

**FREE**

## **Events/Festivals**

**Wellness, Education  
& Sports Groups**

**And many other fun  
activities**

*In the GTA*

***February* 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

**February 01 2019 (Friday)**

### **Ball Workshop for Functional Mobility**

Join an instructor certified by the Canadian Centre for Activity and Aging (CCAA) to learn to how to use a small exercise ball to improve posture, upper-lower body strength, balance and flexibility. Participants will receive a small ball. Registration is limited to 20 participants. **Please call 416-395-5710 to register.**

**At:** 888 Lawrence Ave E (west of Don Mills Rd)  
**Time:** 2pm – 3:30pm

*Don Mills Library – Auditorium*  
**Phone:** 416-395-5710

**February 01 2019 (Friday)**

### **Afro-Jamaican Music and Oral Artistry**

Afro-Jamaican Music and Oral Artistry is a mix of music, talk and visuals about the rich African retentions found in Jamaica's history, culture, religion, language, Anancy stories and icons such as Miss Lou, Harry Belafonte, Bob Marley, Marcus Garvey and more. Presented by Jamaican/Canadian guitarist, composer, teacher, and Afro-Jamaican oral artist, Maurice Gordon. **Register by calling 416-395-5980. Space is limited.**

**At:** 1785 Finch Ave W (east of Jane St)  
**Time:** 6pm – 7:30pm

*York Woods Library – Theatre*  
**Phone:** 416-395-5980

**February 01 2019 (Friday)**

### **The Clash on the Danforth**

Celebrate the 40th anniversary of The Clash playing the Rex Danforth Cinema with a talk from photographer Nick Smash. During February, Nick and his brother Simon will be exhibiting photos from two concerts The Clash played in Toronto in 1979. Drop-in - no registration required.

**At:** 701 Pape Ave (@ Danforth Ave)  
**Time:** 7pm – 8pm

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



**February 02 2019 (Saturday)**

### **Erotic Arts and Crafts Fair**

Join us at the Gladstone Hotel in Toronto on Saturday, February 2nd, 2019 from 10AM to 4PM for Come As You Are Co-operative's Erotic Arts and Crafts Fair! The Toronto Erotic Arts and Crafts Fair is a FREE, one-of-a-kind sexy fair that brings together artists and crafters just in time for Valentine's Day. Knitters, crafters, zinesters, card makers, and artists of all types will be creating erotic objects for this one day celebration of DIY sex and romantic culture.

**At:** 1214 Queen St. W (east of Dufferin St)  
**Time:** 10am – 4pm

*Gladstone Hotel*  
**Website:** <http://www.eroticartsandcrafts.com/>

**February 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: Mar 02, Apr 06, May 04)**

**At:** 766 College St (@ Shaw St)  
**Time:** 2:30pm – 4:30pm

*College/Shaw Library – Program Room*  
**Phone:** 416-393-7668



**February 02 2019 (Saturday)**  
**Tales by Moonlight African Drumming**

In African culture, drumming and storytelling are part of the celebration of life. Learn all about the art of interactive storytelling, dance and hand drumming through simple call and response songs. Free Djembe drums provided for limit of 80 participants. All ages. Space is limited. **Please register in-person or by calling the branch at 416 395-5710.**

**At:** 888 Lawrence Ave E (west of Don Mills Rd)  
**Time:** 3pm – 4pm

*Don Mills Library – Auditorium*  
**Phone:** 416-395-5710



**February 03 2018 (Sunday)**  
**Meditation & Admiration - Guided Meditation**

Meditation & Admiration - the role of self-love in mindfulness  
 Join Cassidy from Just Be for this introduction to meditation, touching on the theme of self-love. We'll explore a few short meditations, learn about the benefits of mindfulness, and walk away with tips on how to incorporate both self-compassion and mindfulness into everyday life. Beginners to meditation are most welcomed - no experience necessary! We'll also have the chance to ask any questions about meditation and mindfulness.

Space is limited so spots will only be available on a first come first serve basis.

What you need: Bring a yoga mat and comfortable clothing. If you don't have a yoga mat, we will have a limited number of yoga mats available to borrow for the class. Those are available on a first come first served basis.

**Registration required @ [www.eventbrite.ca](http://www.eventbrite.ca) search: "Meditation & Admiration - Guided Meditation"**

**At:** 819 Queen St W (west of Bathurst St)  
**Time:** 10am – 11am

*Consonant Skincare*



**February 04 2019 (Monday)**  
**Energy Bagua**

Energy Bagua is a gentle exercise suitable for people with different kinds of health conditions. Space is limited. **To register, please contact settlement worker Sarah Shi at 647-296-0839. (Reoccurs: Feb 11)**

**At:** 269 Gerrard St E (@ Parliament St)  
**Time:** 10am – 11:30am

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

**February 04 2019 (Monday)**  
**Spice Up Your Life**

Step up your snack game by creating your own unique sweet & savory spice blend. Put on popcorn or any snack treat! Presented in partnership with Black Creek Community Health Centre. Drop in. No registration required.

**At:** 2793 Keele St (north of Wilson Ave)  
**Time:** 4pm – 5pm

*Downsview Library*  
**Phone:** 416-395-5720



**February 04 2019 (Monday)**  
**Natural Cold and Flu Remedies**

Dr. Sarah King will discuss common respiratory infections and ways to naturally fight colds and flu. She will also address environmental allergies and ways to boost the immune system. No registration required.

**At:** 170 Memorial Park Ave (west of Coxwell Ave)  
**Time:** 6pm – 7:30pm

*S. Walter Stewart Library*  
**Phone:** 416-396-3975

**February 04 2019 (Monday)**

**Black History Month: History on Film Series: Hidden Figures (2016)**

As the United States raced against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians that served as the brains behind one of the greatest operations in U.S. history. Based on the unbelievably true life stories of three of these women, known as "human computers", we follow these women as they quickly rose the ranks of NASA alongside many of history's greatest minds specifically tasked with calculating the momentous launch of astronaut John Glenn into orbit, and guaranteeing his safe return. Dorothy Vaughn, Mary Jackson, and Katherine Johnson crossed all gender, race, and professional lines while their brilliance and desire to dream big, beyond anything ever accomplished before by the human race, firmly cemented them in U.S. history as true American heroes. 127 minutes - Rated PG - Drop-In Movie.

**At:** 36 Brentwood Rd N (north of Bloor St W)

**Brentwood Library - Program Room**

**Time:** 6pm –8:15pm

**Phone:** 416-394-5240



**February 04 2019 (Monday)**

**The Ward Cabaret**

DB Works and ERA Architects present, The Ward Cabaret.

*"...dirty, crowded, dangerous...and fully of life!"*

Artistic director and producer: David Buchbinder.

Associate artists: Michael Occhipinti, Derek Kwan

Vocals: Laura Campisi, Aviva Chernick, Laurel Tubman

Executive Producers: John Lorinc, Michael McClelland, Ellen Scheinberg & Tatum Taylor

Performance to be followed by a panel discussion about Black history in The Ward, featuring Natasha Henry, President, Ontario Black History Society; and Dr. Cheryl Thompson, Associate Professor, School of Creative Industries, Ryerson University.

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

**Toronto Reference Library – Bram & Bluma Appel Salon**

**Time:** 6:30pm –8:30pm

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

**February 05 2019 (Tuesday)**

**Free Concert Series: Celebrating Chinese New Year**

Led by renowned erhu player, Patty Chan, the Toronto Chinese Orchestra Chamber Players form the professional core of the Toronto Chinese Orchestra. To celebrate the Chinese New Year and the year of the pig, they perform a mix of Traditional Chinese music as well as contemporary works by Canadian and international composers.

**(Concert dates: Feb 06, 07, 11, 13, 19, 20, 21, 26 & 28. Mar 05, 06, 12, 14, 19 & 20) (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>



**February 05 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: )**

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

**Time:** 6pm - 7pm

**Lillian H. Smith Library**

**Phone:** 416-393-774



**February 05 2019 (Tuesday)**

**Decolonizing Fashion and Mobilizing Indigenous Resurgence**

Riley Kucheran (Ojibway) from Ryerson University, will discuss the contemporary resurgence of Indigenous fashion design in Canada,

Topics include clothing and colonization, cultural appropriation, and the newly launched Indigenous Fashion Week(s) in Toronto, Vancouver and Calgary. Indigenous fashion is community-minded, grounded in sustainable land-based practices, and spiritually connective.

