:** 416-393-7668

**March 03 2019 (Sunday)**

### Study and Go Abroad Fair

Ready to take on the world? Attend the Study and Go Abroad Fair to start planning your next step in education and to travel. Learn about undergraduate/postgraduate studies abroad, scholarships, admission requirements and a whole range of exciting travel options.

Highlights:

- **Free admission - register online:** <http://www.studyandgoabroad.com/>
- Meet with top universities and grad schools from Canada and around the world
- Visit the Travel Zone for Work Abroad, Internships and Language Travel options
- All visitors entered into a Grand Prize Draw to win a free Air Canada flight
- Free seminars throughout the day
- Feature seminar starts one hour before expo opens.

**At:** 255 Front St West (@ John St)

*Metro Toronto Convention Centre*

**Time:** 1pm - 5pm

**Website:** <http://www.studyandgoabroad.com/>



**March 03 2019 (Sunday)**

**Mary Cassatt and Female Contemporaries with Louise Zych**

Join Louise Zych and meet a few of the other ladies who earned and enjoyed success in the world of art along with Mary Cassatt and Berthe Morisot. We'll celebrate female artists whose names and works deserve recognition for their contributions in laying the groundwork for artists in the 20th century.

**At:** 56 Neilson Dr, Etobicoke (north of Dundas St W)

*Neilson Park Creative Centre*

**Time:** 2pm - 4pm

**Phone:** 416-622-5294

**Website:** [www.neilsonparkcreativecentre.com](http://www.neilsonparkcreativecentre.com)

**March 04 2019 (Monday)**

**Job Search in Toronto**

Maximize your job search potential and uncover the hidden job market. Learn effective techniques to connect with employers, expand your professional network, and access hidden jobs. Presented by the Centre for Education and Training. **Call 416-395-5710 to register.**

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

*Don Mills Library – Auditorium*

**Time:** 4:30pm – 6pm

**Phone:** 416-395-5710



**March 04 (& 11) 2019 (Monday)**

**Meditation Class**

Join us for evening meditation with Cassidy Thedorf from Just Be // Meditation!

- No previous experience required. • Washrooms are available for changing.
- Bring your own yoga mat & water bottle.

**March 4, 2019: Meditation and Resiliency - how to stay calm (and bounce back) amidst the chaos**

**March 11, 2019: Meditation and Visualization - the power of the subconscious mind**

**Drop-ins:** Regardless of being on the waitlist, anyone is welcome to arrive as a drop-in participant. We will reserve 15 spots per class for drop-ins and will allow additional drop-ins up to the capacity of the class in case there are cancellations or no-shows.

**To register:** go to [www.eventbrite.ca](http://www.eventbrite.ca) search “FREE Meditation Classes”

**(Reoccurs: Mar 11)**

**At:** 1 Front Street E (@ Yonge St)

*Sony Centre for the Performing Arts - O'Keefe Lounge*

**Time:** 6pm - 7pm (doors open @5pm) **Please enter by:** Yonge Street Entrance (located along Yonge Street on the west side of the building halfway between Front St. and Esplanade).

**Website:** <http://www.sonycentre.ca/education-and-engagement/community-classes>

**March 05 2019 (Tuesday)**

**Free Concert Series: Le Récital des Anges: Songs of Ian Cusson**

VOCAL SERIES - Ian Cusson, a Canadian composer and pianist of Métis and French Canadian descent, presents a showcase of two of his song cycles: Five Orchestral Songs on Poems of Marilyn Dumont sung by Kwagiulth and Stó:lo First Nations mezzo-soprano Marion Newman, and the world premiere of Le Récital des Anges on poems of Émile Nelligan sung by Canadian mezzo-soprano Marjorie Maltais.

**(Concert dates: Mar 06, 12, 14, 19 & 20 Apr 03, 04, 09, 10, 16, 17, 18, 23, 25 & 30) (different performers each time, concerts take place @ 12pm or 5:30pm)**

**At:** 145 Queen St W (@ York St) *Four Seasons Centre For The Performing Arts - Richard Bradshaw Amphitheatre*

**Time:** 12pm

**Website:** <https://www.coc.ca/plan-your-visit/free-concert-series>





**March 05 2019 (Tuesday)**

### **Crafts and Hobbies**

Socialize in an informal group while you work on your beading, knitting, doll-making, cross-stitch or other projects learning to make a craft in this hands on program. **For more information and registration please call 416-395-5441. (Reoccurs: TBA )**

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

**Time:** 2pm – 3pm

*Barbara Frum Library*

**Phone:** 416-395-5440



**March 05 (12 & 19) 2019 (Tuesday)**

### **Traditional Shaolin Martial Arts Kung Fu for Beginners**

This is a one hour high-impact traditional Shaolin martial arts kung fu class for beginners. It is a full body martial arts workout utilizing the traditional and authentic training methods of Shaolin warrior monks. The training techniques and exercises have evolved over the last 1,500 years making it one of the most efficient workout regimens today. Benefits are many including stress relief, strong core, cardio, high calorie burn, flexibility, coordination, power, fitness, and overall health. This challenging fitness class is also great fun! Class activities include: warm up exercises, stretching, Shaolin Kung Fu Stances, Shaolin Foundation drills including punches, kicks, footwork, and acrobatics.

• No previous experience required. • Washrooms are available for changing.

• Bring your own water bottle.

**Drop-ins:** Regardless of being on the waitlist, anyone is welcome to arrive as a drop-in participant. We will reserve 20 spots per class for drop-ins and will allow additional drop-ins up to the capacity of the class in case there are cancellations or no-shows.

**To register: go to [www.eventbrite.ca](http://www.eventbrite.ca) search “Free Beginner Shaolin Martial Arts Classes” (Reoccurs: Mar 12 & 19)**

**At:** 1 Front Street E (@ Yonge St)

*Sony Centre for the Performing Arts - Rehearsal Hall*

**Time:** 6pm - 7pm (doors open @5pm) **Please enter by:** Yonge Street Entrance (located along Yonge Street on the west side of the building halfway between Front St. and Esplanade).

**Website:** <http://www.sonycentre.ca/education-and-engagement/community-classes>

**March 05 2019 (Tuesday)**

### **Mindful communication: Tough Conversations in the Workplace**

Conversations at work can be very tricky. Office politics, power dynamics, and gossip make the workplace a relationship minefield. In this 4 part series of workshops, you will learn a new approach to tackling all conversations with more ease. Join Jonathan Miller, a communication trainer, and a former project manager in a corporate setting as he teaches you how to tackle difficult conversations, how to avoid the common traps and pitfalls we all make, and the speaking techniques that are crucial in de-escalating conflicts and fostering authentic dialogues. Drop-In. No registration required.

**At:** 1785 Finch Ave W (north of Sheppard Ave)

*North York Central Library - Auditorium*

**Time:** 6:30pm – 8pm

**Phone:** 416-395-5639



**March 06 2019 (Wednesday)**

### **Sustainable Living: Affordable Housing presentation by The Dream Team**

The Dream Team are mental health supportive housing educators. Did you know there are over 12,300 people currently on the waiting list for supportive housing? The Dream Team's vision is of a more equitable society where people with experience of mental health and addiction issues are able to live full, empowered and dignified lives by having access to supportive housing.

**Call 416-394-5300 to register for this informative program.**

**At:** 200 Park Lawn Rd (north of The Queensway)

*Humber Bay Library*

**Time:** 2pm – 3pm

**Phone:** 416-394-5300



**March 06 2019 (Wednesday) (6 weeks Feb 06 – Mar 13 2019)**

**BrAIDing with a Social Twist**

This 6-week program provides young people (ages 15-24) who identify as women with a hands on experience in hair styling techniques and engage in conversations around HIV, AIDS, STI, violence against women, consent, healthy relationships, self love and much more. Drop-in.

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

*Maria A. Shchuka Library – Room B*

**Time:** 5pm – 6:30pm

**Phone:** 416-394-1000

**March 06 2019 (Wednesday)**

**Free Concert Series: Vegas Breeze**

JAZZ SERIES - Former Nylons frontman Micah Barnes explores the sound of the Las Vegas with songs from his new album, Vegas Breeze. This concert brings a combination of sophistication, swagger and sincerity to transport you back to the early 60s, when the hottest entertainers in the world made their home on the Vegas Strip.

**(Concert dates: Mar 12, 14, 19 & 20 Apr 03, 04, 09, 10, 16, 17, 18, 23, 25 & 30) (different performers each time, concerts take place @ 12pm or 5:30pm)**

**At:** 145 Queen St W (@ York St) *Four Seasons Centre For The Performing Arts - Richard Bradshaw Amphitheatre*

**Time:** 5:30pm

**Website:** <https://www.coc.ca/plan-your-visit/free-concert-series>



**March 06 2019 (Wednesday)**

**Russian Music and Poetry Nights**

Join us in the beautiful Barbara Frum Library for our monthly Russian Poetry and Music Salons, hosted by local poets and musicians.

All are welcome for this free events. Join us and enjoy these warm, supportive and talented afternoons. Perhaps share a poem, short story, song of your own. **(Reoccurs: Apr 10, May 08, Jun 12, Jul 17, Aug 14, Sept 18, Oct 16, Nov 20, Dec 11)**

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

*Barbara Frum Library*

**Time:** 6pm – 8pm

**Phone:** 416-395-5440

**March 06 2019 (Wednesday)**

**Graphic Novel Book Club**

Discuss a selected graphic novel or comic book with fellow comic book readers! Books will be available at the Pape/Danforth Branch or can be placed on hold.

**March 6: Photobooth: A Biography by Meags Fitzgerald.**

**(Reoccurs: Apr 03, May 01)**

**Register by emailing [pastaff@torontopubliclibrary.ca](mailto:pastaff@torontopubliclibrary.ca) or calling 416-393-7727.**

**At:** 701 Pape Ave (@ Danforth Ave)

*Pape/Danforth Library – Program Room*

**Time:** 7pm –8pm

**Phone:** 416-393-7727



**March 07 2019 (Thursday)**

**Forest Hill Crochet and Knitting Club**

This club is open to anyone who knits, crochets or wants to learn! Come and bring your current project, find new ideas or learn the basics. We welcome everyone from beginners to experts. Enjoy crafting, learning and talking to other crocheters and knitters. Some supplies are available. All ages are welcome. Drop in. No registration required. **(Reoccurs: Sat Mar 23, Thur Apr 04)**

**At:** 700 Eglinton Ave W (west of Spadina Rd)

*Forest Hill Library*

**Time:** 1:30pm –3pm

**Phone:** 416-393-7706



**March 07 2019 (Thursday)**

**Great Art: High Style: Furniture Masterpieces**

Join art historian Barbara Isherwood for an exploration of fabulous furniture, ranging from Tutankhamun's throne, to England's Great Bed of Ware (sleeps 11 people!) Discover 18th century masterpieces by renowned furniture makers like Thomas Chippendale and Georges Jacob, of Versailles fame. Then learn about the classics of modern design that surround us today!

**At:** 789 Yonge St (north of Bloor St)  
**Time:** 2pm – 3pm

*Toronto Reference Library – Beeton Hall*  
**Library Phone:** 416-395-5577

**March 07 2018 (Thursday)**

**Pillars of Health: Physical Activity**

Although we all know that diet and lifestyle are important to health, it is easy to neglect the basics. It's no secret that in order to be our best selves, we have to move our bodies. However, a modern lifestyle promotes being still! Join us for a playful workshop on the whys and hows of increasing physical activity. Dress for the weather and be prepared to move!

A practical workshop series on creating strong Pillars of Health for long term wellness and disease prevention. Presented by Leslie Solomonian, BSc, ND, Doctor of Naturopathic Medicine. Drop-in, no registration required. **(Next session: Pillars of Health: Sleep - Apr 04)**

**At:** 599 Mt. Pleasant Rd (south of Eglinton Ave E)  
**Time:** 2:30pm – 3:30pm

*Mount Pleasant Library – Program Room*  
**Phone:** 416-393-7737



**March 08 2018 (Friday)**

**Nourish Your Mind, Body, and Spirit**

Join us on International Women's Day to connect with your inner power and take charge of your well-being. Learn how to transform your lifestyle, increase your motivation, set goals, commit to daily self-care and spirituality routines, create an Action Plan, overcome obstacles, and celebrate your successes. Based on the strategies and tools from Susan Sommers' two books on health and fitness: Love Your Body...Embrace Your Life! and Power Source for Women: Proven Strategies, Tools, and Success Stories for Women 45+.

