

## February 24, 2024

*DÃ@rives*



December 9, 2023 to March 17, 2024 Curated by Alix VozAware that movement is self-constructed, Torres is attentive to the forks in our paths and direction changes that shape our contemporary way of life. The installation creates a space of questioning about a reality in which displacement invokes both the fragility and the adaptability of the human being. At the intersection of art and architecture, or rather a product of their synergy, Dérives manifests as a space of freedom paving the way for limitless possibilities. This project materializes as an immersive and organically designed architectural ensemble, beckoning visitors to explore its depths and take ownership of the space itself. Conscient que le mouvement est aussi une construction de soi, Torres est attentif aux bifurcations et aux changements de direction qui façonnent notre mode de vie contemporain. L'installations créent des espaces d'interrogations sur une réalité dans laquelle le déplacement appelle la fragilité ainsi que

### *Repeating Granadas*



January 20 to April 21, 2024 Curated by Karly Boileau "By sending our voices, visuals and visions outward into the world, we alter the walls and make them a framework for new windows and doors" - Gloria Anazaldúa Surrounded by glints of silver and gold, rich browns, patterns, and allegory, Michelle Peraza's solo exhibition, Repeating Granadas presents artwork in the form of site-specific installations, painting, and drawing as a means to process the ambiguity and complexity of being LatinX. "Enviando nuestras voces, visuales y visiones al exterior en el mundo, nosotros alteramos las paredes y hacemos los marcos para nuevas ventanas y puertas" - Gloria Anazaldúa Rodeada de destellos de plata y oro, abundante color café, patrones, y alegoría, la exhibición individual de Michelle Peraza, Repeating Granadas, presenta su trabajo artístico en forma de instalación en un sitio específico, pinturas, y dibujos como una manera de procesar la ambigüedad y complejidad de ser LatinX. Explore Repeating Gran

### *Cambridge Farmers' Market*



The Cambridge Farmers' Market is open year round 7am-1pm. We have something for everyone! Hot-prepared foods,

meats, seafood, cheese, chutneys, pies, confections, preserves and seasonal vegetables.

### *Gardening Series: Growing Seedlings Indoors Workshop*



Grow your own healthy seedlings indoors, even if you don't have a greenhouse! Learn about seed germination, seed storage, soil, watering, lighting, and tricks for keeping seedlings healthy and compact. Participants will plant and take home a tray of heritage seeds/seedlings for their own garden. \$25 per person plus HST. Member's discount applies. Capacity limited. Pre-registration required. Presenter: Bob Wildfong, Heritage Gardener Information for Museum Members Region of Waterloo Museums Member pricing: 10

### *Blacksmithing Workshop*



Discover the trade of blacksmithing at Doon Heritage Village! This workshop gives you the chance to try blacksmithing using traditional tools and methods. With the one-on-one guidance of your instructor, you will learn the basics of forging and make an outdoor bracket hanger for hanging plants or bird feeders. No experience is required, but if you have tried blacksmithing before and have a particular project you want to make or skill you want to learn, please contact your instructor to discuss details. This workshop is intended for an individual, but couples or groups up to four may be accommodated. Ages 16 and up. Price: \$200 for individuals, +\$100 for each additional person up to four. To register please call 519-748-1914.

### *Introduction to 3D Printing*



Explore the different 3D printers available in the Makerspace. You'll learn the basics of 3D printing, including what it is, the materials used, where to find designs, what various acronyms mean, and how to set up your first 3D print. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Maker Programs —TAGS: —Technology —Tech Training —Makerspace —Maker —3D Printing —

*RHYTHM AND BLUES CAMBRIDGE - BLACK HISTORY MONTH CELEBRATION*



We are excited to invite you all to our 2024 Cambridge Black History Month Celebration focusing on Black Joy, Wellness and Resistance. The event takes place on Saturday, February 24th from 12 pm to 4 pm at Idea Exchange, Queen's Square. We have an entire afternoon of fun activities planned for the whole family! We invite you to come out and celebrate with us. This is a free event, but we ask that you register so we know how many people to expect. We look forward to seeing you there! Click on the below link to reserve a ticket: <https://www.eventbrite.ca/e/black-history-month-celebration-tickets-794398857367>