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

*Toronto Reference Library – Beeton Hall*

**Time:** 6:30pm – 8:30pm

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

**February 05 2019 (Tuesday)**

**Rowers Reading Series**

Rowers Reading Series is a monthly literary reading series showcasing the finest poetry, fiction, non-fiction and select emerging writers. Our monthly free-admission readings facilitate Toronto residents' exposure to a diversity of Canadian writers and writing in a financially-accessible way.

**We gratefully accept any/all donations from the audience to help pay our readers**

**At:** 499 Church St (@ Wellesley St)

*Glad Day Bookshop*

**Time:** 6:45pm – 9:45pm

**Website:** <https://rowerspubreadingsseries.wordpress.com/>

**February 05 2019 (Tuesday)**

**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. **To registrater please call 416-394-5230.**

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

*Northern Elms Library*

**Time:** 7pm – 8pm

**Phone:** 416-394-5230



**February 06 2019 (Wednesday)**

**Free Concert Series: Dream - Joanna Majoko Quartet**

Born to German and Zimbabwean parents, jazz vocalist Joanna Majoko brings the union of her cultural distinction, pure tone, sweet lyricism and cunning compositional abilities to the Free Concert Series. Her unified and unmistakable sound continues to garner her growing popularity within the music scene as she leads the next generation of jazz artists.

**(Concert dates: Feb 07, 11, 13, 19, 20, 21, 26 & 28. Mar 05, 06, 12, 14, 19 & 20) (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>

**February 06 2019 (Wednesday)**

**Road to Employment**

Explore the world of work. Get help and resources to develop your employment skills. In partnership with Houselink. For more information and **to register email**

**RTEinfo@houselink.on.ca or call 416-516-1422 ext 268.**

**February 6: Second Chances**

February 13: Self-love, Self-esteem and Employment

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

*Bloor/Gladstone Library*

**Time:** 1pm – 3pm

**Phone:** 416-393-7674





**February 06 2019 (Wednesday)**

**LSP: Can your resume beat the machine?**

Learn the tips and techniques for creating targeted resumes and cover letters that will really grab employers' attention. Find out about applicant tracking systems and what employers are looking for on your resume.

**For more information, please call the YMCA at 416-975-9168 ext.32415 or the Languages & Literature Department at 416-393-7085.**

In partnership with Immigration, Refugees, and Citizenship Canada, YMCA and Toronto Public Library.

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

*Toronto Reference Library – Discussion Room*

**Time:** 1pm – 3pm

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

**February 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

**February 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.

**February 6: Letter 44 Vol. 1: Escape Velocity by Charles Soule and Alberto Jimenez Alburquerque (Reoccurs: Mar 06, 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



**February 07 2019 (Thursday)**

**Free Concert Series: Blood Tides - Kaha:wi Dance Theatre**

Kaha:wi Dance Theatre presents a preview of Blood Tides, an inter-generational, inter-cultural and interdisciplinary performance work led by a powerhouse team of international Indigenous female collaborators from Canada, United States and New Zealand. Blood Tides is the 2nd production in a triptych series (Re-Quickening, Blood Tides, Skennen) about the re-matriation to the house of humanity: the womb.

**(Concert dates: Feb 11, 13, 19, 20, 21, 26 & 28. Mar 05, 06, 12, 14, 19 & 20) (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>

**February 07 2018 (Thursday)**

**Cuban & Brazilian drumming & dance program**

A lively drumming and dance program highlighting two of the most influential countries in world music, Cuba and Brazil, both culturally rich in rhythms and songs. Experience the traditional culture.

**At:** 29 St. Dennis Dr (west of DVP & south of Eglinton Ave E) *Flemingdon Park Library - Auditorium*

**Time:** 1:30pm – 2:30pm

**Phone:** 416-395-5820

**February 07 2018 (Thursday)**

### **Chronic Fatigue Syndrome and Fibromyalgia**

Discussing lifestyle tools and strategies, as well as pain management, pacing techniques, and nutrition and supplementation. Chronic Fatigue Syndrome and Fibromyalgia are two debilitating conditions of unexplained persistent fatigue. Program hosted in collaboration with Dr. Sarah King.

**Registration required @ [www.eventbrite.ca](http://www.eventbrite.ca) search: "Chronic Fatigue Syndrome and Fibromyalgia"**

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

**Time:** 2pm – 3pm

**Phone:** 416-395-5440

**February 07 2018 (Thursday)**

### **Origins of root foods**

A facilitator from AfriCan FoodBasket will discuss the origins of root foods including potatoes, carrots, dashees & eddoes.

Hear about how the Black Creek Urban Farm operates and much more! Drop in – For more information call us at 416 395 5720.

**At:** 2793 Keele St (north of Wilson Ave)

*Downsview Library - Program Room*

**Time:** 2pm – 3pm

**Phone:** 416 395 5720



**February 07 2019 (Thursday)**

### **Documentary: Eavesdropping on Souls: a Journey into Haitian**

#### **Arts**

Director/producer Jacqueline Jean-Baptiste introduces her film about the deep and vibrant spirit of Haitian art and culture that sustains its people despite political strife, poverty and natural disasters. Enhancing this brilliantly colourful documentary are the Haitian folk songs performed by the Creole Choir of Cuba, an ensemble of Cuban nationals of Haitian descent. Narrated by well known writer Edwidge Danticat. **In English with some subtitles. 2015. 51 mins.**

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

*Toronto Reference Library – Hinton Learning Theatre*

**Time:** 2pm – 4pm

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

**February 07 2018 (Thursday)**

### **Pillars of Health: Nutrition**

Although we all know that diet and lifestyle are important to health, it is easy to neglect the basics. There is so much information out there about the best way to eat. Come join us to sort through the weeds and create a personalized plan for eating habits that generate energy, pleasure, and your best health.

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. **(Reoccurs: Mar 07 2:30pm-3:30pm, topic: Physical Activity)**

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

*Mount Pleasant Library – Program Room*

**Time:** 2:30pm – 4pm

**Phone:** 416-393-7737



**February 07 2018 (Thursday)**

### **CIET Connect**

Join us Thursday, February 7 after work for the 4th CIET Connect - a casual networking opportunity for energy and sustainability professionals. Drop in for some great conversation and the chance to meet with other professionals who are passionate about Climate Change, Energy Efficiency and Sustainability!

**Registration required @ [www.eventbrite.ca](http://www.eventbrite.ca) search: "CIET Connect"**

**At:** TBA – downtown Toronto (register with Eventbrite)

**Time:** 5:30pm – 7:30pm

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

Created by: Amber – Recreation Therapist 4-5 CAMH

sign  
up  
now

sign  
up  
now

**February 08 2019 (Friday)**

**Tai Chi Performance**

Ta chi does not mean oriental wisdom or something exotic. It is the wisdom of your own senses, your own mind and body together as one process. Drop in. No registration required.

**(Reoccurs: Feb 15 & 22)**

**At:** 496 Birchmount Rd (@ Danforth Rd)

**Time:** 1pm –2pm

*Albert Campbell Library - Multipurpose Room*

**Phone:** 416-396-8890



**February 08 2019 (Friday)**

**Friday Night Movie: Black Panther**

Join us for a free movie screening of the blockbuster hit Black Panther.

T'Challa, heir to the hidden but advanced kingdom of Wakanda, must step forward to lead his people into a new future and must confront a challenger from his country's past. Rated PG 13.

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

**Time:** 5:30pm – 7:30pm

*Bloor/Gladstone Library*

**Phone:** 416-393-7674

**February 08 2019 (Friday)**

**Hope: Suubi Fusion Troupe**

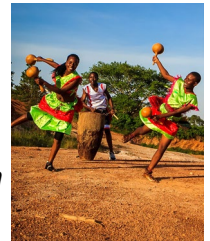
Suubi Fusion Troupe comes from Uganda with their inspiring, educational, and entertaining event. The Suubi Fusion Troupe started as original idea of the school's founder, Mrs. Kevin Kalule. Suubi means 'hope' in Luganda. This cultural and engaging experience will include a presentation, discussion, workshop, performance and a Q&A. The performance will include authentic African instruments, drama, dance & music!