**Speaker: Susan Sommers** is an award-winning health and fitness expert and a two-time Marathoner. She has completed 33 races - all walking - since the age of 58. Susan has taught and lectured extensively in universities and conferences across Canada and the United States. As a motivational speaker, she educates, coaches, and mentors women worldwide to make a lifelong commitment to their health, fitness, nutrition, and spirituality.

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

**At:** 599 Mt. Pleasant Rd (south of Eglinton Ave E)  
**Time:** 2pm – 3pm

*Mount Pleasant Library – Program Room*  
**Phone:** 416-393-7737

**March 09 2019 (Saturday)**

**Toronto Challenger No.3**

Looking for some FREE family sport entertainment? Come out to see some of the top volleyball athletes in your community battle it out for top place and prize money!

**At:** 875 Morningside Ave (south of the 401)  
**Time:** 9am – 4pm

*Toronto Pan Am Centre*

**Website:** <https://www.onevolleyball.org/challenger-no3>



**March 09 2019 (Saturday)**

**Bilingual Conversation Circle**

Joignez-vous à nous pour le cercle de conversation! Le cercle de conversation français-anglais est une bonne occasion aux francophones de pratiquer l'anglais et aux personnes anglophones à améliorer leur français.

C'est aussi un moment de favoriser le réseautage d'amis et de connaissances, le tout dans une atmosphère conviviale.

Come join us for the bilingual conversation circle! The bilingual conversation circle is a good opportunity for the French-speakers to practice English and for English-speakers to improve their French. It's also a moment for networking.

**For further information, contact Seydou from Centre Francophone de Toronto at 416-203-1220 ext. 233 or [seydou@centrefranco.org](mailto:seydou@centrefranco.org) (Reoccurs: Apr 13, May 11)**

**At:** 40 Orchard View Blvd (west of Yonge St & north of Eglinton Ave) *Northern District Library*  
**Time:** 10:30am – 12:30pm **Phone:** 416-393-7610



**March 09 2019 (Saturday)**  
**Stress Relief Thru Meditation**

Some easy, stress-relieving stretches, followed by deep breathing and a relaxing & rejuvenating meditation session. No yoga mats required. All experience levels welcome. **(Reoccurs: Apr 13)**

**At:** 120 Trowell Ave (east of Keele St & south of Eglinton W) *Evelyn Gregory Library - Auditorium*  
**Time:** 11am – 12pm **Phone:** 416-394-1006

**March 09 2019 (Saturday)**  
**Stress Relief Through Meditation**

Experience relief from stress and anxiety through meditation. Studies have shown that meditation practice helps rejuvenate the body and calm the mind. In this class you will learn three methods of meditation. A meditation kit will be provided. The class includes some deep breathing exercises and you will leave feeling tranquil and relaxed! All are welcome regardless of experience level. Drop in. No registration required. **(Reoccurs: Apr 06)**

**At:** 1745 Eglinton Ave W (east of Dufferin St)  
**Time:** 11am – 12pm

*Maria A. Shchuka Library*  
**Phone:** 416-394-1000



**March 09 2019 (Saturday)**  
**Come Dance with Us Toronto!**

If you are between the ages of 8 and 108... If you enjoy dancing... If you dream of dancing... If you think you might like to participate in Dusk Dances in Withrow Park this summer... Come share in this community based workshop where participants of all ages, dance backgrounds and experience levels will be guided in a physical and creative practice together. Come with a friend. Come with your family. Or come alone, meet new neighbours & make new friends.

**At:** 701 Pape Ave (@ Danforth Ave)  
**Time:** 11am – 12:30pm

*Pape/Danforth Library – Program Room*  
**Phone:** 416-393-7727

**March 09 2019 (Saturday)**  
**Free Community Lunch**

On the 2nd Saturday of every month we share a hot meal with anyone in the community who wants to come. In the cooler months we offer a variety of hot soups and buns, and during the summer the lunch is taken outside for a BBQ. **(Reoccurs: Apr 13, May 11, June 08, Jul 13)**

**At:** 700 Kennedy Road (south of Eglinton Ave E) *Grace Church Scarborough*  
**Time:** 12pm - 2pm **Phone:** 416-755-5316 **Website:** <https://gracechurchscarborough.com/>



**March 09 2019 (Saturday)**  
**Furry Things of High Park**

Find out which furry creatures and plants you can find in High Park this winter. Some you might know from right in your own backyard, but others might surprise you!

**Accessibility:** All walks are moderate length and terrain. We regret that trails are not wheelchair or stroller accessible. **Recommended Donation: \$2-5 RSVP:**

**<https://highparknaturecentre.com/>**

**Location:** 375 Colborne Lodge Dr

*High Park Nature Centre*

**Time:** 1:30pm – 3pm

**Phone:** 416 762-3453 **Website:** <https://highparknaturecentre.com/2/family-nature-walks>



**March 09 2019 (Saturday)**

**Artist Activation – Kat Singer: Unravelling Stories (Being Scene Exhibition)**

Join Toronto-based multimedia artist Kat Singer for an informal chat about the journey from a vague unarticulated feeling to a solid object rendered in yarn, and the healing that happens along the way. Learn about the inspiration behind Kat's series of fibre sculptures and how every stitch builds towards a story told and a burden released. Interact with fibre sculptures from the Unravel 2.2 series, see works in progress and ask questions.

**At:** 32 Lisgar St (south of Queen St W)

*Toronto Media Arts Centre*

**Time:** 3pm – 5pm

**Website:** <https://workmanarts.com/event/being-scene-2019/>

**March 11 2019 (Monday)**

**Meditation Class**

Join us for evening meditation with Cassidy Thedorf from Just Be // Meditation!

- No previous experience required.
- Washrooms are available for changing.
- Bring your own yoga mat & water bottle.

**March 11, 2019: Meditation and Visualization - the power of the subconscious mind**

**Drop-ins:** Regardless of being on the waitlist, anyone is welcome to arrive as a drop-in participant. We will reserve 15 spots per class for drop-ins and will allow additional drop-ins up to the capacity of the class in case there are cancellations or no-shows.

**To register: go to [www.eventbrite.ca](http://www.eventbrite.ca) search "FREE Meditation Classes"**

**At:** 1 Front Street E (@ Yonge St)

*Sony Centre for the Performing Arts - O'Keefe Lounge*

**Time:** 6pm - 7pm (doors open @5pm) **Please enter by:** Yonge Street Entrance (located along Yonge Street on the west side of the building halfway between Front St. and Esplanade).

**Website:** <http://www.sonycentre.ca/education-and-engagement/community-classes>



**March 11 2019 (Monday)**

**Writing with Colour: Diverse Voices in a Changing World**

Come join Toronto author Uzma Jalaluddin as she shares her writing journey as a South Asian Muslim-Canadian woman, as well as her experiences as a high school teacher and a newspaper columnist who frequently writes about the role of diversity in fiction.

Her debut novel, *Ayesha at Last*, is a romantic and humorous take on Jane Austen's classic *Pride and Prejudice* from the perspective of the Muslim community in Scarborough. Drop in.

**At:** 789 Yonge St (north of Bloor St)

*Toronto Reference Library – Beeton Hall*

**Time:** 7pm – 8pm

**Library Phone:** 416-395-5577

**March 12 2019 (Tuesday)**

**Free Concert Series: Hidden Treasures**

CHAMBER MUSIC SERIES - Despite thousand years of cultural history, the music of Armenia remains little known. This concert is a celebration of the creativity and resilience of the Armenian people, whose music bears the mark of both the genocide and the country's folklore.

Accompanied by Michel-Alexandre Broekaert on the piano, violinist Nuné Melik will present the fruits of her quest to share the music of her people. Allow this expressive duo to lead you to discover Armenia's rich and intense musical repertoire.

**(Concert dates: Mar 14, 19 & 20 Apr 03, 04, 09, 10, 16, 17, 18, 23, 25 & 30) (different performers each time, concerts take place @ 12pm or 5:30pm)**

**At:** 145 Queen St W (@ York St) *Four Seasons Centre For The Performing Arts - Richard Bradshaw Amphitheatre*

**Time:** 12pm

**Website:** <https://www.coc.ca/plan-your-visit/free-concert-series>





**March 12 2019 (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: Apr 09, May 07, Jun 04)**

**At:** 239 College St (east of Spadina Ave)  
**Time:** 7pm - 8pm

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



**March 13 2019 (Wednesday)**  
**Finding Your Fit**

You know that you should exercise. However, knowing and doing are two totally different things. Kathleen Trotter (Finding Your Fit!) shares how to create the motivation needed to connect the dots between wanting to be active and actually being active! Kathleen is a fitness expert, media personality, personal trainer, writer, and author of Finding Your Fit.

**For more information and to register, please visit the branch or call 416-396-8890**

**At:** 496 Birchmount Rd (@ Danforth Rd)  
**Time:** 2pm –3pm

*Albert Campbell Library*  
**Phone:** 416-396-8890



**March 13 2019 (Wednesday)**  
**The Invisible Heart. A Documentary About Social Impact Bonds**

Join the Social Entrepreneurship Experts Speaker Series at Rotman for a film screening and discussion on “The Invisible Heart – A Documentary About Social Impact Bonds” (HitPlay Productions, 2018, 80 minutes).

**SPEAKER:** Nadine Pequenez, Founder and President, HitPlay Productions; Director, Writer and Producer

**IN CONVERSATION WITH:** Laura Doering, Assistant Professor of Strategic Management, Rotman School of Management, University of Toronto

**SYNOPSIS:** What happens when capitalism and charity intersect? From Wall Street to life on the street, The Invisible Heart tracks the birth of one of the fastest growing social innovations in modern history: social impact bonds. An unorthodox marriage between government services and private-sector investments, this burgeoning financial model promises to solve society's most complex problems, from crime to homelessness—but is it delivering? Set in Canada, the U.S. and the U.K, this compelling documentary follows the unlikely people banding together to battle social inequality.

**To register:** [www.eventbrite.ca](http://www.eventbrite.ca) search “The Invisible Heart. A Documentary About Social Impact Bonds”

**At:** 105 St George Street (south of Bloor St W)  
**Time:** 2:15pm –4:15pm

*Rotman School of Management*

**March 13 2019 (Wednesday)**  
**Life As We Know It**

Filmmaker and visual humourist Cameron Tingley presents his short live-action films and shares his observations of modern society. Step back from the hubbub of daily life to look at it with fresh eyes. It will make you laugh, think, and wonder all at the same time. Event Phone: 416-469-3033.

**At:** 2178 Bloor St W (east of Runnymede Rd)  
**Time:** 6:30pm –8:30pm

*Runnymede Library*  
**Phone:** 416-393-7697

**March 14 2019 (Thursday)**  
**Free Concert Series: Opera for all Ages**

VOCAL SERIES - Artists of the COC Ensemble Studio playfully explore opera in a lively interactive March Break presentation. Audience members of all ages can listen to, learn about, and try their hand at the fascinating art of opera. Fun for the whole family!

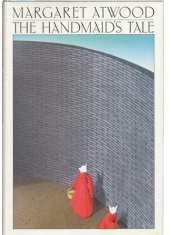
**(Concert dates: Mar 19 & 20 Apr 03, 04, 09, 10, 16, 17, 18, 23, 25 & 30) (different performers each time, concerts take place @ 12pm or 5:30pm)**

**At:** 145 Queen St W (@ York St) *Four Seasons Centre For The Performing Arts - Richard Bradshaw Amphitheatre*  
**Time:** 12pm **Website:** <https://www.coc.ca/plan-your-visit/free-concert-series>

**March 14 2019 (Thursday)**

**Fiction or Reality? Dystopian Novels by Canadian Women**

In such books as Margaret Atwood's *The Handmaid's Tale*, Nalo Hopkinson's *Brown Girl in the Ring*, and Cherie Dimaline's *The Marrow Thieves*, contemporary Canadian women writers articulate concerns about the erosion of our basic rights. The dystopian visions they construct around gender, race, and colonization challenge the readers to ask tough questions about the future of humanity. Presented by Eva C. Karpinski, Associate Professor in the School of Gender, Sexuality and Women's Studies at York University. She teaches courses on feminist theory, graphic narratives, and autobiography studies. She is the author of *Borrowed Tongues: Life Writing, Migration, and Translation*, and editor of *Pens of Many Colours: A Canadian Reader*.