### *Rhythm and Blues: Black History Month Celebration*



An entire afternoon of fun activities is planned for the whole family! Rhythm Blues Cambridge and Idea Exchange are excited to invite you all to our 2024 Cambridge Black History Month Celebration focusing on Black Joy, Wellness and Resistance. COST: Free AGE GROUP: —Teens —Kids —Adults —EVENT TYPE: —Special Events —TAGS: —Music —Community —Art —

### *Practice Your English*



Meet new friends, learn about your community, share your culture and customs, and practice your English. Join us for casual conversation and connection led by experienced and friendly Idea Exchange volunteers. These weekly sessions cover various topics, featuring group activities and one-on-one or one-on-two practice in a fun and helpful environment. COST: Free AGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

### *Pokémon Allegiance*



Pokémon fans unite! Join fellow Pokémon enthusiasts for an hour of trading, gaming, and crafting. Please note: Participants are responsible for their own trades. Idea Exchange is not liable for any trades deemed unfair. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Tween —School Aged —Pokemon —Pokémon —Gaming —Crafting —

## February 25, 2024

*DÃ@rives*



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### *Library Settlement Program*



As a primary settlement agency in Cambridge, YMCA Immigrant Services acts as a "first stop" for newcomers. Through the YMCA Library Settlement Partnerships (LSP), our Settlement Workers are located within the libraries to continue to support newcomer and immigrant needs. Our Settlement Workers can provide support with citizenship, housing, education, English language assessments, connecting with community resources, and much more. Through our collaboration with Idea Exchange, together we are working to foster a smooth transition into the Cambridge community. The Library Settlement Partnership program is a partnership of Idea Exchange, the YMCA's Immigrant Services Program, and Immigration, Refugees, and Citizenship Canada (IRCC). Services Offered: Virtual settlement support to newcomers. Information Sessions relevant to newcomer needs in collaboration with Idea Exchange. LSP staff provide orientation to Library Services and referrals. Services available virtually, over the phone, and

### *Knit 'n' Chat Meet-Up*



Share your ideas and creations with fellow knitters. Whether you're an expert, or just starting out, everyone is welcome to participate or just have some friendly conversation. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Meet-Up —Knitting —

### *Intermediate Photography*



So you know the basics of how to make your SLR-style camera works but would like to learn more? In this four-week course students will learn the difference between a snap shot and great photography. Classes will run Feb. 26, Mar. 4, 18, and 25th. The tricks of shooting will be examined in composition, macro photography, and simple portraiture. Students should have a firm grasp of their camera controls before attempting this course, and so the Basic Photography is recommended, but not required. Camera gear with interchangeable lenses are encouraged, but users of any camera can learn something from this course. Presented by CAGE: AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

## February 27, 2024

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### *Scientists in School - Good Clean Fun*



Have fun with soap and water. You’ll be astonished when you investigate surface tension, explore the chemistry behind bath bombs, and make your own to use at home. It’ll be an explosion of chemical fun! COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —

### *Focus on Leadership*



Become a leader in your community and share your unique

perspective. Focus on Leadership is designed to provide training for racialized women interested in becoming leaders of tomorrow. Our training will focus on how to become a board member and increase networking abilities to gain access to employment opportunities focusing on team-building, problem-solving, and decision-making. As board members, you will be able to apply these skills to bring about change in the community. The topics covered are: 1. Types of Boards: Governance vs. Operations 2. Board Responsibilities 3. Committees and Working Groups 4. What to Expect Once on a Board 5. Mid-Point Review and Evaluation 6. Leadership Primer / Communication 7. Decision Making 8. Teamwork About Focus For Ethnic Women Focus For Ethnic Women supports women in the Waterloo Region by providing a nurturing, culturally-sensitive environment that builds self-esteem, social networks, employment-related skills, and connections to meaningful employment. COST:

### *Ukulele Meet-Up*



Enjoy singing and smiling while strumming your ukulele with this casual group. All skill levels are welcome. If needed, you can borrow a ukulele with your Idea Exchange membership. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Ukulele —Music —Meet-Up —Instruments —

### *Basic Licensing Class with Cambridge Amateur Radio*



Get your basic Amateur Radio license in this 10-week session! Join members of the Cambridge Amateur Radio club in a 10-week series of classes that will prepare you to obtain your basic Amateur Radio license. The exam will be completed in the last class and is included in the cost of the series. Amateur Radio (ham radio) is a popular hobby and service that brings people, electronics, and communication together. People use amateur radio to talk across town, around the world, or even into space, all without the internet or cell phones. It’s fun, social, educational, and can be a lifeline during times of need. This program runs weekly on Tuesday evenings from January 23 to March 26. Registration is now closed. COST: \$20 plus HST to cover print material provided and the exam. AGE GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —License —Ham Radio —

### *Practice Your English*



Meet new friends, learn about your community, share your culture and customs, and practice your English. Join us for

casual conversation and connection led by experienced and friendly Idea Exchange volunteers. These weekly sessions cover various topics, featuring group activities and one-on-one or one-on-two practice in a fun and helpful environment. COST: FreeAGE GROUP: —Newcomers —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

## February 28, 2024

### *DÃ©rives*



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### *Little Learners*



Join us on Wednesdays from 10 to 11 a.m., February 14 to March 20, 2024, for Little Learners! This parent-and-child program is designed for children ages two to four, to help get ready for Kindergarten. Little Learners offers space for children to participate in a variety of activities, crafts, and on-site excursions. There is a mix of free and structured activities, which allow children to explore and create in their own ways! Cost is \$5.00 + HST per child and one accompanying adult is free. For any extra adults, regular admission fees apply. If any participants would like to stay after the program to visit the museum, regular admission fees apply. This is a drop-in program, no pre-registration required. Region of Waterloo Museums Member pricing: 10

### *Black History Experience The Culture - Closing Ceremony*



Every year in February, Black History Month is celebrated, and every year you've had the opportunity to read, listen and watch programs associated with the celebration. This year, The Region of Waterloo Black History Planning Committee took it to another level. We want to take you on an Experience! Join us as we wrap up the month with a celebration of achievements, and great performances. This year's theme is Experience The Culture and the event will consist of performances and artists' like steel pan drumming, spoken word, cultural dance, Afro Beat saxophonist and many more. Also, come out for some good cultural food, but remember, it's first come, first served. This is a collective commitment to fostering a more inclusive and diverse future. We want to see all of you! Come share, laugh and connect with people from all over the Region. We promise you a good time!

*Community Desk: Welcome Kinbridge!*



Are you a newcomer trying to get ready for the Canadian workforce? Kinbridge is here to help. Kinbridge's Newcomer Employment Outreach offers support with resume and cover letter writing, interview preparation, job search advice, and integrating into the Canadian workplace. Drop in or contact Lily Magnus to book an appointment for referrals to workshops and training. COST: Free AGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Resume —Jobs —Interviews —Employment —Cover Letter —Community —Careers —

### *Regular Board Meeting*



Members of the public are invited to participate in the Regular Board Meeting. Members of the public are invited to participate in the Regular Board Meeting. Please email Chrissy Hodgins, the Chief Executive Officer, at: chodgins@idealexchange.org by 1:00 pm on Wednesday, February 28, 2024 to request to attend. Members of the public are also invited to submit written comments to the Chief Executive Officer via email by 10 am the day of the meeting. All written delegation submissions will be provided to the Idea Exchange Board prior to the meeting and will form part of the public record. For delegations that wish to speak at the meeting, please include the topic, speaker's name, and contact information. Requests to speak at the meeting must be received by 10 am the day of the meeting. IDEA EXCHANGE Regular Board Meeting Wednesday, February 28, 2024, 4:30 pm AGENDA 1. Acceptance of Agenda 2. Disclosure of Pecuniary Interest 3. Presentation: a) 2023 Annual Report: KPIs and Year-in Review 4. Consent A