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

**Time:** 6:30pm – 8:30pm

*Toronto Reference Library – Atrium*

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



**February 09 2019 (Saturday)**

**Origami for Chinese New Year**

Celebrate the Lunar New Year with origami led by the University of Toronto's Origami Club, F.O.L.D - Fly with Origami, Learn to Dream.

Drop in the **second floor gallery**, no registration required. All are welcome. Gong hei fat choy!

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

**Time:** 10am –12pm

*Runnymede Library*

**Phone:** 416-393-7697

**February 09 2019 (Saturday)**

**Oakridge Arts Market**

Our 2nd market gives everyone a chance to get out of the house in the middle of winter to enjoy the creativity of local artists and maybe pick up a Valentine something for a special someone.

Come out and support the craftsmanship and handiwork of the community.

The Oakridge Arts Market is the first and only community organized market for independent artisans, makers and creators in the Oakridge neighbourhood of Scarborough.

**At:** 63 Pharmacy Ave (north of Danforth Ave)

**Time:** 10am – 3pm

*Oakridge Community Recreation Centre*

**Website:** <https://www.facebook.com/events/1981298628838713/>

**February 09 2019 (Saturday)**

**Caribbean Culture Dance**

Experience different styles of dance from the Caribbean in this performance/demonstration work shop. Learn about the origins of dances such as traditional Bele skirt dancing, power soca, and dancehall.

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

**Time:** 10:30am –11:30am

*Riverdale Library - Adult Program Room*

**Phone:** 416-393-7720



**February 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: Mar 09, 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

**February 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: Mar 09, Apr 06)**

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

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



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

Free Soup Lunch at Grace Church. **(Reoccurs: )**

**At:** 700 Kennedy Road (south of Eglinton Ave E)  
**Time:** 12:00pm - 2:00pm

*Grace Church Scarborough*  
**Phone:** 416-755-5316



**February 09 2019 (Saturday)**  
**Fantastic Friendships of High Park**

See for yourself the amazing relationships between organisms in High Park. Learn about blue jays and trees working together to survive, bacteria that barter with flowers, and cool lichen comrades. But beware - some friendships aren't so friendly after all!

**Recommended Donation: \$2-5**

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

**Location:** 375 Colborne Lodge Dr

*High Park Nature Centre*

**Time:** 1pm – 3:30pm

**Phone:** 416 762-3453

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



**February 09 2019 (Saturday)**  
**Jewelry Workshop**

Unleash your creative side and learn to make beautiful jewelry in this hands-on workshop. Participants will learn the basic skills and techniques in jewelry making. No experience is required. All supplies will be provided. High quality glass and crystal beads and silver plated components will be used.

Registration is required, and limited to 20 participants. **Register in person in the branch or by calling 416-396-8890.**

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

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



**February 09 2019 (Saturday)**  
**Film and Video Through an Indigenous Lens**

Presented in partnership with the Office of Continuing Studies, OCAD University, this lecture introduces a range of Indigenous film and video produced in Canada, and explores how Indigenous filmmakers engage with strategies of colonization/decolonization, cultural revitalization, and storytelling.



Topics include visual culture, representation, sovereignty, human rights, land rights, language, spirituality, sexuality, and gender.

Presented by Pamela Matthews, an award-winning Indigenous filmmaker, screenwriter, actor, and educator, with more than twenty-five years of industry experience. She has worked with the ImagineNative Film Festival, the Reel World Film Festival, and the American Indian Film Institute. Pamela holds an MFA in film production from York University.

**Please contact the branch to register 416-393-7783**

**At:** 1675 Danforth Ave (east of Coxwell Ave)  
**Time:** 2pm – 4pm

*Danforth/Coxwell Library*  
**Phone:** 416-393-7783

**February 11 2019 (Monday)**

**Free Concert Series: The Christina and Louis Quilico Awards-  
Artists of the COC Ensemble Studio**

In this special presentation, artists of the COC Ensemble Studio compete in the 8th edition of the Christina and Louis Quilico Awards. Each artist will perform an aria of his or her own choosing and a second aria will be selected by the panel of judges. Awards will be presented at the end of the evening.

**(Concert dates: Feb 13, 19, 20, 21, 26 & 28. Mar 05, 06, 12, 14, 19 & 20) (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 – 7:30pm

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

**February 11 2019 (Monday)**

**History on Film Series: The Infiltrator**

Tonight's History on Film Series presentation is The Infiltrator.

A U.S. Customs official uncovers a money laundering scheme involving Colombian drug lord Pablo Escobar. 2016 Movie - Rated R - 127 minutes. Drop-In Movie.

**At:** 36 Brentwood Rd N (north of Bloor St W)

*Brentwood Library - Program Room*

**Time:** 6pm – 8:15pm

**Phone:** 416-394-5240



**February 11 2019 (Monday)**

**Jazz Valentines for Austin Clarke**

Canada's Poet Laureate George Elliott Clarke, poet Bānoo Zan and short story writer Zalika Reid-Benta recite their poetry and spoken word, accompanied by guitarist Leonard 'Sugar Plum' Croxson and sweet jazz grooves.

**At:** 560 Palmerston Ave (north of Bloor St W & west of Bathurst St)

*Palmerston Library*

**Time:** 7pm – 8:30pm

**Phone:** 416-393-7680

**February 12 2019 (Tuesday)**

**Discover Dance – Ashley Perez**

You are invited to Discover Dance, a free, all-ages, lunch hour series, where you will be introduced to some of Toronto's incredible dance artists. Hosted by the award-winning choreographer Nova Bhattacharya, Discover Dance is an hour packed with dance and conversation. You will have the opportunity to see dance and share your thoughts; to hear stories and ask questions; and to discover how dance forms from near and far are being woven in Toronto's cultural scene.

Ashley Perez also known as Colours is power in motion. From funk styles to hip-hop, voguing, waacking and jazz her mastery of dance will leave you breathless.

**At:** 5040 Yonge St (north of Sheppard Ave)

*Toronto Centre for the Arts - Upper Gallery*

**Time:** 12pm - 1pm (main doors open @11:30am)

**Website:** <http://www.sonycentre.ca/education-and-engagement/discover-dance>







**February 12 2019 (Tuesday)**

### **Black Heroes in Canada**

Rosemary Sadlier OOnt, Author, and Past President of the Ontario Black History Society (OBHS) covers the origin of Black History Month. She provides new details about incredible exploits, events and settlements connected to the work of Black heroes, freedom fighters, people who made a difference. Who are they, how have they made a difference and why should you know about them? From the beginning of Canada to the present day. What did they have to do to be heroes? This will include a talk, some visuals, the author reading from her works and interaction with the audience.

**Register in person or call the branch @ 416-395-5981** Seating is limited to 250. FREE

**At:** 5120 Yonge St (east of Jane St)

*York Woods Library - Theatre*

**Time:** 1:30pm – 3pm

**Phone:** 416-395-5981



**February 12 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: Mar 05)**

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

*Barbara Frum Library*

**Time:** 2pm – 3pm

**Phone:** 416-395-5440

**February 12 2019 (Tuesday)**

### **Personalized 3D Printed Heart Pendants for Valentine's Day**

Come celebrate love and friendship with us!

We will be doing drop in sessions to personalize heart pendants with your initials/your friend's initials or a date! We will personalize it and 3D print it!

**Please note: Limit 1 3D printed pendant per person and limited to 35 mins print time or less. It can take around 30 mins -45 mins to print and cool down.**

There is no registration, it will be first come first serve drop in only.

Last print will be taken at 4:00 pm. Everyone is welcome!