**At:** 1101 Bloor St W (east of Dufferin St)  
**Time:** 7pm – 8pm

*Bloor/Gladstone Library*  
**Phone:** 416-393-7674

**March 14 2019 (Thursday)**

**ABUNDANCE PRACTICES – Connections (pay-what-you-can)**

Will consist of a theme for the evening with lots of time for group discussion and input. Maybe some writing exercises, or reflection time. Or watching a YouTube video or podcast together, followed by a discussion about how to bring that aspect of ABUNDANCE into your life. Our topic this month will be abundance of CONNECTIONS and the people in our lives. Possible future classes might be financial, love, clarity of purpose, sexual appreciation, or other suggestions by attendees for areas of abundance to grow into.

**(Future discussions: Apr 11 & May 09)**

**At:** 240 Roncesvalles Avenue (north of Queen St W) *The Village Healing Centre - 3rd Floor, Room #5 in corner; meet in the 3rd floor waiting room till 7:00*  
**Time:** 7pm – 8:30pm

**March 16 2019 (Saturday)**

**Being Scene – Meet-The-Artists & Performance by Simone Schmidt**

**Meet the Artists 1-4 PM** - Join us for informal chats and the chance to meet some of the exhibiting artists of Being Scene 2019, to hear more about their process and what informs their work.

**Simone Schmidt Performance 4-5 PM** - Come hear an acoustic musical set by Simone Schmidt in the gallery.

For a decade, Simone Schmidt has been writing new life into and around folk, country, and rock songs. Schmidt has worked under several aliases, fronting country act One Hundred Dollars, The Highest Order, and solo project Fiver. Schmidt has written the songs on six LP's, (three of which were long listed for the Polars Prize) along with a range of singles, and collaborations with artists as wide ranging as hardcore punk phenomenon F\*\*ked Up, to the inimitable USGirls, and Old Time and Bluegrass veteran Chris Coole.

**At:** 32 Lisgar St (south of Queen St W)  
**Time:** 1pm – 5pm

*Toronto Media Arts Centre*  
**Website:** <https://workmanarts.com/event/being-scene-2019/>

**March 16 2019 (Saturday)**

**Restorative Meditation: A Meditation Toronto Workshop**

Experience the tranquility of meditation. Join an instructor from Meditation Toronto for an easy stress relieving experience, which includes deep breathing exercises for a relaxing and rejuvenating meditation session. You will leave feeling peaceful and relaxed! All are welcome regardless of experience level. Drop in, no registration required. **(Reoccurs: TBA )**

**At:** 701 Pape Ave (@ Danforth Ave)  
**Time:** 1:30pm – 2:30pm

*Pape/Danforth Library – Program Room*  
**Phone:** 416-393-7727





**March 17 2019 (Sunday)**

### **The Trinity Bellwoods Flea – March Market**

We are almost there! Spring is just around the corner and we know you all can't wait for it to come. After all it's been a long cold winter. Time to put a bit of spring back in your step at our March Market, at the always gorgeous Great Hall (1087 Queen St W). Freshen up your home, wardrobe, beauty routine and shop local from 60+ of Toronto's finest vendors, artisans and small business. Find all your spring must-haves at Toronto's most curated and beloved local market place. Of course admission is as always FREE, four-legged friends welcome and kiddos encouraged. Love Local. Shop Local.

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

**Time:** 10:00am – 5:00pm

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

*The Great Hall – Lower Hall*

**Phone:** (416) 414-6589



**March 18 2019 (Monday)**

### **Stories Told Eye to Eye, Mind to Mind, Heart to Heart: Celtic Stories**

Professional storyteller Seoras Macpherson is a Seannachaidh, a tradition bearer from the Isle of Skye in Scotland. Seoras will tell stories of the epic heroes Fionn and Cuchullin, and tales of fairies, water horses and the seal people. This drop-in event is presented as part of the 2019 Toronto Storytelling Festival.

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

**Time:** 10am – 11am

*Don Mills Library*

**Phone:** 416-395-5710

**March 18 2019 (Monday)**

### **Ukulele Jam**

Have fun and sing your heart out at this free jam session. Bring your uke and learn a tune with the group. Knowledge of tuning and basic chords are required. Drop in. No registration required.

**Want to join a jam, but don't know how to play yet? Drop into our ukulele crash courses on March 2nd from 10:30-11:30am.**

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

**Time:** 7pm – 8pm

*Runnymede Library*

**Phone:** 416-393-7697

**March 19 2019 (Tuesday)**

### **Happy Parents Happy Kids**

Parenting expert and author, Ann Douglas gave us the ultimate no-guilt guide to boosting your enjoyment of parenting while at the same time maximizing the health and happiness of your entire family. You can find ways to take care of yourself while you're busy raising a family – just as you can choose to use parenting strategies that work for you and your kids.

**(Reoccurs: March 20 7pm-8pm @ High Park Library – Community Room)**

**At:** 100 Queen St W (@ Bay St) (Nathan Phillips Square)

**Time:** 11am – 12pm

*City Hall Library*

**Phone:** 416-393-7650



**March 19 2019 (Tuesday)**

### **Free Concert Series: The Next Wave**

VOCAL SERIES - Musique 3 Femmes seeks to identify and support the future female leaders of classical music. In this performance, they highlight winners from the inaugural Mécénat Musica Prix 3 Femmes, a new initiative to develop operatic creations by teams of emerging female composers and librettists in Canada.

**(Concert dates: Mar 20, Apr 03, 04, 09, 10, 16, 17, 18, 23, 25 & 30) (different performers each time, concerts take place @ 12pm or 5:30pm)**

**At:** 145 Queen St W (@ York St) *Four Seasons Centre For The Performing Arts - Richard Bradshaw Amphitheatre*

**Time:** 12pm

**Website:** <https://www.coc.ca/plan-your-visit/free-concert-series>



**March 19 2019 (Tuesday)**

**Digital Camera Club for beginners and amateurs**

Have fun, learn, and share: DSLR cameras, photos, videos and media publishing. Show and tell on the Library's 72" TV! Bring your camera, pictures and videos (USB or SD card). Questions? Call 416-604-3359. (Reoccurs: TBD )

**At:** 145 Annette St (west of Keele St)

**Time:** 6:15pm – 8:15pm

*Annette Street Library*

**Phone:** 416-393-7692

**March 19 2019 (Tuesday)**

**The Menopause Transition: What You Need to Know and How to Get Help**

Discussing menopause shouldn't be taboo. Certified Menopause Practitioner Teresa Isabel Dias will discuss what women should expect from the menopause transition, its impact on quality of life and what help is available to them to aid better self-care and wellness.

Teresa Isabel Dias is a registered pharmacist with over 20 years of professional experience in community pharmacy in Toronto. She realized that women lack knowledge regarding menopause and the years leading up to it, so in 2013 she became a certified Menopause Practitioner (NCMP) through the North American Menopause Society (NAMS). She also founded MenopausED, a company dedicated to raising awareness and providing education to women in midlife, and helping them navigate the change. Free program. Drop in. No registration required.

**At:** 789 Yonge St (north of Bloor St)

*Toronto Reference Library – Hinton Learning Theatre*

**Time:** 6:30pm – 7:30pm

**Library Phone:** 416-395-5577

**March 19 2019 (Tuesday)**

**Dystopia Book Club**

Read a dystopian novel each month and discuss its revelations and how they correlate to our world. Drop-in.

**March 19 - Never let me go by Kazuo Ishiguro**

April 23 - Stranger in a Strange Land by Robert A. Heinlein

May 21 - Neuromancer by William Gibson

June 18 - The Marrow Thieves by Sherie Dimaline

July 16 - Snow Crash by Neal Stevenson

August 20 - Riddley Walker by Russell Hoban

September 17 -- This Perfect Day by Ira Levin

October 22 - The Running Man By Richard Bach (Stephen King)

November 19- The Sheep Look Up by John Brunner

**At:** 239 College St (east of Spadina Ave)

**Time:** 7pm - 8pm



*Lillian H. Smith Library*

**Phone:** 416-393-7746

**March 20 2019 (Wednesday)**

**Free Concert Series: Cultural Crossroads**

JAZZ/WORLD MUSIC SERIES - Indo-Jazz is an emerging genre that explores the synthesis of two musical worlds. Humber alumnus and professor, bassist Justin Gray, leads the audience and the talented young artists of the Indo-Jazz Collective on a cross-cultural journey through his unique compositions that blend elements of traditional Indian classical raga music and contemporary jazz.

**(Concert dates: Apr 03, 04, 09, 10, 16, 17, 18, 23, 25 & 30) (different performers each time, concerts take place @ 12pm or 5:30pm)**

**At:** 145 Queen St W (@ York St) *Four Seasons Centre For The Performing Arts - Richard Bradshaw Amphitheatre*

**Time:** 12pm

**Website:** <https://www.coc.ca/plan-your-visit/free-concert-series>



**March 20 2019 (Wednesday)**

**Walking and Balance: A Solution to Your Exercise Problems**

Join Judy Chu, a fitness specialist and health educator, for this interactive workshop about the facts and benefits of walking, the most under-rated but most valuable form of exercise! Learn about walking gait, balance, and chronic conditions of aging that affect mobility, and get practical tips on how to get the maximum benefit out of a simple walk around the block.

Drop in. No registration required.

**At:** 5120 Yonge St (north of Sheppard Ave)

**Time:** 2pm – 3pm

*North York Central Library - Auditorium*

**Phone:** 416 395-5535



**March 20 2019 (Wednesday)**

**Graphic Girls: Female Cartoonists Remake the World of Comics**

The phenomenal success of graphic narratives in recent years owes much to the presence of female cartoonists. Bestselling comics such as Alison Bechdel's *Fun Home*, Marjane Satrapi's *Persepolis*, and Allie Brosch's *Hyperbole and a Half* all feature girls as their heroes. What special powers do these girl narrators have? What do they reveal about the complexities of growing up? What is the secret of their popularity?

Presented by Eva C. Karpinski, Associate Professor in the School of Gender, Sexuality and Women's Studies at York University. She teaches courses on feminist theory, graphic narratives, and autobiography studies.

**At:** 40 Orchard View Blvd (west of Yonge St & north of Eglinton Ave)

**Time:** 6:30pm – 7:30pm

*Northern District Library*

**Phone:** 416-393-7610

**March 20 2019 (Wednesday)**

**Soooo dramatic: Opera Excerpts by the Uof T, Faculty of Music!**

Talented students from the school's opera program dramatically, sorrowfully and hilariously present a short trip through life's up and downs. Someone will die in dramatic fashion; there will be treachery, deception and heart-rending sorrow as art imitates life! Bizet, Wagner, Verdi, Gounod, Puccini, Smetana, Rossini, Berlioz - you never know who will show up. Join us for this wonderfully entertaining, meaningful experience pairing words and music. **Please register for this free program by calling (416) 395-5639.**

**At:** 5120 Yonge St (north of Sheppard Ave)

**Time:** 7pm – 8pm

*North York Central Library - Auditorium*

**Phone:** 416 395-5535



**March 21 2019 (Thursday)**

**Open Mic at the Library**

Are you a singer, musician, poet, comic, or storyteller?

If so, then you are invited to share your talents at the Toronto Reference Library open mic! Acoustic guitar and digital piano are provided. Please be mindful of the volume.

Teens and Adults. No registration required. **Sign-up at 5:30pm.**

For more information, call the Arts Department at 416-393-7157. **(Reoccurs: )**

**At:** 789 Yonge St (north of Bloor St)

**Time:** 6pm – 8pm

*Toronto Reference Library – Beeton Hall*

**Library Phone:** 416-395-5577



**March 21 2019 (Thursday)**

**The Irish Language in Canada**

Referencing his book, *Míle míle i gcéin: The Irish Language in Canada*, Daniel Doyle explores the fate of Irish Gaelic immigrants. Bringing together census data and historic accounts, he examines the history of the Irish language. He traces the one-time prevalence of Irish Gaelic throughout Canada, only to see the language virtually extinguished from Canadian folk memory. This book won the 2015 Literary Award of the North American Gaelic Competitions. Everyone welcome.

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

**Time:** 6:30pm – 8pm

*S. Walter Stewart Library*

**Phone:** 416-396-3975



**March 22 2019 (Friday)**

**People in Sunglasses**

You are invited to Laura Comeau's (@combs83) first ever Solo Art Show at the Super Wonder Gallery on 584 College St. 🕒 Friday March 22nd.