### *Practice Your English*



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### *Fibre Arts Meet-Up*



Join other fibre arts enthusiasts as you work on your own project in a social environment. Share ideas and tips with like-minded folks related to knit, crochet, embroidery, macrame, sewing, and other fibre arts for a weekly social meet-up. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Meet Up —Fibre —Crafts —Arts —

## February 29, 2024

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March 01, 2024

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### *Money Management and You: Seniors Workshop*



Start 2024 on the right foot with your finances. Money Management and You: Seniors Workshop focuses on the changes we face in our later years and how we can prepare and adapt to them. The session will also provide tips to help both adult children and parents have meaningful conversations about money. This workshop is designed using content from Money and You: Seniors Edition and Let's Talk Money: Seniors, two programs of the Canadian Foundation for Economic Education. Topics of the workshop include: COST: Free AGE GROUP: —Newcomers —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Wills —Retirement —Investing —Inheritance —Finances —

### *Connections 50+*



Connect with other adults while enjoying concerts, crafting, chats, and more. This entertaining, older adult-focused program features local musicians, guest speakers, art activities, and much more. Lights snacks and refreshments served. January 19: Musical performance and activity January 26: Connections 50+ presents Cambridge Third Age Learning with Tom Woodcock and Tamara Jarvis February 2: Workshop with artist, Kari Mullin February 9: Musical performance and activity February 16: Activities Cambridge Art Galleries February 23: Connections 50+ presents Cambridge Third Age Learning with Prof. Kerstin Dautenhahn March 1: Axon Music Therapy March 22: Connections 50+ presents Cambridge Third Age Learning with Dr. Jennifer Tunnicliffe COST: Free AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —Live Performances —Lectures + Talks —TAGS: —Seniors —CTAL —Concert —Arts —

### *Cultivating Self-Love through Mindfulness*



In honour of February being the month of love, we are celebrating the most important form of love, self-love, through a three-week Metta Meditation (loving-kindness meditation) series led by award-winning Mental Health Advocate / Educator and fourth generation Meditation Practitioner, Iman Grewal. In this "Self-Love Through Mindfulness" series, participants will be guided and introduced to a loving-kindness meditation practice, in combination with a BodyScan meditation, and a self-guided practice for anyone beginning the

journey of mindfulness to seasoned practitioners. This series will help folks start a practice and build on their existing practice. Lets cultivate self-love and self-compassion for a healthier you in 2024 and beyond. Pre-registration required. Space is limited. Tickets are non-refundable. Information for Museum Members Region of Waterloo Museums Member pricing: 10

### *Career and Job Support*



Staff from John Howard Society's Cambridge Career Connections will be onsite to provide support and resources to job seekers. Drop in to meet with Employment Coordinators from Cambridge Career Connections to learn about FREE services to support job seekers in the Cambridge Community. Employment Coordinators will be able to provide resume and cover letter writing resources, interview and job search tips, and links to job leads and employment opportunities. Cambridge Career Connections is an Employment Ontario Service Provider, providing Employment Services, Youth Job Connection, and Better Jobs Ontario programs. This program is happening on a rotating basis at four Idea Exchange locations: Clemens Mill, Hespeler, Preston, and Queen's Square. Check our calendar of events for dates, times, and locations. This program is a partnership of Idea Exchange, and John Howard Society in Cambridge. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Resume —Jobs —Employment

### *Author Evening*



An evening with the two best-selling authors of The Phoenix Crown. Stop by the Rookery Books table to purchase novels and get them signed by your favourite author as a memento of this thrilling evening. From bestselling authors Janie Chang and Kate Quinn, comes The Phoenix Crown, a thrilling and unforgettable narrative about the intertwined lives of two wronged women, spanning from the chaos of the San Francisco earthquake to the glittering palaces of Versailles. San Francisco, 1906. In a city bustling with newly minted millionaires and scheming upstarts, two very different women hope to change their fortunes: Gemma, a golden-haired, silver-voiced soprano whose career desperately needs rekindling, and Sul-ing, a petite and resolute Chinatown embroideress who is determined to escape an arranged marriage. Their paths cross when they are drawn into the orbit of Henry Thornton, a charming railroad magnate whose extraordinary collection of Chinese antiques includes the fabled Phoenix Crown, a l