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

*Toronto Reference Library – Digital Innovation Hub*

**Time:** 2pm – 4pm

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



**February 12 2019 (Tuesday)**

### **Polyamorous: Multiple Love? A Conversation with Author Jenny Yuen**

Polyamorous looks at how people across Canada are giving themselves a choice to love another way, how these relationships are defined in the modern world, and why many are fighting for the legal right to love who - and how many - they choose. All are welcome, 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

**February 12 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. **(Reoccurs: Feb 19 & 26, Mar 05)**

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

*North York Central Library - Auditorium*

**Time:** 6:30pm – 8pm

**Phone:** 416-395-5639



**February 12 2019 (Tuesday)**

**Before the 6ix: Classic 1999 Toronto hip-hop albums**

When Chocclair's Ice Cold was released in 1999, it represented a milestone in Toronto hip-hop. But it was just one of many significant releases that year which is arguably one of the finest in the history of the city's hip-hop scene. Looking back at the 20th anniversary of releases by Saukrates, Da Grassroots, Citizen Kane and Mathematik among many others, moderator Del Cowie is joined by panelists and DJ Agile to trace the history and ongoing relevance of the albums in Toronto's hip-hop canon.



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

*Toronto Reference Library – Hinton Learning Theatre*

**Time:** 6:30pm – 8pm

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

**February 13 2019 (Wednesday)**

**Free Concert Series: who we are in the dark**

DANCE SERIES - Choreographed by acclaimed Canadian dance artist Peggy Baker, who we are in the dark offers the immediacy and excitement of daring contemporary dance. Seven extraordinary dancers presents a special preview of this new work which explores and illuminates shifting identities, betrayals, secrets, and intimacies played out in the dark.

**(Concert dates: Feb 19, 20, 21, 26 & 28. Mar 05, 06, 12, 14, 19 & 20) (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>

**February 13 2019 (Wednesday)**

**Discover Dance – Ashley Perez**

You are invited to Discover Dance, a free, all-ages, lunch hour series, where you will be introduced to some of Toronto's incredible dance artists. Hosted by the award-winning choreographer Nova Bhattacharya, Discover Dance is an hour packed with dance and conversation. You will have the opportunity to see dance and share your thoughts; to hear stories and ask questions; and to discover how dance forms from near and far are being woven in Toronto's cultural scene.

Ashley Perez also known as Colours is power in motion. From funk styles to hip-hop, voguing, waacking and jazz her mastery of dance will leave you breathless.

**At:** 1 Front Street E (@ Yonge St) *Sony Centre for the Performing Arts - Lower Lobby*

**Time:** 12pm - 1pm (main doors open @11:30am)

**Website:** <http://www.sonycentre.ca/education-and-engagement/discover-dance>



**February 13 2019 (Wednesday)**

**Canada in Fashion**

Join Ryerson University Professor of Fashion James Fowler for a kaleidoscopic view of the history of fashion and clothing in Canada. All welcome!

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

*Toronto Reference Library – Hinton Learning Theatre*

**Time:** 2pm – 4pm

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

**February 13 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: Mar 06, 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



**February 13 2019 (Wednesday)**  
**Stress Management Through Nutrition**

Explore the connection between food and mood, and how nutrition can help you manage your stress levels with holistic nutritionist Lucy Frankel. Learn which foods and eating patterns exacerbate stress, which habits are the most beneficial and understand the role of supplements in managing stress. No registration required.

**At:** 701 Pape Ave (@ Danforth Ave)  
**Time:** 6:30pm –8pm

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



**February 14 2019 (Thursday)**  
**The Chocolate Lover's Club**

Excite your senses with an educational afternoon where we will learn the history of chocolate along with a tasting! Hosted by Dina from Mosaic Home Care. **Registration required @ [www.eventbrite.ca](http://www.eventbrite.ca) search: "The Chocolate Lover's Club"**

**At:** 20 Covington Rd (west of Bathurst St & north of Lawrence Ave W)  
**Time:** 2pm – 3pm

*Barbara Frum Library*  
**Phone:** 416-395-5440



**February 14 2019 (Thursday)**  
**Kente Cloth Weaving Workshop**

In celebration of Black History Month, learn about Kente (woven) cloth, a tradition from the Ashanti and Ewe tribes of Ghana. Examine patterns and learn their significance, weave a bracelet or bookmark inspired by Kente cloth to take home. Presented by the Textile Museum of Canada. Open to all ages, No registration required.

**At:** 1745 Eglinton Ave W (east of Dufferin St)  
**Time:** 2pm – 3:30pm

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

**February 14 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: Mar 21)**

**At:** 789 Yonge St (north of Bloor St)  
**Time:** 6pm –8pm

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



**February 14 2019 (Thursday)**  
**Black History Month: History on Film Series: Race (2016)**

Based on the incredible true story of Jesse Owens, the legendary athletic superstar whose quest to become the greatest track and field athlete in history thrusts him onto the world stage of the 1936 Olympics, where he faces off against Adolf Hitler's vision of Aryan supremacy.

Race is an enthralling film about courage, determination, tolerance, and friendship, and an inspiring drama about one man's fight to become an Olympic legend.

134 minutes - Rated PG - Drop-In Movie.

**At:** 36 Brentwood Rd N (north of Bloor St W)  
**Time:** 6pm –8:15pm

*Brentwood Library - Program Room*  
**Phone:** 416-394-5240

**February 15 2019 (Friday)**

### **Black History Month Celebrations Afro-Central**

The D'LYFE duo delivers high energy dance workshops, drawing from the cross-cultural experiences that have influenced their creative approach. This inter-generational workshop will have both young and seasoned participants grooving as we fuse traditional and contemporary West African movement to the rhythms of Afro-beat and Afro-soca.

**At:** 30 Sewells Rd (east of Neilson Rd)

**Time:** 2pm – 3pm

*Malvern Library*

**Phone:** 416-396-8969



**February 16 2019 (Saturday)**

### **Family Day at the Legislative Assembly**

Join us for a family friendly tour at Ontario's Legislative Building on the Saturday of Family Day Weekend. During this two-hour program, families will: explore the historic Legislative Building, participate in a scavenger hunt, learn how Parliament works, create a craft, and have fun, all for free! **Pre-registration is required. For more information call our bookings at 416-325-0061 or e-mail [tourbookings@ola.org](mailto:tourbookings@ola.org).** Children must be accompanied by an adult.

**At:** 111 Wellesley St W (@ Queens Park Cres W)

*Legislative Assembly of Ontario*

**Time:** 10am – 12pm and 1:30pm – 3:30pm



**February 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: Mar 16)**

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

*Pape/Danforth Library – Program Room*

**Time:** 1:30pm – 2:30pm

**Phone:** 416-393-7727



**February 17 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/>

**February 17 2019 (Sunday)**

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

Brrr Toronto! We are in the thick of it and those winter blues may be creeping up on you. We have just the thing to chase those winter blues away and you can do it the local way. Looking for some Family Day Sunday plans? We have you covered as well. We are back February 17th 2019 10am-4pm at the historic Great Hall Toronto (Lower Hall) for a little #sundayfunday treat to warm you up Toronto. Swing by and check out NEW vendors and artisans, sample and snack on delicious local eats and to die for sweet treats. While it may be blah and boring outside at the Trinity Bellwoods Flea. It's anything but that and there is plenty of good vibes to go around. Admission is as always FREE, four legged friends and kiddos welcome.

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

*The Great Hall – Lower Hall*

**Time:** 10:00am – 5:00pm

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

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





**February 17 2019 (Sunday)**  
**Toronto Black Vegan Festival**

Toronto Black Vegan Festival is an opportunity for vegan chefs and bakers from African and Caribbean communities in Toronto to offer spicy and tasty vegan meals and treats to all vegans and foodies in Toronto. The food ranges from vegan versions of traditional African/Caribbean ethnic foods to new creations that give North American fruits and vegetables an African/Caribbean mouth-watering twist of flavour and texture. Skincare and other health products developed and sold by African/Caribbean entrepreneurs will also be available. Everyone is welcome! **Registration required @ [www.eventbrite.ca](http://www.eventbrite.ca) search: "Toronto Black Vegan Festival"**

**At:** 601 Christie St (south of St Clair Ave W)  
**Time:** 12pm – 8pm

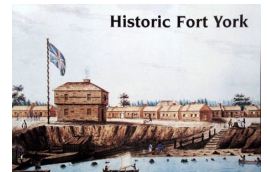
**Artscape Wychwood Barns**  
**Phone:** (437) 991-6725

**February 18 2019 (Monday)**  
**Family Winter Fun Day**

There are no shortage of activities to celebrate Family Day. Come and have your face painted, dress up in period costume and experience unique interactive pop-up exhibitions, performances and crafts. Sip hot chocolate and devour roasted marshmallows in a magical authentic historical environment. Make sure to bring your skates – The Bentway at Fort York public skating trail is open until 9 pm!