40 pieces of art with a cohesive theme of #peopleinsunglasses 📸 documents her progression from 2011 to present. Fun, bold and bright... you will want to wear your sunglasses because this night is going to be lit! Free Entry. Music by DJ @area\_85

**At:** 584 College St (west of Bathurst St)

*Super Wonder Gallery*

**Time:** 8pm – 2am

**Website:** <https://www.superwondergallery.com/>

**March 23 2019 (Saturday)**

**The UNITY Movement**

The UNITY Movement is a get together of all races, singing and dancing to music of redemption, freedom and love. This event is to spread love and kindness to all, contrary to hate that has been displayed.

**Location:** 60 Queen St W (@ Bay St)

*Old City Hall*

**Time:** 12pm – 9pm (Ending time will vary depending on attendance)

**March 23 2019 (Saturday)**

**Time Travelling in High Park**



High Park has gone through some massive changes over the past 500 years. Learn about the incredible species that used to exist in this region, and which creatures have come to replace them.

**Accessibility:** All walks are moderate length and terrain. We regret that trails are not wheelchair or stroller accessible.

**Recommended Donation: \$2-5** **RSVP:** <https://highparknaturecentre.com/>

**Location:** 375 Colborne Lodge Dr

*High Park Nature Centre*

**Time:** 1:30pm – 3pm

**Phone:** 416 762-3453

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

**March 23 2019 (Saturday)**

**Yoga in the Library**

Join Yoga teacher Adrijana Sabadosh for mindfully sequenced Yoga in the library to explore, learn, challenge and accept yourself through connection. **\*\*Please bring a mat and bottled water\*\***  
**Space is limited, please register at the library or call 416-396-8931.**

**At:** 85 Ellesmere Road, Unit 16 (Parkway Mall)

*Maryvale Library - Meeting Room*

**Time:** 2:30pm – 3:30pm

**Phone:** 416-396-8931



**March 23 2019 (Saturday)**

**Being Scene – Resistance/Acceptance: works that live beyond the gallery walls panel discussion**

**Panelists:** Claro Cosco, Paula John and Claude Wittmann. **Moderator:** Sean Lee

Sean Lee from Tangled Art + Disability will host a discussion which looks at works by Claro Cosco, Paula John and Claude Wittmann included in Being Scene or that will be screened as part of this panel as accompanying pieces to works in the show. Each of these artists has created deeply personal actions that layer resistance, acceptance and activism through performative time-based gestures that situate the body within (while pushing against) the political, financial, gendered and disability contexts they are engaged with in their work and lives.

**At:** 32 Lisgar St (south of Queen St W)

*Toronto Media Arts Centre*

**Time:** 3pm – 4pm

**Website:** <https://workmanarts.com/event/being-scene-2019/>

**March 24 2019 (Sunday)**

**History Series: History of Bathurst St. Sounds**

The Music Gallery, A Different Booklist and 918 Bathurst Present:

**History Series: History of Bathurst St. Sounds in partnership with Myseum of Toronto**

*Archive Exhibition: March 24-30, at A Different Booklist and 918 Bathurst St. Sun Room, hours 10AM-5PM. Free.*

For our first edition of this year's History Series, we keep it hyperlocal in teaming up with 918 Bathurst and our Bathurst St. neighbours A Different Booklist to survey a History of Bathurst Street Sounds.

Bathurst Street in and around the Annex has never received much regard as a music street in this city's cultural history. In partnership with Myseum of Toronto's Intersections programming in March, we explore a wealth of musical heritage from venues (Lee's Palace, the Trane Studio, the Randolph (aka Bathurst St.) Theatre) to shops (Honest Ed's and Sonic Boom record shops, and Third World Books/Too Black Guys—an early meeting place for hip hop heads in Toronto) and the musical personalities who animate the neighbourhood. The prominent West Indian community historically located on Bathurst St. around Bloor (so vividly chronicled in the photo exhibition Welcome To Blackhurst Street) will be a central focus of this session.

With a panel discussion, archive exhibition and a parade (yes, in March!) we shed new light on an perennially bustling neighbourhood.

**At:** 779 Bathurst St. (south of Bloor St W)

*A Different Booklist*

**Time:** 2pm –4pm (doors @ 1:30pm)

**Website:** <https://musicgallery.org/events/history-series-history-of-bathurst-st-sounds/>

**March 25 2019 (Monday)**

**Adult Crafternoon**

Join us for a monthly, seasonal craft for adults and seniors. Instruction and supplies will be provided. You keep everything you make! Drop in. No registration required.

**(Reoccurs: Apr 15)**

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

*Runnymede Library - Program Room*

**Time:** 2pm –3pm

**Phone:** 416-393-7697



**March 26 2019 (Tuesday)**

**Adult Afternoon Movie: The Glass Castle (2017)**

A young girl (Brie Larson) comes of age in a dysfunctional family of nonconformist nomads with a mother (Naomi Watts) who's an eccentric artist and an alcoholic father (Woody Harrelson) who would stir the children's imagination with hope as a distraction to their poverty. Rating: 14A  
Running Time: 127 mins. Drop in. No registration required.

**At:** 370 Broadview Ave (@ Gerrard St E)

*Riverdale Library - Children's Program Room*

**Time:** 2pm –4pm

**Phone:** 416-393-7720

**March 26 2019 (Tuesday)**

**The Robots Are Coming: When Reality Meets Fiction**

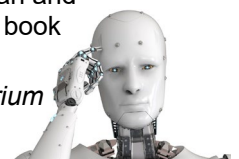
The robots are coming (or so we are told). Will they come to help or hinder our ways of life? Join Terri Favro, the author of Generation Robot: A Century of Science Fiction, Fact and Speculation as she talks about the past, present and future of robots & artificial intelligence, both in science fiction and in the real world. She is intrigued by the intersection of the two worlds: the human and the mechanic, and what this intersection will look like 10-20 years from now. Copies of the book will be available for purchase. Drop in. No registration required.

**At:** 5120 Yonge St (north of Sheppard Ave)

*North York Central Library - Auditorium*

**Time:** 7pm – 8pm

**Phone:** 416 395-5535





**March 27 2019 (Wednesday)**

### **Toronto Career Fair**

Our Toronto Career Fair is an ideal opportunity for job seekers to network with local GTA employers, access 100's of current job openings and gain valuable career advice from influential people in the Recruitment Industry in the Greater Toronto Area. **Admission to the Toronto Career Fairs is Free for Job Seekers with Pre-Registration.**

Some of our 2018 Exhibitors Include!! CN, Staples, Goodlife, Sherwin Williams, Teleperformance, Abell Pest Control, Bed, Bath & Beyond, Robert Half Financial, Moneris and more!

**Register @:** <https://www.torontojobs.ca/career-resources/career-fairs/>.

**At:** 60 Simcoe St (@ King St W)

*Roy Thomson Hall*

**Time:** 11am –3pm

**Website:** <https://www.torontojobs.ca/career-resources/career-fairs/>



**March 27 2019 (Wednesday)**

### **Improve Your Brain Health with Exercise**

Registered Kinesiologist, Judy Chu leads this interactive and experiential workshop on current research on brain health and exercise which will include simple exercises and information about how to exercise for your brain.

**Registration required. Registration begins January 7th, 2019. Call us at 416-395-5460 for more information.**

**At:** Bayview Village Shopping Centre 123A-2901 Bayview Ave

*Bayview Library*

**Time:** 2pm –3pm

**Phone:** 416-395-5460

**March 27 2019 (Wednesday)**

### **Many Lives, One People**

This program opens with a foreign-born speaker who will share their stories of what it was like to grow up Jewish in another country.

The second part will be a family member of the first speaker, who will discuss their experience growing up Jewish, here in Canada, as the offspring of a foreigner.

Join us to hear about the fascinating differences and to celebrate the astounding similarities of the Jewish People. Drop-in the **Barbara Frum Library's Marketplace, 1st floor.**

**(Reoccurs: Apr 24)**

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

*Barbara Frum Library*

**Time:** 7pm – 8pm

**Phone:** 416-395-5440

**March 28 2019 (Thursday)**

### **Indigenous Storytelling**

Indigenous storyteller, Maya-waasige, shares traditional Ojibwe, Boodawaadomi and Anishnaabe tales about aboriginal traditions, history, and culture. Drop-in. Space is limited.

**At:** 228 Roncesvalles Ave (north of Queen St W)

*High Park Library – Community Room*

**Time:** 2pm – 3pm

**Phone:** 416-393-7671

**March 28 2019 (Thursday)**

### **Film Thursdays @ Danforth/Coxwell**

**Mar 28, 2019-Alpha (PG, 1hr 36min, Adventure, Drama)**

**Apr 25, 2019-Green Book (PG, 2hr 10min, Biography, Comedy, Drama)**

**At:** 1675 Danforth Ave (east of Coxwell Ave)

*Danforth/Coxwell Library – Program Room*

**Time:** 2pm – 4pm

**Phone:** 416-393-7783



**March 28 2019 (Thursday)**

**Women in Politics - How to Get Involved in Toronto**

Thinking about running for municipal office? Join us for a discussion on why more women should get involved in politics, why applying a gender lens is important and what it means, and how to get involved.

Presented by Women Win Toronto, an organization dedicated to train and prepare women from diverse backgrounds (including trans and gender non-conforming individuals) to run winning campaigns. Presented in recognition of International Women's Day on March 8.

**At:** 239 College St (east of Spadina Ave)

**Time:** 6:30pm – 7:30pm

*Lillian H. Smith Library*

**Phone:** 416-393-7746

**March 28 2019 (Thursday)**

**Herbal Spring Tonics**

Give yourself a boost this spring with Registered Herbalist Danette Steele. Learn about herbs that increase energy and vitality and help us to adapt to seasonal and life changes. During this workshop we will taste herbal remedies, discuss their benefits and you will bring home some spring tonic recipes. **Register in person or call 416-393-7723.**

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

**Time:** 6:30pm –8pm

*Queen/Saulter Library*

**Phone:** 416-393-7723

**March 28 2019 (Thursday)**

**Burn your mortgage**

Sean Cooper paid off his mortgage at 30 years of age on a house he had bought just three years prior by making simple yet effective lifestyle changes. Meet Sean Cooper as he shares inspiring anecdotes and valuable tips on being mortgage free.

**Call 416-394-5300 to register for this informative program.**

**At:** 200 Park Lawn Rd (north of The Queensway)

**Time:** 6:30pm –8pm

*Humber Bay Library*

**Phone:** 416-394-5300

**March 28 2019 (Thursday)**

**Scrabble Night**

Join other Adults in an exhilarating competition of word building! Drop in. No registration required.

**(Reoccurs: )**

**At:** 416 Dawes Rd (between Danforth Ave & St Clair Ave E) *Dawes Road Library – Meeting Room*

**Time:** 7pm – 8pm

**Phone:** 416-396-3820

**March 29 2019 (Friday)**

**Ceilidh Dancing**

Ceilidh ("KAY LEE") dance is a fun way to exercise and enjoy social time together - it's not called the 'party dance' of Scotland and Ireland for nothing! Absolutely no experience necessary: come join us as we retrace the patterns of this traditional dance form ... and make them our own!

**Registration is required. Call the branch at 416-395-5710.**

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

**Time:** 2pm – 3pm

*Don Mills Library – Auditorium*

**Phone:** 416-395-5710

**March 29 2019 (Friday)**

**Crafternoons**

Join us for an afternoon of fun and easy crafts! **(Reoccurs: Apr 26)**

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

**Time:** 2pm – 3pm

*Bloor/Gladstone Library*

**Phone:** 416-393-7674



**March 30 2019 (Saturday)**

**Stress Relief Through Meditation**

Experience the peace and happiness 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 tranquil and relaxed! All are welcome regardless of experience level. **(Reoccurs: TBA )**

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

**Time:** 12:30pm – 1:30pm

*Don Mills Library – Auditorium*

**Phone:** 416-395-5710





## Coming Up/Register NOW

**(starting) April 03 2019 (Wednesdays for 6 weeks)**

### Let's Get Active to Prevent Diabetes

Let's Get Active to Prevent diabetes is a free program for people age 25-64 years who do not have diabetes and who are ready to take steps to be more active and get healthier. There will be 6 sessions, each of which includes an educational component, and a 45-60 minute physical activity component. It will be lead by a certified Toronto Parks, Forestry and Recreational fitness instructor. **Please pre-register by calling: 416-394-5270. (Occurs: Apr 03, 10, 24, May 08 & 22)**

**At:** 430 Burnhamthorpe Rd (@ The East Mall)

*Eatonville Library - Meeting Room*

**Time:** 6:15pm – 8:15pm

**Phone:** 416-394-5270

**(starting) April 04 2019 (Thursdays for 4 weeks)**

### Benjue Meditation

Join us for a free 4 week Benjue Meditation Workshop for beginners at the College/Shaw Library. Registration required.

