

Cambridge Events 2024-05-10

May 10, 2024

Old Post Office Book Club



Meet monthly to discuss a pre-selected title, share thoughts, and learn more about the books we love. This season's book titles: While supplies last, pick up a copy of the next month's book from the Old Post Office starting the 2nd Friday of the month prior. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Book Clubs —TAGS: —

Preschool Picassos



Draw out your child's inner Picasso with amazing art projects. Each week, you and your child will use imagination and fun art supplies to explore and create. Please dress to get messy. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —Arts —

Explore on the Floor



Let's Play! Let your little one play, discover, and explore in a variety of fun-filled, hands-on learning activity centers. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a sup-

port person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

The Imagination Station



Let your imagination run wild! From playing dress-up, to flying in a make-believe airplane, children will have the opportunity to explore themselves and the world around them. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

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Connections 50+ Queen's Square



Connect with other adults while enjoying concerts, crafting, chats, and more. This older adult-focused program features a variety of entertaining activities such as local musicians, guest speakers, art activities, and much more. COST:

FreeAGE GROUP: —Cambridge Art Galleries —Adults
—EVENT TYPE: —Programs + Workshops —TAGS: —Seniors —Concert —Community —Arts —

STEAM Storytime



Twinkle, twinkle, little star, how I wonder what you are... Songs, rhymes, stories, and fun learning activities that inspire curious little minds to explore STEAM (science, technology, engineering, art, and math) and more. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —School Aged —Preschool —

Community Desk: Welcome John Howard Society



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. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we

May 11, 2024

Undergrowth



April 6 - June 22, 2024 Curated by Karly Boileau In Mere Phantom's latest exhibition Undergrowth, the gallery, garden, and library converge in a display of shadow and light. Imagination runs free as we think about the worlds existing

beneath our feet in this immersive environment created by the artistic duo for Cambridge Art Galleries, Idea Exchange - Preston. Explore: Undergrowth AGE GROUP: —Cambridge Art Galleries —EVENT TYPE: —Exhibitions + Openings —TAGS: —Exhibitions —Arts —

Shallows



May 11 - August 10, 2024 Curated by Alix Voz Shallows is an exhibition that represents my current focus on imagery derived from wetland habitats. My first experiences with wetlands came early in life growing up on a farm near Point Pelee National Park and working in the Visitor Centre at the park for many summers. My love of these environments evolved over the years into a deeper concern for loss of these habitats and all that they support. Wetlands are unique places with environmental, spiritual, health, cultural, and social significance. They are rich biodiverse environments that team with life and provide an ever changing and evolving source of beauty. In these times of water and climate crisis, they play a major role in water filtration, flood mitigation, soil stabilization, nutrient cycling, groundwater recharge, carbon sequestration and habitat for a diverse range of species, and plants (including medicinal and food sources). Explore: Shallows AGE GROUP: —Cambridge Art Galleries —E

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.

Shoppers Drug Mart™ Run for Women



It's not easy, but it's easier together. When we put our hearts together and when we're there for each other, we're amazing. That's what the Shoppers Drug Mart™ Run for Women is all about. CMHA Waterloo Wellington is fortunate to be the charitable partner for the Run for Women, over \$174,521 was raised for our programs and services last year! Join us for a 5km and 10km Walk / Run, 1km Little Steps for Children under 12. Be sure to enter code: CMHAWW24 to save an additional \$5!

Gardening Series: Preparing to Garden



Learn all there is to know about starting a garden! A hands-on overview of soil preparation, essential tools, methods of watering, fertilizing and preventing weeds. Participants will sow seeds and learn how to care for tender seedlings. Transplanting and arranging perennial flowers is a highlight of the workshop. Participants will take home a selection of potted perennials to transplant into their own gardens. \$25 per person plus HST. Member's discount applies. Capacity limited. Pre-registration required. Register here! Presenter: Bob Wildfong, Heritage Gardener Information for Museum Members Region of Waterloo Museums Member pricing: 10

Introduction to Laser Cutting



Interested in using the Laser Cutter at the Old Post Office but have no idea where to start? In this session, we will show you the basics of 2D design using CorelDraw specifically with the Laser Cutter in-mind. We will also teach you to draw vector lines, cut out shapes and letters, and saving the design. When finished, you will feel comfortable enough to make designs for cutting and engraving. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Maker Programs —TAGS: —Technology —Makerspace —DIY —

SOLD OUT Mother's Day Tea by the Grand at McDougall Cottage



Looking for something special to do on Mother's Day? Why not treat the mothers and mother-figures in your life to a special tea made just for them in our cozy 165 year old stone Cottage! We'll be serving up our classic Cottage tea, with cucumber and cream cheese sandwiches, scones with preserves and whipped cream, shortbread and more! All moms that join us will also leave with a special gift. Please note: If you have questions regarding dietary restrictions please contact us before purchase at mcdougall@regionofwaterloo.ca. Gluten-free options are only available at our specialty gluten-free teas. Check our website for upcoming dates or please email us. To assist staff with event set-up: If the members of your party are purchasing tickets individually, rather than under one reservation please email us in advance of the tea, so we can be sure to seat all the members of your party together. mcdougall@regionofwaterloo.ca Children under the age of three do not require a ticket, however please let