**At:** 250 Fort York Blvd (@ Bathurst St)  
**Time:** 10am – 5pm

**Fort York National Historic Site**  
**Phone:** (416) 392-6907



**February 18 2019 (Monday)**  
**WinterRouge 2019!**

Come chill with us this coming Family Day at WinterRouge! Bundle up for a full day of FREE, family-friendly winter activities at Rouge National Urban Park. Through WinterRouge we will also be supporting the Great Backyard Bird Count, so dust off those binoculars if you have them or borrow a pair from us!

**At:** 7277 14th Ave, Markham  
**Time:** 11am – 3pm

**Bob Hunter Memorial Park - Rouge National Urban Park**  
**Phone:** (416) 264-2020

**February 18 2019 (Monday)**  
**Family Winter Fun Day**

Toronto's East end gets animated this Family Day! Pose for selfies with historic props, play family board games, build a snowman and join an ice cube scavenger hunt. Warm up by the bonfire while you roasted marshmallows and sample hot chocolate, potato soup and fresh bread.

**At:** 1007 Brimley Rd (@ Lawrence Ave E)  
**Time:** 12pm – 4pm

**Scarborough Museum**  
**Phone:** (416) 338-8807

**February 18 2019 (Monday)**  
**DUKE on Ice Family Winterfest**

A first-of-its-kind family fun event in winter in North York with food, music, ice-skating, and free giveaways on this Family Day! Come with your family and friends for an afternoon full of treats, music, giveaways and fun! **Ice rink is open to all participants from 1 PM to 4 PM**

**At:** 2 Champagne Dr (@ Finch St W & west of Dufferin St)  
**Time:** 1pm – 5pm

**Champagne Centre**  
**Phone:** (416) 739-1621



**February 19 2019 (Tuesday)**  
**Free Concert Series: On Shining Wings**

VOCAL SERIES - Celebrate the 1,000th performance of the Free Concert Series with renowned British soprano Susan Bullock (Klytämnestra in the COC's Elektra), who made waves in Toronto when she performed the role of Brünnhilde in the first complete Ring Cycle by the COC to open

the Four Seasons Centre. Her return to the COC in the title role in Elektra in 2007 earned her a Dora Award for Outstanding Performance in the Opera Division. She is joined by Head of the COC Ensemble Studio, Liz Upchurch, for an electrifying program featuring composers that include Wagner, Duparc, and Strauss.

**(Concert dates: Feb 20, 21, 26 & 28. Mar 05, 06, 12, 14, 19 & 20) (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>

### **February 19 2019 (Tuesday)**

#### **Line Dancing**

Looking for a fun way to stay active and healthy? Join us for an introduction to various Line Dances, from Ballroom to Latin to Country. No registration required.

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

*S. Walter Stewart Library*

**Time:** 2pm – 3:30pm

**Phone:** 416-396-3975



### **February 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: Mar 19)**

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

*Annette Street Library*

**Time:** 6:15pm – 8:15pm

**Phone:** 416-393-7692



### **February 19 2019 (Tuesday)**

#### **Getting Words on the Page**

Writers, just like athletes, need to exercise to keep up their game. Getting Words on the Page is a workshop that aims to teach the kinds of basic writing exercises that keep juices flowing and confidence high in writers of any experience level.

Presented by Ainslie Hogarth, author of *The Lonely* and *The Boy Meets Girl Massacre* (Annotated). Drop in. No registration required.

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

*College/Shaw Library – Program Room*

**Time:** 6:30pm – 7:30pm

**Phone:** 416-393-7668

### **February 19 2019 (Tuesday)**

#### **Downsizing Diva Presents: "It's Not Just Stuff, It's My Stuff!"**

In this interactive downsizing presentation learn about:

- \* The downsizing process and how to begin
- \* Simplifying your life...whether you're moving or not
- \* What to do with stuff you don't want, use or need
- \* The Million Dollar Secret behind successful downsizing!

Presented by Karen Shinn from Downsizing Diva. Karen Shinn and Gail Shields formed Downsizing Diva in 2009 and are pioneers in the Senior Move Management industry, Certified Senior Move Managers, NASMM@Home Specialists and Professional Consultants on Aging. Free. Drop in. No registration required.

**At:** 22 Yorkville Ave (west of Yonge St & north of Bloor St W)

*Yorkville Library - Program Room*

**Time:** 6:30pm – 8pm

**Phone:** 416-393-7660

**February 20 2019 (Wednesday)**

**Spirit of Africa**



Participants will experience the Spirit of Africa through rhythm and movement. This exciting workshop is a fun and interactive activity that uses dance movement, music and song to tell the story of the African people. Participants will learn about how the everyday lives of African people transfers through the arts, where examples of their daily activities, values and customs are portrayed. This workshop will consist of a series of movements, song and drum rhythms from different parts of West Africa, followed by a formal instruction of a traditional dance piece ending with a "cookup" where participants are able to freely express themselves. Hosted by Akoma Performing Arts in partnership with Project Young Minds. No registration required. Drop-in.

**At:** 1515 Danforth Rd (south of Lawrence Ave E)

**Time:** 10am – 10:45am

*Bendale Library*

**Phone:** 416-396-8910

**February 20 2019 (Wednesday)**

**Free Concert Series: Les Adieux: A Poetic Diary**

VOCAL SERIES - Baritone Samuel Chan bids farewell to the COC Ensemble Studio with an all Schubert program. Joined by Stéphane Mayer on piano, they explore the Schubert Lieder and Schubert's heartfelt and insightful world of songs.

**(Concert dates: Feb 21, 26 & 28. Mar 05, 06, 12, 14, 19 & 20) (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>

**February 20 2019 (Wednesday)**

**Dance in the Library: Caribbean**

Drop-in and stimulate your senses as a Caribbean dancer showcases various dances.

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

**Time:** 6pm – 7pm

**Phone:** 416-395-5440



**February 20 2019 (Wednesday)**

**Gumboots Dance!**

Gumboots is a dynamic, rhythmic dance originating from South Africa, and requiring the use of rubber boots. It is the predecessor of stomp dance, a discipline where the body becomes the musical instrument, eyes the lyrics and dance the medium of communication. Presenter: Just Aïssi, choreographer and percussionist. Fun guaranteed! All ages welcome. **Please call**

**(416)395-5639 to register for this free program.**

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

*North York Central Library - Auditorium*

**Time:** 7pm – 8pm

**Phone:** 416-395-5639



**February 21 2019 (Thursday)**

**Free Concert Series: Les Adieux: Poèmes pour Mi**

VOCAL SERIES - Soprano Lauren Eberwein and pianist Rachael Kerr bid farewell to the COC Ensemble Studio with a program centered around Olivier Messiaen's major song cycle, Poèmes pour Mi, which was written for his first wife, the violinist and composer Claire Delbos whom he nicknamed "Mi".

**(Concert dates: Feb 26 & 28. Mar 05, 06, 12, 14, 19 & 20) (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>





**February 21 2019 (Thursday)**

### **So pick up your pencil Or your phone**

Have you ever woken up at 4 a.m. with an idea that you can't remember later when the alarm goes off? Or seen an ad on the subway but had no way of recording the information? Or been in an Emergency Room trying to remember your medications? Great ideas, answers to questions, hysterical jokes, personal information and family history all deserve to be captured. Come and meet Jane for a fun - and serious -chat about capturing all your fabulous knowledge. **Please call 416-934-5300 to register for this great program!**

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

**Time:** 2pm – 3pm

*Humber Bay Library*

**Phone:** 416-934-5300

**February 21 2019 (Thursday)**

### **Afternoon at The Movies, film and discussion: Crazy Rich Asians**

Crazy Rich Asians (PG, 2 hr.), the story follows Rachel Chu (Wu), an American-born Chinese economics professor, who travels to her boyfriend Nick's (Golding) hometown of Singapore for his best friend's wedding. Before long, his secret is out: Nick is from a family that is impossibly wealthy, he's perhaps the most eligible bachelor in Asia, and every single woman in his ultra-rarefied social class is incredibly jealous of Rachel and wants to bring her down.