**Note:** this program occurs once a week on Thursdays for the month of April.

**Call 416-393-7668 for more information or to register.**

**At:** 766 College St (@ Shaw St)

*College/Shaw Library – Program Room*

**Time:** 6:30pm – 8:15pm

**Phone:** 416-393-7668

**April 06 2019 (Saturday)**

### Stress Relief thru Restorative Meditation

In these classes you will learn three simple and enjoyable methods of meditation. The class will begin with some deep breathing to calm the mind and body followed by an ancient form of yoga meditation known as mantra meditation. By focusing on these ancient transcendental sounds one experiences relief from stress and anxiety a feeling of real happiness. No registration required.

**(Occurs: May 4, June 01, July 06, Aug 03, Sept 07, Oct 05, Nov 02, Dec 07)**

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

*S. Walter Stewart Library*

**Time:** 2pm – 3pm

**Phone:** 416-396-3975

**April 06 2019 (Saturday)**

### Stress Relief Through Meditation

Please 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.

**Register in person in the branch or by calling 416-393-7700. (Reoccurs: May 04 , June 01)**

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

*Main Street Library*

**Time:** 6pm – 7:30pm

**Phone:** 416-393-7700

**April 09 2019 (Tuesday)**

### Musicking, Science, and Health: Neurorhythmics in Healthcare

Neurorhythmics is an area of study focused on the effect of music, sound and movement on the brain.

Join us to explore issues in creativity, improvisation, brain studies (EEG and fMRI), the pharmaceutical industry, Alzheimer's, Parkinson's, music therapy, and Dalcroze Eurhythmics. Presenter Keith Loach has a MusBach (University of Toronto), a MBA (University of Toronto), and is currently working towards a PhD in Music at York University where he is studying music and the brain. **Registration required. Call 416-393-7657 for more information or to register.**

**At:** 40 St. Clair Ave E (east of Yonge St)

*Deer Park Library - Program Room - 2nd Floor*

**Time:** 3pm – 4pm

**Phone:** 416-393-7657





**April 15 2019 (Monday)**

**Volunteering for Newcomers**

Volunteer Toronto in partnership with the Toronto Public Library presents Volunteering for Newcomers information sessions.

Are you new to Canada and want to learn more about volunteering? This free session will provide information about Volunteer Toronto, the benefits of becoming a volunteer in Canada and practical tips to help you get started!

**Registration begins two weeks before the event date. To register online visit**

**[www.volunteertoronto.ca/events](http://www.volunteertoronto.ca/events) or call 416-961-6888 ext. 229.**

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

*Bloor/Gladstone Library*

**Time:** 6pm – 7:30pm

**Phone:** 416-393-7674

**April 28 2019 (Sunday)**

**The Leslieville Flea- Family Day Weekend at Toronto's Distillery District**

The Leslieville Flea is back at The Distillery's Fermenting Cellar Family Day Weekend. Say hello to 50+ vendors selling vintage, salvaged, up - cycled goods, furniture, antiques, collectibles and work from select artisans. While there experience the Toronto Light Festival and the beautiful Light art pieces on display throughout the Distillery District.

**At:** 28 Distillery Lane

*The Fermenting Cellar, Distillery District*

**Time:** 10:00am – 5:00pm

**Website:** <https://leslievilleflea.com/>

## **Events Happening Over Multiple Days**

(Now = As of the 1<sup>st</sup> of the month)

**February 28 - March 23 2019**

### **Being Scene Exhibition**

Workman Arts presents BEING SCENE, a sweeping exhibition encompassing over 100 artworks by 60+ artists that give shape to compelling ideas and narratives from the sublime to the absurd to the fearless. Being Scene covers a wide range of conceptual and material approaches, giving voice to diverse life experiences.

**Public Opening Reception - Thursday, February 28, 6-9 PM - with performance by James Buffin - FREE**

**At:** 32 Lisgar St (south of Queen St W)

*Toronto Media Arts Centre*

**Time:** 12pm – 6pm

**Website:** <https://workmanarts.com/event/being-scene-2019/>

**Now - March 03 2019**

### **Toronto Light Festival 2019**

The Toronto Light Festival, the City's first-ever light art festival, is coming back to The Distillery District. Visitors will be taken on a new visual journey and imaginative cerebral adventure, designed to entertain and inspire.

The Festival will transform the neighbourhood into one of the largest open-air galleries in North America, lighting up the long winter nights with distinctive works from local and international light artists. This winter, Torontonians of all ages are to come out of the dark and into the light.

**At:** *The Distillery Historic District*

**Phone:** (416) 341-9929 ext.221

**Website:** <https://www.torontolightfest.com/>



**Now - March 10 2019**

### **Winter Blues Art Tour exhibit**

Winter Blues features the original works of over 20 artists from the Art Tour Collective!

**Opening reception on Wednesday, February 20 from 6:30 to 9:00 pm.**

**At:** 56 Neilson Dr (north of Dundas St W)

*Neilson Park Creative Centre*

**Time:** Mon, Wed - Sat 9am - 4pm, Tues 9am - 9:30pm, Sunday 12pm - 4pm

**Phone:** 416-622-5294

**Website:** <http://www.arttourcollective.com/>

**Now - March 17 2019**

### **Winter Light Exhibition**

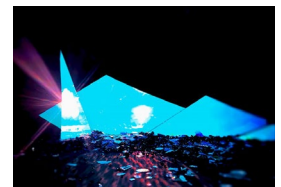
Throughout the winter season, Ontario Place is a landscape of brisk wind, extreme temperature and intricate ice sculptures crafted by Mother Nature herself. Utilizing creativity, innovation, light and discovery, creators from all artistic streams will showcase their exhibits following the curatorial theme of "Disruptive Engagement". **(There are other events taking place on site that you have to pay for).**

**At:** 955 Lake Shore Blvd. W (south of the CNE grounds)

*Ontario Place*

**Time:** 4pm – 12am (daily)

**Website:** <http://ontarioplace.com/en/winterlightexhibition/>



**Now - March 21 2019**

### **Franklin Carmichael Art Group Exhibition**

A juried exhibition featuring the works of local visual artists; celebrating the legacy of the late Dr. Agnes Ann Curtin, whose mission it was to provide arts-focused opportunities to the community of North Etobicoke. **Public Reception will be held on Sunday March 3<sup>rd</sup> from 2 pm to 4 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>

**Now - March 28 2019**

**William Brisland: Our Sacred Planet Exhibition**

This exhibition features watercolour scenes of the Canadian Maritimes, American East Coast, and the historic county of Fife Scotland.

**Public Reception will be held on Thursday February 28, from 2:00 pm to 4:00 pm**

**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 - March 30 2019**

**Floyd Kuptana Gallery**

Northern-inspired art is contemporary. See sketches in pastel and chalk along with pieces from the permanent collection made from soapstone and bone.

Floyd Kuptana is a fearless and fiercely original Inuit artist. His sculptures and paintings explore an Indigenous way of seeing, exposing its shamanistic roots. The Kuptana Gallery is located in the second-floor library where you are also welcome to explore our collection of art books.

**At:** 80 Gerrard St E (@ Church St)

*Gallery Arcturus*

**Phone:** (416) 977-1077

**Website:** <https://arcturus.ca/events.php>

**Now - March 30 2019**

**Blended -The Art of Miya Turnbull and Norman Takeuchi**

Art exhibit by Miya Turnbull and Norman Takeuchi runs from January 13th-March 31st, 2019.

Miya (Halifax) is displaying over 60 self portrait masks and Norman (Ottawa) is showing 15 large scale paintings. The opening reception and artist talk is on Feb 3rd at 2pm. Free admission, everyone welcome.

**At:** 6 Garamond Ct (north of Wynford Dr)

*Japanese Canadian Cultural - Centre Gallery*

**Website:** <http://jccc.on.ca/event/gallery-miya-turnbull-and-norman-takeuchi-exhibit/>

**Now - March 31 2019**

**TD Northern Lamps**

This winter, experience the Northern Lights without leaving downtown Toronto!

For the second consecutive year, the TD Centre Plaza has been transformed into a one-of-a-kind art installation that brings the aurora borealis to life. A proud collaboration with 10 Inuit artists, the TD Northern Lamps was inspired by their personal experience with the Northern Lights.

Swing by after sunset and snap a selfie (#NorthernLights) at the TD Northern Lamps.

**At:** 55 King St. W (west of Bay St)

*TD Centre Plaza*

**Time:** 6pm – 12am

**Now - April 01 2019**

**Winter Stations - Migration**

Winter Stations is now embarking on its fifth year, again opening an international design competition to bring temporary public art installations to The Beaches for an exhibition to celebrate Toronto's winter waterfront landscape.

This year we are hoping to include up to six lifeguard stands, including an additional two by invited post-secondary institutions, to be exhibited at Woodbine Beach at the western end of the beach bordering Lake Ontario in the Beach Community. These utilitarian structures are to be used as the armature for temporary installations, which will need to be able to withstand the rigours of Toronto winter weather.

**At:** *The Beach* (@ Woodbine Ave & Lakeshore Blvd E)

**Website:** <http://winterstations.com/>

**Now - April 14 2019**

### **How to Breathe Forever**

How to Breathe Forever underlines the importance and interconnectedness of air, animals, coral, humans, insects, land, plants and water. The belief that everything in the universe has a place and deserves equal respect is the core of this exhibition and positions our relations with others — including the natural world — as active and reciprocal. The artwork invites you to consider a personhood that attentively collaborates and exchanges with all living things.

**Public Reception will be held on Thursday January 16, from 6:00 pm to 9:00 pm**

**At:** 199 Richmond St. West (west of University Ave)      *Onsite Gallery*

**Time:** Wed 12pm - 8pm,    Thurs & Fri 12pm - 7pm,    Sat & Sun 12pm - 5pm

**Phone:** (416) 977-6000 ext.456

**Website:** <https://www.ocadu.ca/gallery/onsite.htm>

**Now - April 30 2019**

### **Spectacle of Lights on Toronto's Waterfront**

Witness three stunning illuminated sights this holiday season during the Spectacle of Lights on Toronto's Waterfront.

**Visit our three exciting installations including the spiral tree in the Peter Street Basin, the fire truck, stars and snowflake motif at the Fire Hall, and the animated music notes, harps and canopy at the Toronto Music Garden.**

See the Toronto Music Garden come alive with a fully-animated lighting experience where music notes, harps and canopy will be shining bright over 39,000 long-life, low-energy LED lights. The lights are on from dusk until dawn!

**At:** *Toronto's Waterfront* (see above)

**Time:** daily dusk to dawn      **Website:** <http://www.waterfrontbia.com/event/spectacle-of-lights/>

**Now - May 18 2019**

### **Enchanting Stories: Fairy Tales Made New for Adults - An Exhibit**

Fairy tales are not just for kids, and sometimes not for kids at all! You are invited to a free exhibit of some of the many adapted fairy tales for teens and adults (in books, from the 1980's to the present).

This exhibit features books that retell some of the best known fairy tales from the western European tradition, including Little Red Riding Hood, Cinderella, Sleeping Beauty and Beauty and the Beast, as well as a couple of "original" fairy tales beloved by all, Alice in Wonderland and The Wizard of Oz.

Located in the **Merril Collection of Science Fiction, Speculation & Fantasy**, on the **third floor of the Lillian H. Smith Branch**.

The Collection is open **10:00 a.m. to 6:00 p.m. Monday to Friday, 9:00 a.m. to 5:00 p.m. on Saturdays**.

**At:** 239 College St (east of Spadina Ave)

*Lillian H. Smith Library*

**Phone:** 416-393-7748

**March 01 - March 31 2019**

### **Seen but Unseen: Laneways of Toronto**

David Woodside, awarded and now retired art director, recently left The Globe & Mail to focus on documenting Toronto. His Laneways series is his first show.