**March 02, 2024**

*DÃ@rives*





December 9, 2023 to March 17, 2024 Curated by Alix VozAware that movement is self-constructed, Torres is attentive to the forks in our paths and direction changes that shape our contemporary way of life. The installation creates a space of questioning about a reality in which displacement invokes both the fragility and the adaptability of the human being. At the intersection of art and architecture, or rather a product of their synergy, *Dérives* manifests as a space of freedom paving the way for limitless possibilities. This project materializes as an immersive and organically designed architectural ensemble, beckoning visitors to explore its depths and take ownership of the space itself. *Conscient que le mouvement est aussi une construction de soi*, Torres est attentif aux bifurcations et aux changements de direction qui façonnent notre mode de vie contemporain. L'installations créent des espaces d'interrogations sur une réalité dans laquelle le déplacement appelle la fragilité ainsi que

### *Repeating Granadas*



January 20 to April 21, 2024 Curated by Karly Boileau "By sending our voices, visuals and visions outward into the world, we alter the walls and make them a framework for new windows and doors" - Gloria Anzaldúa Surrounded by glints of silver and gold, rich browns, patterns, and allegory, Michelle Peraza's solo exhibition, *Repeating Granadas* presents artwork in the form of site-specific installations, painting, and drawing as a means to process the ambiguity and complexity of being LatinX. "Enviando nuestras voces, visuales y visiones al exterior en el mundo, nosotros alteramos las paredes y hacemos los marcos para nuevas ventanas y puertas" - Gloria Anzaldúa Rodeada de destellos de plata y oro, abundante color café, patrones, y alegoría, la exhibición individual de Michelle Peraza, *Repeating Granadas*, presenta su trabajo artístico en forma de instalación en un sitio específico, pinturas, y dibujos como una manera de procesar la ambigüedad y complejidad de ser LatinX. Explore *Repeating Gran*

### *Cambridge Farmers' Market*



The Cambridge Farmers' Market is open year round 7am-1pm. We have something for everyone! Hot-prepared foods, meats, seafood, cheese, chutneys, pies, confections, preserves and seasonal vegetables.

### *CFUW Cambridge 12th International Women's Day Breakfast 2024*



### *Introduction to Digital Embroidery*



Go through the basics of using the Makerspace embroidery machine. You'll learn to up-load designs, hoop your fabric, thread the machine, and more. We'll also share common mistakes or errors you may receive and how to resolve them. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Maker Programs —TAGS: —Technology —Sewing —Makerspace —Embroidery —DIY —

### *10th Annual International Women's Day Celebration*



Calling all women and allies! Get ready to celebrate the incredible achievements of women from around the world at this year's International Women's Day Celebration. This event is all about honoring the strength, resilience, and power of women everywhere. Mark your calendars for Saturday, March 2, 2024, because this is an event you won't want to miss. The festivities kick off at 12:30 PM at the LA Franks parking lot (104 Water Street North). Show your support during a short walk through town, join us indoors at the UW Architecture School, and get ready for an afternoon filled with inspiration, empowerment, and fun! At the 10th Annual International Women's Day Celebration, you can expect an amazing presentation from our keynote speaker, award-winning Multi-sport Endurance Athlete Debbie Bulten... a woman who has made her mark in a world dominated by men. She has been 'on top of the world' in each of the 7 continents around the globe, conquering the highest mountains on each continent! Join

### *Practice Your English*



Meet new friends, learn about your community, share your culture and customs, and practice your English. Join us for casual conversation and connection led by experienced and friendly Idea Exchange volunteers. These weekly sessions cover various topics, featuring group activities and one-on-one or one-on-two practice in a fun and helpful environment. COST: Free AGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

### **March 03, 2024**

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