**Feature film to be viewed in Room C.** Discussion to follow film.

**At:** 20 Covington Rd (west of Bathurst St & north of Lawrence Ave W) *Barbara Frum Library- Rm C*

**Time:** 2pm – 4pm

**Phone:** 416-395-5440



**February 21 2019 (Thursday)**

### **Black History Month Celebrations Caribbean Voyage**

The D'LYFE duo delivers high energy dance workshops, drawing from the cross-cultural experiences that have influenced their creative approach. Take this reminiscent voyage through dancehall and soca movements from the 90s to present day, which have shaped the fabric of Caribbean pop-culture. So bring your best Bogle and be ready to Flairy.

**At:** 30 Sewells Rd (east of Neilson Rd)

**Time:** 6pm – 7pm

*Malvern Library*

**Phone:** 416-396-8969

**February 21 2019 (Thursday)**

### **February Movie @ Palmerston: Leave No Trace**

Enjoy a night at the movies on the big screen in our accessible theatre. All are welcome. Drop in. No registration required. **Leave No Trace 2018 - 108 minutes - PG**

Will and his teenage daughter Tom, have lived off the grid for years in the forests of Portland, Oregon. When their idyllic life is shattered, both are put into social services. After clashing with their new surroundings, Will and Tom set off on a harrowing journey back to their wild homeland. Starring Ben Foster and Thomasin Harcourt McKenzie.

**At:** 560 Palmerston Ave (north of Bloor St W)

**Time:** 6pm – 8pm

*Palmerston Library*

**Phone:** 416-393-7680

**February 21 2018 (Thursday)**

### **Black History Month Film Screening**

We've curated a collection of Black made films - consisting of two short films and one feature-length film. The films will be hosted at Ryerson University, and at the end of the screenings will be a moderated Q&A panel with the directors and members of the cast to bring about discussions of themes within the film and their experience bringing it together, we will also be exploring ideas that were reflected in the film that represent what it means to be a black individual in Canada and the black experience in the Canadian diaspora.

**Registration required @ [www.eventbrite.ca](http://www.eventbrite.ca) search: "Black History Month Film Screening"**

**At:** 122 Bond St (east of Yonge St) *Ryerson University IMA building room number IMA 307*

**Time:** 6pm – 10pm





**February 21 2019 (Thursday)**

### **Simple Investing**

Do you know how to save but want to learn more about investing? Personal finance coach and educator, John Robertson, covers basic investment options with a focus on index investing. Learn to create a long-term plan assessing one's risk tolerance. **Call 416-393-7668 to register.**

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

*College/Shaw Library – Program Room*

**Time:** 6:30pm – 7:30pm

**Phone:** 416-393-7668

**February 22 2019 (Friday)**

### **Motivational Talk with Dwayne Morgan**

No one would have expected a shy, Black kid from Scarborough to become the author of 12 books, but Dwayne Morgan's life embodies embracing the unexpected. A Scarborough Walk of Fame inductee, Morgan will share the thoughts and secrets behind his achievements, with the hope of leaving others inspired to live lives beyond expectations. For ages 13 and up. Drop in. No registration required.

**At:** 30 Sewells Rd (east of Neilson Rd)

*Malvern Library*

**Time:** 1:30pm – 2:30pm

**Phone:** 416-396-8969

**February 22 2019 (Friday)**

### **Crafternoons**

Join us for an afternoon of fun and easy crafts! **(Reoccurs: Mar 29, Apr 26)**

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

*Bloor/Gladstone Library*

**Time:** 2pm – 3pm

**Phone:** 416-393-7674



**February 22 2019 (Friday)**

### **Live in the Library: Presenting King Cosmos**

Come and enjoy a performance of calypso music by King Cosmos. All are welcome! The award winning King Cosmos (Henry Gomez) was born and raised in Princes Town, Trinidad. He lives and works in Toronto where he helps keep the calypso culture vibrant. He has performed at the Harbourfront, Lula Lounge, Fortress North, The Caribana Arts and Cultural Festival (Olympic Island), The Queen Elizabeth Theatre (CNE) and the North York Centre for the Performing Arts. King Cosmos has been singing calypso for over twenty years.

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

*Bloor/Gladstone Library*

**Time:** 7pm – 8pm

**Phone:** 416-393-7674

**February 23 2019 (Saturday)**

### **Seedy Saturday at Toronto Botanical Garden**

TBG's annual Horticultural Open House with 30+ exhibitors including horticultural societies, garden clubs and environmental organizations, in addition to a floral design competition and show.

Bring your open-pollinated and heirloom seeds to swap with other gardeners. Leftover seed will be added to the TBG Seed Library. Seeds will also be available for purchase from local seed vendors. Seedy Saturday provides gardeners a chance to share their heirloom seed with one another to make sure it's available for future generations. It's also a great opportunity to discover varieties that are not available commercially.

**This one-day garden extravaganza includes:**

free talks and demonstrations, gently-used gardening book sale, gardening advice from Toronto Master Gardeners, special discounts in the TBG Garden Shop, Café and Coffee Bar (Bring a mug and/or a water bottle to help us reduce waste.)

**Free Admission - \$2 donation appreciated (Those who donate will be entered in free prize draws, 1 every hour!)**

**At:** 777 Lawrence Avenue E (@ Leslie St)

*Toronto Botanical Garden*

**Time:** 10am – 3pm

**Phone:** 416-397-1341





**February 23 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: Mar 09, 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

**February 23 2019 (Saturday)**

**Crafternoon**

Join us for drop-in crafts all afternoon. No registration necessary.

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

*Jones Library*

**Time:** 11am – 4pm

**Phone:** 416-393-7715

**February 23 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: Mar 30)**

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

*Don Mills Library – Auditorium*

**Time:** 12:30pm – 1:30pm

**Phone:** 416-395-5710



**February 23 2019 (Saturday)**

**Know Your Nature (Led by High Park Rangers Youth)**

Learn about the plants and animals in High Park from the young naturalists of the High Park Rangers group! We will explore woodlands and black oak savannah habitats to learn fascinating facts and connect with the nature surrounding us. **Recommended Donation: \$2-5**

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

**Location:** 375 Colborne Lodge Dr

*High Park Nature Centre at the Forest School*

**Time:** 1pm – 3:30pm

**Phone:** 416 762-3453

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



**February 23 2019 (Saturday)**

**African Voyages**

Njacko Backo shares the life experience of his native village in Cameroon where traditions, history and values are transmitted orally through stories, songs and dances.

**At:** 1081 Progress Ave (@ Sheppard Ave E)

*Burrows Hall Library*

**Time:** 2pm – 3pm

**Phone:** 416-396-8740



**February 23 2019 (Saturday)**

### **ROM in My Backyard: Coffee, Culture and Community**

Join Malvern Library as we have experts from the Royal Ontario Museum for their hands-on museum touchables- for a family event exploring social traditions in the African diaspora: food, drink, music and dance! See an Ethiopian coffee ceremony and make your own musical instrument. Program is provided by the Royal Ontario Museum. For ages 6 years and older. **Registration Required. Please call 416-396-8970 for registration.**

**At:** 30 Sewells Rd (east of Neilson Rd)

*Malvern Library*

**Time:** 2pm – 3:30pm

**Phone:** 416-396-8969



**February 23 2019 (Saturday)**

### **Toronto Muddy York Rugby: 2019 New Player Recruitment**

Register for Muddy York's second 2019 new player recruitment session! This is an introduction for people considering our bi-weekly new player winter training, which leads up to our regular rugby season beginning in May.

This session includes a two-hour training session with our coach. Next, come to Pegasus on Church Street for drinks with the team! Registration is limited, so please register now to guarantee your spot.