**At:** 1101 Bloor St W (east of Dufferin St)      *Bloor/Gladstone Library*

**Phone:** 416-393-7674



**March 02 - March 03 2019**

**Welcome to Winter: Rink Social at Mel Lastman Square**

We're sparking a little winter magic at your local rink. There'll be on and off ice winter play for all ages, skate lessons and lending, and cozy places to sit by the fire and watch the action. Food and beverage vendors will help keep you going for hours of fun. Join us for the celebration.

Cost: Free - Food and beverages may have an additional cost

**At:** 5100 Yonge St (north of Sheppard Ave) *Mel Lastman Square*

**Time:** Sat 11am - 10pm Sun 11am – 8pm

**March 09 - March 10 2019**

**Sugar Shack TO**

Toronto's very own cabane à sucre is returning to the waterfront with one epic weekend fuelled by maple syrup! Warm up with a glass of spiked hot chocolate, enjoy live music, watch a battle of the chainsaws ice carving competition or try some delicious maple taffy and traditional sugar shack treats at the winter marketplace.

Sugar Shack TO will give you something to love about winter! Make it a stay-cation and enjoy the last days of the winter season with friends and family.

**At:** 61 Dockside Dr (@ Queens Quay E)

**Time:** 11am - 5pm

**Phone:** (647) 342-4861

*Sherbourne Common*

**Website:** [www.sugarshackto.ca](http://www.sugarshackto.ca)



**March 09 - March 10 2019**

**Celebrate Toronto 2019**

Celebrate Toronto, the 2-day festival honouring Toronto's 185th anniversary. Come by our market, shop from local vendors, feast upon the diverse cuisines from Toronto based Food Trucks. Live music, interactive activities, and contests honouring Toronto's 185th anniversary all weekend long! Food trucks and shopping vendors will be open until 9:00pm, and skates can be rented on site. We will be accepting non-perishable food donations for the Daily Bread Food Bank, and proceeds from Celebrate Toronto branded merchandise will also be donated to the Daily Bread Food Bank. Non profit organization, Celebrate Toronto collaborates with Toronto based artists, entertainers & businesses, in providing a festival dedicated to our city. We help bring the city together in pride of their home, and help raise awareness, funds and action towards local initiatives & charities, while supporting local artists and grass-root start-ups. We work towards informing and inspiring others to make a positive impact in our city and enriching the lives of those within it.

**At:** 100 Queen Street W (@ Bay St)

**Time:** 11am - 9pm

*Nathan Phillips Square*

**Website:** [www.CelebrateToronto.ca](http://www.CelebrateToronto.ca)



**March 12 - March 14 2019**

**Return and Relearn: Animating Historic Spaces**

Team up with Vibe Arts, the innovative community arts organization, whose members use Latin percussion, spoken word, clay sculpture and Bollywood dance to reexamine and reconstruct the traditional subjects of the 1910 schoolhouse. Funded by the Toronto Arts Council.

**At:** 1091 Finch Ave E (east of Leslie St)

**Time:** 10am - 4pm

*Zion Schoolhouse*

**Website:** (416) 395-7435

**March 13 - March 23 2019**

**Art Cart Showcase (Works by clients of CAMH)**

Art Cart is a partnership between Workman Arts and Gifts of Light, which pairs established Workman Arts member artists with CAMH client services to provide peer-to-peer arts programming with professional materials. The weekly workshops connect clients with artists in recovery through art instruction. The Art Cart program engages clients in a process of creation that not only provides recreational richness, expressive agency and quality of life, but allows clients to create pieces that are theirs to keep. The entire unit benefits from the personalization and beautification of clinical spaces.

**Featuring work by participating CAMH programs:** Early Psychosis Unit, General Forensic Units 1-2/1-3/2-5, Engaging Consumers in Opportunities for Recovery Education (ENCORE), Concurrent Addiction Inpatient Treatment Service (CAITS), Integrated Rehab Unit, Mood and Anxiety Inpatient Unit, Concurrent Outpatient Medical & Psychological Addiction Support Services (COMPASS), Learning Employment Advocacy Recreation Network (LEARN), and Complex Care and Recovery



**Public Opening Reception - Wednesday, March 20, 6-8 PM FREE**

**At:** 32 Lisgar St (south of Queen St W) *Toronto Media Arts Centre - TMAC Gamma Gallery Space*

**Time:** 12pm – 6pm

**Website:** <https://workmanarts.com/event/being-scene-2019/>

**March 26 - April 25 2019**

**Humber Valley Art Club Exhibition**

This guild from Neilson Park Creative Centre presents an exciting juried art exhibition with a mix of subjects, styles, and media by their highly talented member artists. **Public Reception and Awards Ceremony will be held on Sunday March 31st from 2:00 pm to 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:** [www.humbervalleyartclub.ca](http://www.humbervalleyartclub.ca)

## **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
- **blue coloured headings** = new to the guide

### ***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**

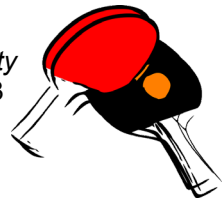
### **Table Tennis**

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.moodd disorders.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 - Sunday (listed until March 17 2019) (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 17 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 - Sunday (listed until March 22 2019) (except holidays)**

**Weight Room (drop-in)**

Masaryk-Cowan Community Recreation Centre is located in the Parkdale community and offers free drop-in programming. You must 25 – 59 years old to attend.

**At:** 220 Cowan Ave (south of Queen St W & west of Dufferin St) *Masaryk-Cowan Community Recreation Centre*  
**Phone:** 416 392-6928

**Time:** Mon, Wed, Fri: 9:15am-8:30pm Tues, Thurs: 9:15am – 6pm  
 Sat 11:30am – 5pm Sun 10am – 5pm



**Every Monday - Sunday (listed until April 05 2019) (except holidays)**

**Lane Swim (drop-in)**

Scadding Court Community Centre is located just west of downtown and offers a variety of drop-in swim programs. We offer drop-in lane swim for people 7 years of age and older.

**At:** 707 DUNDAS ST W (@ Bathurst St)

*Scadding Court Community Centre*

**Time:** Mon, Wed, Thurs 9pm – 9:50pm Tues & Fri 8pm – 8:50pm Sat & Sun 4pm – 4:50pm

**Phone:** 416 392-0335

**Every Monday – Friday (listed until March 29 2019) (except holidays)**

**Games (drop-in)**

You must be at least 18 years old to attend.

**At:** 150 SHERBOURNE ST (north of Queen St E)  
**Time:** 10am – 3:30pm & 6:30pm - 9pm

*John Innes Community Recreation Centre*  
**Phone:** 416 392-6779

**Every Monday - Sunday (listed until April 07 2019) (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)

*Wellesley Community Centre*

**Time:** Mon-Fri 11am- 2pm & 7pm – 9:30pm, Sat & Sun 1pm - 4:30pm **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)

*The Power Plant*

**Time:** Tuesday–Sunday 10:00am – 5:00pm Thursday 10:00am – 8:00pm

**Phone:** 416-973-4949



**Every Monday, Wednesday & Friday (listed until April 05 2019)(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)

*Wellesley Community Centre*

**Time:** 5:00pm – 7:00pm

**Phone:** 416 392-0227

**Every Monday, Tuesday & Wednesday (listed until March 13 2019)**

**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:** Mon & Wed 8pm – 9pm Tues 1:30pm – 2:30pm

**Phone:** 416 338-2237

**Every Monday, Wednesday & Saturday (listed until April 01 2019)**

**Badminton (drop-in)**

Jimmie Simpson Recreation Centre is a hub for recreation programming with a variety of opportunities for everyone from preschool to older adults. You must be between the ages of 19-59 to attend badminton.

**At:** 870 QUEEN ST E (east of Broadview Ave)

*Jimmie Simpson Recreation Centre*

**Time:** Mon & Wed 9:30am – 12pm Sat: 2:30pm – 4:30pm

**Phone:** 416 392-0751



**Every Monday & Wednesday (listed until April 03 2019)**

**AquaFit (drop-in)**

Scadding Court Community Centre is located just west of downtown and offers drop-in swim programs. We offer drop-in aquafit classes for people 17 years of age and older.

**At:** 707 DUNDAS ST W (@ Bathurst St)

*Scadding Court Community Centre*

**Time:** 8pm – 9pm

**Phone:** 416 392-0335

**Every Tuesday, Thursday & Saturday (listed until March 23 2019)**

**Weight Room Women Only (drop-in)**

Masaryk-Cowan Community Recreation Centre is located in the Parkdale community and offers free drop-in programming. You must 25 – 59 years old to attend.

**At:** 220 Cowan Ave (south of Queen St W & west of Dufferin St) *Masaryk-Cowan Community Recreation Centre*

**Phone:** 416 392-6928

**Time:** Tues, Thurs 6:30pm – 8:30pm Sat 9am-11:30am

**Every Tuesday & Friday (listed until March 08 2019)**

**Basketball(drop-in)**

Masaryk-Cowan Community Recreation Centre is located in the Parkdale community and offers free drop-in programming. You must be at least 18 years old to attend.

**At:** 220 Cowan Ave (south of Queen St W & west of Dufferin St) *Masaryk-Cowan Community Recreation Centre*

**Time:** 6:30pm – 8:30pm

**Phone:** 416 392-6928

**Every Thursday & Friday (listed until March 29 2019) (except holidays)**

**Dominoes (drop-in)**

You must be at least 19 years old to attend.

**At:** 150 SHERBOURNE ST (north of Queen St E)

*John Innes Community Recreation Centre*

**Time:** 12pm – 4pm

**Phone:** 416 392-6779



***Every Friday, Saturday & Sunday (open until March 2019)***

**Evergreen's Skating Rink**

Skating is back! Visit Evergreen's picturesque outdoor skating rink. Bring your own skates or rent a pair of ours! Skating is free, and skate rentals are available for \$5 a pair.

Join us weekends December through to March, and come out to our new Wednesday night public skate starting in January!

You must be wearing skates on the ice. Shoes are not permitted. Hockey sticks, pucks, and strollers are not permitted on the ice.

**At:** 550 Bayview Ave (south of Pottery Rd)

*Evergreen Brick Works*

**Time:** 10am – 5pm

**Website:** <https://www.evergreen.ca/whats-on/event/free-public-skating1/>

***Every Friday, Saturday & Sunday (listed until March 22 2019)***

**Leisure Swim (drop-in)**

Scadding Court Community Centre is located just west of downtown and offers a variety of drop-in swim programs. We offer drop-in lane swim for people of all ages.

**At:** 707 DUNDAS ST W (@ Bathurst St)

*Scadding Court Community Centre*

**Time:** Sat & Sun 2pm – 3:50pm    Fri 5pm - 6pm

**Phone:** 416 392-0335

***Every Friday, Saturday & Sunday (listed until March 17 2019) (except holidays)***

**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:** Sat & Sun 1:30pm – 4:55pm    Fri 6pm-7:55pm

**Phone:** 416 338-2237



## Listed by Day

**Every Monday (February 11 – April 18 2019)**

### **Bollywood Exercise Classes for Newcomer Women**

With the support of the Toronto Arts Council and some awesome dance teachers we are happy to bring back free dance classes **for newcomer women ages 25 – 50 living in Flemingdon Park and Thorncliffe**. To register, email: [fusioncardiotoronto@gmail.com](mailto:fusioncardiotoronto@gmail.com)

**At:** 747 Don Mills Ave, unit 200 (in the basement)

*Afghan Women's Organization*

**Time:** 1:45pm

**Phone:** 416-588-3585

**Every Monday (except Mar 18) (listed until March 25 2019)**

### **Employment Clinics with WoodGreen**

Bring your questions regarding effective job search to a one-on-one meeting with a professional employment service provider. Not sure how to start your job search? Feeling stuck or frustrated and want to discuss career options? Need your resume critiqued? Would you like to access the hidden job market? Please call the branch to book a 30-minute appointment with an Employment Adviser. **Registration is required. Please phone 416-393-7727.**

**At:** 701 Pape Ave (@ Danforth Ave)

*Pape/Danforth Library – Program Room*

**Time:** 2pm –4pm

**Phone:** 416-393-7727

**Every Monday (except holidays) (listed until March 25 2019)**

### **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.**

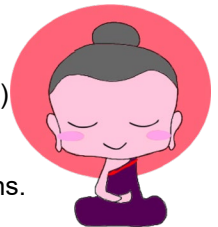
**We are on the second floor in the Main Activity Hall. Note that the doors to the room, when closed, look like wooden walls because there is no handle. Just gently push on the door and it will open.**

**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 March 11 2019) (except holidays)**  
**Lane Swim WOMEN ONLY (drop-in)**

Regent Park Aquatic Centre (RPAC) is the newest development in the Toronto/East York District. This aquatic facility 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 17 years old to attend.