Note: This session is intended for new players (experienced or inexperienced).

Directions: Training will be at the lower gym of Jarvis Collegiate.

1. Enter via the parking lot accessible via Wellesley St (across from Petro-Canada).

2. Head down to the end of the parking lot and enter via the doors on the left marked "Pool Entrance".

3. Go down the ramp and through the doors, the gym will be on your left.

If you have any other questions, please contact [recruitment@muddyyork.ca](mailto:recruitment@muddyyork.ca)

**Registration required @ [www.eventbrite.ca](http://www.eventbrite.ca) search: "Toronto Muddy York Rugby: 2019 New Player Recruitment, February Session"**

**At:** 495 Jarvis St (@ Wellesley St)

*Jarvis Collegiate Institute*

**Time:** 3:30pm – 7:30pm

**Website:** <https://www.muddyyork.ca/>



**February 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: Mar 25, Apr 15)**

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

*Runnymede Library - Program Room*

**Time:** 2pm – 3pm

**Phone:** 416-393-7697



**February 25 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. (Reoccurs: Apr 15)**

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

*Bloor/Gladstone Library*

**Time:** 6pm – 7:30pm

**Phone:** 416-393-7674

**February 25 2018 (Monday)**

### **Houseplants Lecture by Michael Erdman**

Michael Erdman tends to various houseplants including Camellias and orchids. Learn how to tend for your house at our meeting for the North York Garden Club.

**Registration required @ [www.eventbrite.ca](http://www.eventbrite.ca) search: "Houseplants Lecture by Michael Erdman"**

**At:** 38 Eglerslie Ave (south of Finch Ave W)

*Willowdale Presbyterian Church*

**Time:** 7:30pm – 9:30pm



**February 26 2019 (Tuesday)**

### **Free Concert Series: Tounkande**

DANCE SERIES - Celebrate the rich cultural heritage of the Malinke people with Ballet Creole. Led by Artistic Director, Patrick Parson, this performance brings together traditional African rhythms and the athletic and exhilarating dancers of Ballet Creole to create a presentation of history, education and entertainment at its highest level.

**(Concert dates: Feb 28, Mar 05, 06, 12, 14, 19 & 20) (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>

**February 27 2019 (Wednesday)**

### **Fasching**

In partnership with the Goethe-Institut Toronto, celebrate Fasching and the new German children's collection. Come in costume for German stories, songs and games. Children, grandparents and families join the Karneval parade. Drop in. No registration required.

**At:** 36 Brentwood Rd N (north of Bloor St W)

*Brentwood Library - Program Room*

**Time:** 10:30am – 11:30am

**Phone:** 416-394-5240

**February 27 2019 (Wednesday)**

### **PitchItTOCityHall**

Join Open People Network on February 27, 2019 at Toronto City Hall for our first #PitchItTOCityHall of 2019! OPN has partnered with The City of Toronto and StartupHERE for the second year for our 41st show #PitchItTOCityHall. Join Toronto's brightest entrepreneurs as they share their products and services in the OPN showcase with over 300 entrepreneurs and investors in attendance.

PitchItTO is an entrepreneur-led, grassroots event that provides startups with a platform to market their product or service, drive brand awareness, and practice their funding pitch in front of potential investors. **To Register:** <http://www.opn.ninja/sessions/pitchitto-city-hall-session-7/>

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

*Toronto City Hall – Council Chambers*

**Time:** 5:30pm – 9pm

**Website:** <http://www.opn.ninja/sessions/pitchitto-city-hall-session-7/>

**February 27 2019 (Wednesday)**

### **PRESTO Information Session**

Join us in the Pape/Danforth second floor program room for an informative session geared toward seniors, caregivers and anyone who may find the transition to PRESTO confusing. Metrolinx representatives will explain: how to use PRESTO on the TTC, where to buy a card, how to set it up and register as a senior, how to load money on the card, and explore some of the options such as auto-load, auto-renew, and use on other transit systems, including GO Transit. Space is limited. **Registration required. Call 416-393-7727 to register.**

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

*Pape/Danforth Library – Program Room*

**Time:** 6pm – 9pm

**Phone:** 416-393-7727





**February 27 2019 (Wednesday)**

**Toronto Lit Up: Amanda Laird**

Amanda Laird is releasing *Heavy Flow* and will be celebrating its publication with a Toronto Lit Up book launch! Join Dundurn Press and the Toronto International Festival of Authors for this exciting event. What do you know about your menstrual cycle?

Your menstrual cycle is your fifth vital sign — a barometer of health and wellness that is as telling as your pulse or blood pressure. Yet most of us see our periods as nothing more than a source of inconvenience, shame, and stigma....(see website for the rest of the description)

**RSVP @:** [www.eventbrite.ca](http://www.eventbrite.ca) **search "Toronto Lit Up: Amanda Laird"**

**At:** 2887 Dundas St. W (east of Keele St)

*Type Books Junction*

**Time:** 6:30pm – 8:30pm **Website:** <https://festivalofauthors.ca/events/toronto-lit-up-amanda-laird>

**February 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: Mar 27, 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

**February 28 2019 (Thursday)**

**Free Concert Series: No Woman's Land**

DANCE SERIES - Ahead of the world premiere in March, Jaber Dance Theatre presents a preview of *No Woman's Land*, an evocative new work based on real stories of women in refugee camps. The work uses dance, multi-media and verbatim theatre to explore the issues of displacement and gender based violence while honouring the courage, resilience, and extraordinary stories of survival of these women.

**(Concert dates: Mar 05, 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>

**February 28 2019 (Thursday)**

**AGO Talk: Julie Crooks on "Mickalene Thomas: Femmes Noires"**

Curator Julie Crooks talks about the Art Gallery of Ontario's solo exhibition by African-American contemporary artist Mickalene Thomas. Thomas' first large scale exhibition in Canada sparks timely and urgent conversations about race, representational politics, Black celebrity culture and sexuality as seen through a Black queer feminist perspective.

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

*Toronto Reference Library – Beeton Hall*

**Time:** 2pm – 3pm

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

**February 28 2019 (Thursday)**

**Film Thursdays @ Danforth/Coxwell**

**Feb 28, 2019-Crazy Rich Asian (PG, 2hr, Comedy, Romance)**

**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



**February 28 2019 (Thursday)**

**Great Bike Journeys of the World**

Robbin McKinney, photographer and raconteur, presents a slide show of stunning images and video from cycling trips around the world. Countries visited on this journey will include Costa Rica, Czech Republic, Spain, Italy, France, Croatia, Slovenia, Portugal, Ireland, Morocco, Turkey, Vietnam, Canada, the United States, and more. Robbin has been leading trips around the world for over 30 years and has stories from a lifetime of travel that will inspire you to explore the world by bike. All are welcome, no registration required.

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

**Time:** 6:30pm –8pm

*Toronto Reference Library – Atrium*

**Phone:** 416-395-5577

**February 28 2019 (Thursday)**

**Scrabble Night**

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

**(Reoccurs: Mar 28)**

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

**Time:** 7pm – 8pm

**Phone:** 416-396-3820





# Coming Up/Register NOW

**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 and meet new neighbours and make new friends.

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

*Pape/Danforth Library – Program Room*

**Time:** 11am –12:30pm

**Phone:** 416-393-7727

**March 20 2019 (Wednesday)**

## **Soooo dramatic: Opera Excerpts by the University of Toronto, 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)

*North York Central Library - Auditorium*

**Time:** 7pm – 8pm

**Phone:** 416 395-5535

**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 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 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)

*Queen/Saulter Library*

**Time:** 6:30pm –8pm

**Phone:** 416-393-7723

## **Events Happening Over Multiple Days**

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

***Now - February 14 2019***

### **Expressions of Landscape**

A sharing of expressions of the landscape in paintings, photography, multimedia and sculpture by members of the Ontario Society of Artists.

**Public Reception will be held on Thursday January 17, from 7:00 pm to 9:00 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 - February 21 2019***

### **Six Directions**

IX artists explore SIX directional archetypes - each revealing paths traveled that shape one's connectedness and personal evolution. Featuring Ioana Bertrand, Georgia Bowen, Winnie Larsen, Theodora McLaren, Ellen Peers, and Louise Spiritcougar Lefebvre. **Public**

**Reception will be held on Sunday January 27th from 2:00 pm to 4:00 pm**

**At:** 399 The West Mall (south of Burmanthorpe Rd) *Etoibicoke 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 - February 24 2019***

### **Ice Breakers 2019**

An Illuminated starlight house, with a cascade of colours, kaleidoscopic mirrors and arches of sweet-sounding bells are just some of the sights and sounds that visitors to Toronto's downtown Waterfront can experience this winter when the winners execute upon their designs for the third annual Ice Breakers Exhibition presented by PortsToronto.

**Launch Party: Jan 19 12:30pm – 3pm. Enjoy refreshments, entertainment and guided tours of 5 installations, each with an interpretation of this year's theme "Signal Transmission".**

**At:** 339 Queens Quay W

*HTO Park*

**Website:** <http://www.waterfrontbia.com/ice-breakers-2019-presented-by-ports/>

***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 17 2019**

### **Winter Light Exhibition**

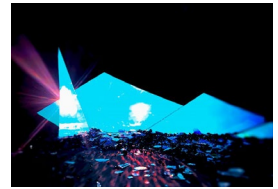
Throughout the winter season, Ontario Place is a landscape of brisk wind, extreme temperature and intricate ice sculptures crafted by Mother Nature herself. Utilizing creativity, innovation, light and discovery, creators from all artistic streams will showcase their exhibits following the curatorial 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 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 - 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/>

**February 04 - 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

**February 09 - February 10 2019**

**BLOOR-YORKVILLE ICEFEST**

Celebrate winter in the heart of the city at Bloor-Yorkville's 14th Annual Icefest. Toronto's premier cultural district will celebrate this landmark year by transforming into a showcase of incredible ice sculptures and live ice carving demonstrations for the entire family to enjoy.

**At:** 115 Cumberland St (Bay St & Bloor St W)

*Bloor-Yorkville*

**Time:** Sat 12pm – 8pm, Sun: 12pm – 5pm

**Website:** <http://bloor-yorkville.com/icefest/>



**February 09 - February 10 2019**

**2019 Chinese New Year Celebration**

February is not just about Valentine's day, it is also about Chinese New Year, also known as the Spring Festival. Come and celebrate the year of the "pig" with us at an 2-day event featuring traditional cultural performances and various activities. We wish you happiness and good fortune for the new year!

**At:** 280 Spadina Ave-*Dragon City Mall* & 222 Spadina Ave-*Chinatown Center* (@ Dundas St W)

**Time:** 12pm – 5pm

**Phone:** (416) 260-9800

**Website:** <https://www.chinatownbia.com/eventsnews/chinese-new-year-celebration/>



**February 18 - 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/>

**February 20 - 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/>

**February 20 - 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>

**February 26 - 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>

## **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**

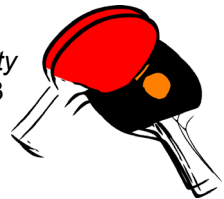
### **Table Tennis**

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)

*John Innes Community Recreation Centre*

**Time:** 10am – 3:30pm & 6:30pm - 9pm

**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)  
**Time:** 1:45pm

*Afghan Women's Organization*  
**Phone:** 416-588-3585

**Every Monday (except Feb 11 & 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)  
**Time:** 2pm –4pm

*Pape/Danforth Library – Program Room*  
**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)  
**Time:** 3:30pm –5:00pm

*Alderwood Public Library*  
**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.

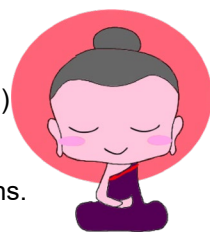
- All are welcome •Attendance is free of charge (donations welcome) •No experience necessary.
- We have an email list for announcements and sharing about practice. To sign up to it, you must show up to one of the meditation sessions and write down your email address.
- We have a Sangha Library from which 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)  
**Time:** 5:30pm - 7:30pm

*Multi-Faith Centre at the University of Toronto*  
**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 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**

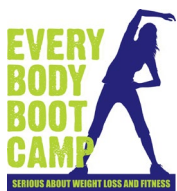
Enjoy fun movies with the whole family! Drop-in, no registration required. Great opportunity for young children to learn how to go to the movies.

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

**Time:** 6pm – 8pm

*Gerrard/Ashdale Library*

**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)

**Time:** 6:15pm – 7:15pm

*Jimmie Simpson Recreation Centre*

**Phone:** 416 392-0751

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

### **Jones Library Quilters**

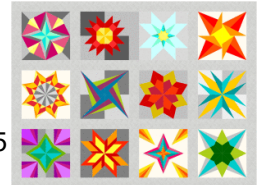
Join the Jones Library Quilters and help quilt for a good cause.

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

**Time:** 6:30pm – 8pm

*Jones Library*

**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)

**Time:** 6:30pm – 8:15pm

*Leaside Library- Community Room*

**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

Created by: Amber – Recreation Therapist 4-5 CAMH



**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 (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@mnclt.org](mailto:ultimate@mnclt.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://mnclt.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)

**Time:** 6:00pm – 9:00pm

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

AGO

**Phone:** 416-979-6648



**Every Wednesday**  
**Yoga Meditation: presented by SAHAJA Yoga**

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

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

**Time:** 6:15pm – 8:00pm

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

**Phone:** 416-201-7649

**Every Wednesday**  
**Coming Out Being Out**

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

**At:** 519 Church St (@ Wellesley St)

*The 519 Community Centre*

**Time:** 6:30pm – 7:30pm

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

**Every Wednesday (listed until February 20 2019) (no class Jan 30)**

**Let's Share Skills! American Sign Language**

A friendly community group bringing people together to practice and share skills of American Sign Language. Please note that this is NOT a class. Drop-in. Beginners are welcome.

**At:** 30 Sewells Rd, Scarborough (east of Neilson Rd)

*Malvern Library*

**Time:** 6:30pm – 8:00pm

**Phone:** 416-396-8969



### ***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.**

**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)

**Time:** 1:00pm – 2:30pm

**York Woods Library**

**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 until 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. 7 Armenia and Georgia presented by Mary Crandall from Toronto Camera Club**

**Feb. 14 LOVE songs from 1940s, 1950s, and 1960s - John Christopher & James McKie**

**Feb. 21 Memoir: Newfoundland Labrador and Nunavut by John Christopher**

**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 Fernandes:**



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,

Created by: Amber – Recreation Therapist 4-5 CAMH

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>

***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)

**Time:** 3pm – 5pm

*Wellesley Community Centre*

**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**

### **English Country Dancing**

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

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

**Time:** 6:30pm – 9:00pm

*Ralph Thornton Centre – 2<sup>nd</sup> Floor*

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

**Every Friday**

### **Meditation Sessions**

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

A typical meditation session consists of:

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

The sessions are facilitated by experienced meditation practitioners.

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

**At:** 750 Spadina Ave (@ Bloor St W)

**Time:** 6:45pm - 8:45pm

*Jewish Community Centre*

**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

**Time:** 7:00pm – 9:00pm

*Bodhi Meditation*

**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 (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

**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)

**Time:** 5:30pm – 7:30pm

*Regent Park Aquatic Centre*

**Phone:** 416 338-2237

**Every Saturday (until February 16 2019)**

**DJ Skate Nights**

Toronto's block party on ice returns!

Sharpen your skates and skills as the city's number one outdoor winter party returns with another stellar lineup of DJs that will bring the heat to your Saturday nights. The rumours are true – DJ Skate Nights is the best party in town and a surefire cure for the winter blues!

Runs most Saturday nights from December 15, 2018 to February 16, 2019.

Weather permitting. Programming subject to change.

**At:** 235 Queens Quay W

**Time:** 8pm – 11pm **Phone:** (416) 973-4000

*Harbourfront Centre – Natrel rink*

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



**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 )

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

**Phone:** 416-392-6874

*The 519 Community Centre*

**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)

*Trinity St. Paul's Church*

**Time:** 6:00pm – 8:00pm

**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**

### **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!

## **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.fontbonnemministries.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.