**At:** 640 DUNDAS ST E (east of Parliament St)  
**Time:** 5:30pm – 6:30pm

**Regent Park Aquatic Centre**  
**Phone:** 416 338-2237

**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.

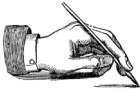
**At:** 519 Church St (near Pottery Rd)

**The 519 Community Centre**

**Time:** 6:00pm – 7:00pm

**Phone:** 416-392-6874

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



**Every Monday (except holidays) (listed until March 25 2019)**  
**Parliament Street Branch Writers Group**

Meet with fellow writers on Monday nights at the Parliament Street Branch. This group discusses work in a range of genres including fiction, memoir, science fiction and poetry.

All serious writers are invited to participate, and registration is not required. Participants are asked to bring 6-8 copies of their work to be discussed with the group to share.

**At:** 269 Gerrard St E (@ Parliament St)

**Parliament Street Library - Community Room**

**Time:** 6:00pm – 8:00pm

**Phone:** 416-393-7663

**Every Monday (except holidays) (listed until March 18 2019)**  
**Monday Night at the Movies**

Join us each week for a great movie. Free admission and you can bring your own refreshments. Contact the branch to learn the title of the current movie.

**At:** 5450 Lawrence Ave E (west of Port Union Rd)

**Port Union Library - Multipurpose Room**

**Time:** 6:00pm – 8:00pm

**Phone:** 416-396-8885



**Every Monday (listed until March 25 2019)**  
**"Discover Canada" Citizenship Education Mentoring Circle**

The Citizenship Mentoring Circle is a 10-session mentoring program whose aim is to help newcomers learn more about Canada. All 10 sessions are facilitated by a CultureLink staff member and a team of trained Citizenship Education mentors. Every participant is matched with one mentor to ensure an optimal learning experience.

Mentors review and discuss the Discover Canada study guide in easy English in small group settings. During the weekly 2.5-hour circle time, newcomers can also improve their vocabulary

and boost their confidence in speaking English by participating in vivid conversations on various topics. **To register, please call Hashem Rahin at 416-588-6288 x 220**

**At:** 5120 Yonge St (north of Sheppard Ave)

**North York Central Library - Room 1**

**Time:** 6pm – 8:30pm

**Phone:** 416-395-5639

***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)

**The 519 Community Centre**

**Time:** 6:30pm - 7:30pm

**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)

**Beaches Public Library**

**Time:** 6:30pm – 8:00pm

**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 (listed until April 02 2019)***

### **Cardio Low Impact (ages 60+) (drop-in)**

A large facility located on Queen Street in Jimmie Simpson Park. Jimmie Simpson Recreation Centre is a hub for recreation programming with a variety of opportunities for everyone from preschool to older adults. You must be at least 60 years of age to attend.

**At:** 870 QUEEN ST E (east of Broadview Ave)

**Jimmie Simpson Recreation Centre**

**Time:** 11:15am – 12:15pm

**Phone:** 416 392-0751







**Every Tuesday (listed until April 09 2019)**

### **Sister Writes**

Writing instruction, guided exercises, group activities, and hands-on practice. Learn the fundamentals of fiction and memoir writing.

To register email [info@sisterwrites.com](mailto:info@sisterwrites.com) or phone 416-926-9762 ex 239.

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

*Bloor/Gladstone Library*

**Time:** 9:30am – 12:30pm

**Phone:** 416-393-7674

**Every Tuesday (listed until March 26 2019)**

### **Lunchtime Chamber Music**

Musicians will perform a recital each week.

**At:** 1585 Yonge St (north of St Clair Ave)

*Yorkminster Park Baptist Church*

**Time:** 12:10pm

**Website:** <https://sites.google.com/site/9sparrowsarts/>

**Every Tuesday (listed until April 09 2019)**

### **Adult Colouring Program**

Colouring is not just for kids. It is for adults too! It can have many therapeutic benefits, such as helping relax the brain and reducing stress. Come and join the group in the **Main Floor Program Room**. All materials are provided. No registration is required.

**At:** 40 Orchard View Blvd (west of Yonge St & north of Eglinton Ave)

*Northern District Library*

**Time:** 2pm – 3pm

**Phone:** 416-393-7610

**Every Tuesday (listed until March 26 2019)**

### **Express Yourself - Toronto Writers Collective @ Mustard Seed**

The Toronto Writers Collective inspires and empowers the unheard through writing. The Toronto Writers Collective promotes an inclusive city that celebrates diversity and honours the lives of all of its citizens. We support the transformational power of being heard. The Toronto Writers Collective provides creative writing workshops for those deprived of voice in our society. Writing with others in an atmosphere of dignity and acceptance, participants discover the value of their own stories.

**At:** 791 Queen St E (east of Broadview Ave)

*Mustard Seed*

**Time:** 2pm – 3:30pm

**Website:** <http://torontowriterscollective.ca/>

**Every Tuesday (listed until March 26 2019)**

### **Tuesday Docs - History, Mystery and Discoveries**

Join us every Tuesday afternoon at 2pm for a selection of thoughtful, engaging, and entertaining documentaries. All are welcome, no registration required.

For more information, contact the Humanities and Social Sciences Department, at the Toronto Reference Library, 416-393-7175.

**At:** 789 Yonge St (north of Bloor St)

*Toronto Reference Library – Hinton Learning Theatre*

**Time:** 2pm – 4pm

**Library Phone:** 416-395-5577

**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 March 26 2019)**

### **Expressive Writer Workshop @ Evelyn Gregory Library**

Do you have a story to tell? We want to hear it! Join our creative writing workshop. Hone your skills through a series of writing exercises in a supportive environment. **Call 416-394-1006 to register.**

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

**Time:** 6pm – 7:30pm

**Phone:** 416-394-1006

**Every Tuesday (listed until March 05 2019) (except holidays)**

### **Family Movie Nights**

Enjoy fun movies with the whole family! Drop-in, no registration required. Great opportunity for young children to learn how to go to the movies.

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

*Gerrard/Ashdale Library*

**Time:** 6pm – 8pm

**Phone:** 416-393-7717



**Every Tuesday (listed until March 26 2019)**

### **Boot Camp (drop-in)**

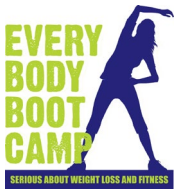
A large facility located on Queen Street in Jimmie Simpson Park. Jimmie Simpson Recreation Centre is a hub for recreation programming with a variety of opportunities for everyone from preschool to older adults. It offers a wide-range of activities including swimming, fitness, youth, sports, after school and preschool programs. You must be at least 16 years of age to attend.

**At:** 870 QUEEN ST E (east of Broadview Ave)

*Jimmie Simpson Recreation Centre*

**Time:** 6:15pm – 7:15pm

**Phone:** 416 392-0751



**Every Tuesday (listed until April 02 2019) (except holidays)**

### **Jones Library Quilters**

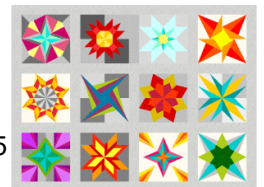
Join the Jones Library Quilters and help quilt for a good cause.

**At:** 118 Jones Ave (@ Dundas St E)

*Jones Library*

**Time:** 6:30pm – 8pm

**Phone:** 416-393-7715



**Every Tuesday (listed until April 23 2019)**

### **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 (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 April 23 2019)**

### **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 March 26 2019)**

### **Basketball (drop-in)**

A large facility located on Queen Street in Jimmie Simpson Park. Jimmie Simpson Recreation Centre is a hub for recreation programming with a variety of opportunities for everyone from preschool to older adults. You must be between the ages of 19-59 to attend.

**At:** 870 QUEEN ST E (east of Broadview Ave)

*Jimmie Simpson Recreation Centre*

**Time:** 7:30pm – 9:30pm

**Phone:** 416 392-0751

**Every Tuesday (listed until February 26 2019)**

### **Hot Breath Karaoke**

Ridiculous game show style karaoke, with prizes. No cover!

London England's legendary Hot Breath Karaoke has Brexited itself to Toronto and is looking for contestants for its ridiculous game show style karaoke. If you can imagine yourself singing karaoke on Wheel of Fortune at 4am on cable access TV sponsored by Value Village, then you're pretty close to the hilariously surreal spectacle that is Hot Breath Karaoke. The concept is simple, if you don't sing, then you don't spin. If you don't spin then you don't win. Everyone who braves the stage gets to spin the wheel of fortune with the chance of winning a fabul-ish prize they never knew they wanted. Toronto may have a lot of karaoke nights, but there is only one Hot Breath Karaoke.

**At:** 159 Augusta Ave (@ Dundas St W)

*Handlebar*

**Time:** 9pm – 2am

**Every Wednesday**

### **Whimsical Wednesdays for Women**

Lunch, crafts, sewing, cards and more.

**At:** 791 Queen St E (east of Broadview Ave)

*Mustard Seed*

**Time:** 10am – 3pm

**Website:** <http://www.fontbonnemministries.ca/mustard-seed>

**Every Wednesday**

### **LIFT UP**

Lift Up program is catered to recovering individuals looking to improve their lives through CrossFit and community. Lift Up is a safe, supportive & physically active environment for those who are recovering from addiction, alcoholism & anyone currently dealing with mental health issues.

Each week, individuals will go through a casual group check in followed by a Crossfit WOD (work out of the day!). These WODs are scalable and geared to ANY & ALL fitness levels.

With regular attendance individuals can see physical & psychological benefits including;

•**In early sobriety, it's a simply a healthy & positive place to turn to.**

- New friends & new habits
- To set and achieves goals
- And above all, a community to help you get through it TOGETHER
- Discipline & structure in your life
- Help cope with day to day struggles

Every Wednesday at 1:30pm at the Academy of Lions. **FREE for anyone at any stage in their recovery!**

**At:** 64 Ossington Ave (north of Queen St W)

*Academy of Lions*

**Time:** 1:30pm

**Website:** <https://www.academyoflions.com/lift-up-recovery/>

**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:** 2pm - 6pm

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

**Phone:** 416-394-8113



**Every Wednesday (listed until April 24 2019)**

### **Family Colouring Club**

Go on an exciting adventure or enjoy some relaxing fun with crayons and markers! Drop in

**At:** 2 Orianna Dr (west of Brown's Line & north of Horner Ave)

*Alderwood Library*

**Time:** 3:30pm – 5pm

**Phone:** 416-394-5310

**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 Wednesday**

### **Ultimate Frisbee (for newcomers aged 16-29)**

Come out and join our free Ultimate Frisbee every Wednesday from 5:30 to 7:30PM program for newcomers aged 16-29! Ultimate is a non-contact team sport that is fun, fast-paced, and coed. Ultimate is one of the fastest growing sports in the world and is played in over 70 countries worldwide. It combines the best features of popular sports such as soccer, basketball, and football into an exciting game that includes a healthy respect for the spirit of sportsmanship.

**To Register, please Email: [ultimate@mnict.org](mailto:ultimate@mnict.org) (confirm address when registering, as there are 2 different address listed for this program).**

**At:** 2520 Birchmount Rd (north of Sheppard Ave E) *Stephen Leacock Community Centre*

*(the 2<sup>nd</sup> address listed: 75 Carl Hall Rd - Downsview Park – The Hangar, listed 4:30pm–6:30pm)*

**Time:** 5:30pm – 7:30pm

**Website:** <https://mnict.org/lets-play-ultimate/>

**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

Created by: Amber – Recreation Therapist 4-5 CAMH



### ***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 May 29 2019)***

#### **Original Open Mic**

Bring your original talent and tunes down to the Open Mic at Junction City Music Hall on Wednesdays from 7-9PM, for a fun session of local performers in all genres!

**At:** 2907 Dundas St. West (west of Keele St)

*Junction City Music Hall*

**Time:** 7pm – 9pm

### ***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/>



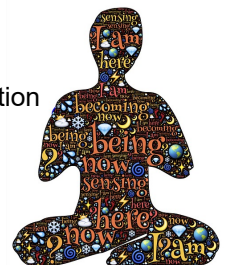
### ***Every Thursday***

#### **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.**

Created by: Amber – Recreation Therapist 4-5 CAMH





**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**

### **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/>



**Every Thursday (listed until April 18 2019)**

### **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 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](mailto: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 (listed until March 14 2019)**

### **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:** 1:30pm – 2:30pm

**Phone:** 416 338-2237

**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 (February 14 – April 04 2019)**

### **Arabian Exercise Classes for Newcomer Women**

With the support of the Toronto Arts Council and some awesome dance teachers we are happy to bring back free dance classes **for newcomer women ages 25 – 50 living in Flemingdon Park and Thorncliffe**. To register, email: [fusioncardiotoronto@gmail.com](mailto:fusioncardiotoronto@gmail.com)

**At:** 747 Don Mills Ave, unit 200 (in the basement)

*Afghan Women's Organization*

**Time:** 1:45pm

**Phone:** 416-588-3585





**Every Thursday (listed February 7 - May 2 2019)**

### **Orchardviewers**

Spend an enjoyable afternoon listening to a range of performers and speakers. From author visits to musicians you will enjoy our entertainment on a weekly basis. Our 2019 winter sessions will host musicians, explorers, authors, and more, so don't miss out.

**Feb. 28 Piano recital - David Potvin**

**Mar. 7 Toronto Camera Club - Gerda Grice**

**Mar. 14 Piano recital - Dorothy Glick, Douglas Freake, & Ron Jordon**

**Mar. 21 Travel talk: Poland by Leslie Fernades:**

**Mar. 28 Piano recital - Kathleen Penny**

**Apr. 4 Middle East -- David Crichton Toronto Camera Club**

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

**Time:** 2pm – 3pm

**Phone:** 416-393-7610

**Every Thursday (listed until March 07 2019)**

### **Writer's Group with Toronto Writers Collective**

Do you have a story to tell? Are you writing poetry, fiction or memoir? We want to hear it. Please join the Toronto Writers Collective for ongoing writing workshops and express your creativity.

For more information please contact [info@torontowriterscollective.ca](mailto:info@torontowriterscollective.ca)

**To Register visit the library or call 416-393-7663**

**At:** 269 Gerrard Street E (@ Parliament St)

*Parliament Street Library*

**Time:** 2pm – 3:30pm

**Website:** <http://torontowriterscollective.ca/>

**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](http://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://www.the519.org/programs/actors-jam>

### ***Every Thursday (listed until March 28 2019)***

#### **Zumba (drop-in)**

A large facility located on Queen Street in Jimmie Simpson Park. Jimmie Simpson Recreation Centre is a hub for recreation programming with a variety of opportunities for everyone from preschool to older adults You must be at least 16 years of age to attend.

**At:** 870 QUEEN ST E (east of Broadview Ave)

*Jimmie Simpson Recreation Centre*

**Time:** 6:15pm – 7:15pm

**Phone:** 416 392-0751

### ***Every 1st Thursday of the month***

***(listed until March 07 2019)***

#### **Cross Stitch**

Bring in your current project or learn the basics from knowledgeable staff. No experience necessary, materials provided for first timers. **Please call or register in-person. 416-393-7677**

**At:** 1589 Dupont St (west of Perth Ave)

*Perth/Dupont Library - Program Room*

**Time:** 6:30pm

**Phone:** 416-393-7677



### ***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 Friday***

***(listed until April 19 2019)***

#### **Adult Colouring**

Colouring is not just for kids! Join us for a stress free zone where adults can colour or work on their own art projects. A selection of colouring sheets and pencil crayons will be available or feel free to bring your own! Drop in at any time on Fridays!

**At:** 1515 Danforth Rd (@ McCowan Rd)

*Bendale Library*

**Time:** 10am – 6pm

**Phone:** 416-396-8910

### ***Every Friday***

#### **Fun Fridays Adult Drop-In**

Snacks, conversation, games, music and coffee.

**At:** 791 Queen St E (east of Broadview Ave)

*Mustard Seed*

**Time:** 12:30pm – 3pm

**Website:** <http://www.fontbonnemministries.ca/mustard-seed>

Created by: Amber – Recreation Therapist 4-5 CAMH

**Every Friday (listed until March 29 2019)**

**Tea and Entertainment**

Every Friday enjoy a wide variety of films followed by refreshments in the auditorium. For more information, call the Language, Literature and Fine Arts Department at 416-395-5639.

**At:** 5120 Yonge St (north of Sheppard Ave)

*North York Central Library - Auditorium*

**Time:** 2pm – 4pm

**Phone:** 416-395-5639



**Every Friday (listed until April 05 2019)**

**Soccer Women Only (drop-in)**

Wellesley Community Centre is located at Sherbourne Street and Wellesley Street in the St. James Town community. You must be 13-24 years of age to attend.

**At:** 495 SHERBOURNE ST (@ Wellesley St)

*Wellesley Community Centre*

**Time:** 3pm – 5pm

**Phone:** 416 392-0227

**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](http://www.ourplacecommunityofhope.com)

**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**

**ALTAER**

ALTÆR is the Toronto's progressive, dark music night. Founded in 2018 by DJs Batty von Bats, Dark Dave, deadspiderman, Mistress McCutchan, the F-Unicorn and the Wasteland, ALTÆR aims to bring diversity of sound to the dark music fans of Toronto by have a rotating cast of two or

more DJs every week. Each night will feel fresh and exciting as our crew and guest DJs will bring to you the coolest new music mixed with a few classics and deep cuts. No cover!

**At:** 814 Bloor St W

*Christie Pits Pub - basement*

**Time:** 10pm – 2am

***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 market provides fresh, local food to our community while supporting local producers. There's also great music, community information booths, & 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 – 1pm

**Phone:** 416-651-7867 ext. 24



***Every Saturday (listed until April 20 2019)***

### **High Park Creative Writing Group**

Find inspiration and share your work in an informal, supportive environment. Writer's of all genres, published or unpublished are welcome! Bring a piece of writing to share. Drop in. No registration required.

**At:** 228 Roncesvalles Ave (north of Queen St W)

*High Park Library - Community Room*

**Time:** 9:30am – 11:00am

**Phone:** 416-393-7671

***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/>



***Every Saturday***

### **FREE TRIAL CROSSFIT CLASS**

CrossFit is a functional strength & conditioning program developed to make you confident & prepared for a broad range of physical tasks & whatever else life throws at you. Every Saturday, we offer a free trial class for first timers (to our facility), just register and fill out our waiver. All our classes are group based and lead by our experienced coaches. CrossFit classes are designed with both strength training and metabolic conditioning to give you an all round fitness regimen.

**Bring a water bottle, towel, training shoes and gym attire. Please come in early if you need get changed. Our coach will meet you at the front cafe to bring you in and lead you through your workout.**

Space may be limited and our schedule is subject to change due to events. We will confirm your attendance to make sure you can come in for a good sweat.

**To register:** <https://www.academyoflions.com/free-trial>

**At:** 64 Ossington Ave (north of Queen St W)

*Academy of Lions*

**Time:** 12pm

**Website:** <https://www.academyoflions.com/>

***Every Saturday (listed until April 06 2019)***

### **Basketball 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 19 years of age to attend.

**At:** 495 SHERBOURNE ST (@ Wellesley St)

*Wellesley Community Centre*

**Time:** 1:15pm – 3pm

**Phone:** 416 392-0227

Created by: Amber – Recreation Therapist 4-5 CAMH

**Every Saturday & March 15 (listed until March 16 2019)**

**Skating Parties at Ontario Place**

This winter on Saturday nights, Ontario Place is hosting our very own skate parties, featuring some of Toronto's best local DJ's to keep the tunes going while you skate.

**\*The skating rink is open: Fri: 5pm-11pm, Sat: 3pm-11pm, Sun 3pm-10pm\***

**At:** 955 Lake Shore Blvd. W (south of the CNE grounds)

*Ontario Place*

**Time:** 5pm – 11pm

**Phone:** 416-314-9900

**Website:** <http://ontarioplace.com/en/skating/>

**Every Saturday (listed until March 16 2019)**

**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**

**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 ( @ Wellesley St )

*The 519 Community Centre*

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

**Phone:** 416-392-6874

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

### ***Every Sunday*** **Toronto Writers Collective**

The Toronto Writers Collective inspires and empowers the unheard through writing. The Toronto Writers Collective promotes an inclusive city that celebrates diversity and honours the lives of all of its citizens. We support the transformational power of being heard. The Toronto Writers Collective provides creative writing workshops for those deprived of voice in our society. Writing with others in an atmosphere of dignity and acceptance, participants discover the value of their own stories.

**At:** 519 Church St (north of Wellesley St)  
**Time:** 12pm – 1:30pm

*The 519 Community Centre*  
**Website:** <http://torontowriterscollective.ca/>

### ***Every Sunday (listed until April 28 2019)*** **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](mailto:towc@live.com) or the Languages & Literature Department at 416-393-7085.

**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)  
**Time:** 6:00pm – 8:00pm

*Trinity St. Paul's Church*  
**Phone:** 416-539-0234

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

### ***Every 1<sup>st</sup> & 3<sup>rd</sup> 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 – \$25,338
  - 2 people – \$31,544
  - 3 people – \$38,780
  - 4 people – \$47,084
  - 5 people – \$53,402
  - 6 people – \$60,228
  - 7 or more people – \$67,055

Note: This chart is based on Statistics Canada's Low Income Cut-Off (LICO), and is in effect from September 30, 2018 to September 29, 2019.

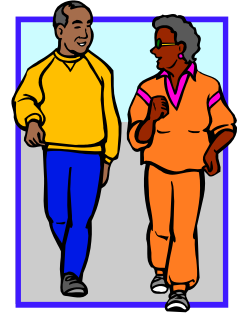
People who receive Ontario Works Assistance automatically meet the income requirements and should speak to their caseworker about Welcome Policy (no application form is needed).

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/Places to Check Out**



### **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/](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!

### **Toronto Street Art**

<https://streetarttoronto.ca/>

Toronto is home to some of the best mural, street and graffiti artists and artwork in the world. These artists and their works have transformed our streets, laneways and parks into a city-wide art gallery. The City of Toronto and [Civic Hall Toronto](#) recently released [StreetARToronto - The Map!](#) to help residents and visitors find and explore street art throughout the city. This app includes filters to help you search by year the street art was created and/or ward. The map will be updated regularly to add more artwork and options.

## **Other Resources:**

### ***BlogTo***

<https://www.blogto.com/events/>

Lists many free and paid for events daily throughout the city.

### ***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.

### ***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](http://www.highparknature.org)

Walks take place 2 Sundays per month

### ***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.

### ***Mustard Seed***

<http://www.fontbonneministries.ca/mustard-seed>

Mustard Seed offers a welcoming environment and sacred space in South Riverdale for participants and volunteers to develop life skills, creativity, care for the environment and spiritual growth. Located at 791 Queen Street East, we serve and collaborate with the local community and non-profit agencies. Some of the groups we offer include: Community Kitchen, Nifty Knitters, Crafts and Sewing, Whimsical Wednesdays for Women, Friday & Saturday Adult Drop-In, Basic Computer Training, Lending Library, Spiritual Spas, Special Events and Workshops, etc

### ***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.

## 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.

## 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/>

# Toronto Writers Collective

<http://torontowriterscollective.ca/>

The Toronto Writers Collective is a nonprofit organization that provides free ongoing creative writing workshops in Toronto's underserved communities. Our mission is to inspire voice and empower the unheard in our city. The populations we serve are diverse and include the homeless, the LGBTQ community, women at risk, and Aboriginal communities, with mental health issues running through all sectors. Our workshops offer a safe, accessible and inclusive space for participants to write and share their stories



## Unlock Food

<http://www.unlockfood.ca/en/recipes.aspx>

Healthy recipes for all budgets. Information on dietitians and how to find one.

## Walking Tours (Free) – Downtown Toronto

<https://www.tourguys.ca/toronto-free-walking-tours/>

Tour Guys offer several different walking tours within the downtown area of Toronto. They offer the following tours: graffiti alley, downtown, old town history, waterfront and a ghost tour. Sign up online.

## 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.