Exhibition Opening: Shallows by Judy Major Girardin



Join us at Cambridge Art Galleries Queen's Square location to celebrate the opening of local artist Judy Major Girardin's solo exhibition. All are welcome and always free. Light snacks and refreshments will be served. Shallows is an exhibition that represents my current focus on imagery derived from wetland habitats. My first experiences with wetlands came early in life growing up on a farm near Point Pelee National Park and working in the Visitor Centre at the park for many summers. My love of these environments evolved over the years into a deeper concern for loss of these habitats and all that they support. Wetlands are unique places with environmental, spiritual, health, cultural, and social significance. They are rich biodiverse environments that team with life and provide an ever changing and evolving source of beauty. In these times of water and climate crisis, they play a major role in water filtration, flood mitigation, soil stabilization, nutrient cycling, groundwater recharge

Queer Craft Circle: Flat Felt



LGBTQ2S+ identifying individuals are invited to explore a different creative project each month in a fun and safe space. Join us for this fun, casual program. Together we will explore a new creative project with a guest artist each month. Registration is limited to 25 LGBTQ+ identifying people in Waterloo Region. This month we are exploring flat felting with Alyssa Pisciotto. No experience is necessary and all materials are provided. About the instructor: Alyssa Pisciotto is a queer artist from LaSalle, Ontario and now resides in Toronto. She graduated from OCAD University in 2016 with a Bachelor of Fine Arts, majoring in Drawing and Painting and minor in Printmaking. Painting and printmaking are her primary practice. Her current work revolves around themes of colour, line and shape, and how they interact with one another. Alyssa has shown in galleries across Canada and the United States, and has been a part of a year-long special exhibition at The Museum in Kitchener, Ontario. Alyssa i

Opening Reception: Shallows



Join us for the opening reception of Judy Major-Girardin's solo exhibition. Celebrate the opening of Judy Major-Girardin's exhibition, Shallows at Cambridge Art Galleries, Queen's Square. Light snacks and refreshments will be served. Opening remarks will begin at 2:00 pm. All are welcome to attend. Explore Shallows Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If

you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Exhibitions + Openings —TAGS: —Arts —

Mindfulness Meditation with Iman Grewal



Join us on Saturday May 11th, 2024, during Mental Health Awareness month for a 3 part Metta (love and kindness) Meditation, led by Award Winning Mental Health Advocate, Wellness Expert and Fourth Generation Meditation Practitioner, Iman Grewal. Let's destress. Without mental health, there is no health. There is no greater gift we can give ourselves than to pay attention to the most important part of our health, our minds. We can achieve this by allowing ourselves to be in the present moment and allow our minds to slow down with mindfulness techniques such as meditation and breathwork. It helps us become more aware of our thoughts and feelings, instead of being overwhelmed by them, which helps us ride the waves of life. A big part of developing and maintaining good mental health is to keep stress levels low, and to positively connect with yourself and your environment. After the mindfulness session we will be providing refreshments and a mindfulness craft. Refreshments will be provided. Space

Practice Your English: Queen's Square



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. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

Pokémon @mon 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. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Tween —School Aged —Pokemon —Pokémon —Gaming —Fan Week —Crafting —

May 12, 2024

Undergrowth



April 6 - June 22, 2024 Curated by Karly Boileau In Mere Phantom's latest exhibition Undergrowth, the gallery, garden, and library converge in a display of shadow and light. Imagination runs free as we think about the worlds existing beneath our feet in this immersive environment created by the artistic duo for Cambridge Art Galleries, Idea Exchange - Preston. Explore: Undergrowth AGE GROUP: —Cambridge Art Galleries —EVENT TYPE: —Exhibitions + Openings —TAGS: —Exhibitions —Arts —

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SOLD OUT Mother's Day Tea by the Grand at McDougall Cottage



Looking for something special to do on Mother's Day?

Why not treat the mothers and mother-figures in your life to a special tea made just for them in our cozy 165 year old stone Cottage !We'll be serving up our classic Cottage tea, with cucumber and cream cheese sandwiches, scones with preserves and whipped cream, shortbread and more!All moms that join us will also leave with a special gift.Please note:If you have questions regarding dietary restrictions please contact us before purchase at mcdougall@regionofwaterloo.ca. Gluten-free options are only available at our specialty gluten-free teas. Check our website for upcoming dates or please email us.To assist staff with event set-up: If the members of your party are purchasing tickets individually, rather than under one reservation please email us in advance of the tea, so we can be sure to seat all the members of your party together mcdougall@regionofwaterloo.caChildren under the age of three do not require a ticket, however please let

Mother's Day Mindfulness with Iman Grewal



Join us on Sunday, May 12th, 2024, during Mental Health Awareness month for a three-part Metta (love and kindness) Meditation, led by Award-Winning Mental Health Advocate, Wellness Expert and Fourth Generation Meditation Practitioner, Iman Grewal.Let's destressWithout mental health, there is no health. There is no greater gift we can give ourselves, or our Moms, than to pay attention to the most important part of our health, our minds. We can achieve this by allowing ourselves to be in the present moment and allow our minds to slow down with mindfulness techniques such as meditation and breathwork. It helps us become more aware of our thoughts and feelings, instead of being overwhelmed by them, which helps us ride the waves of life. A big part of developing and maintaining good mental health is to keep stress levels low, and to positively connect with yourself and your environment.Our Mother's Day Mindfulness Workshop will be followed by refreshments and a bath bomb making activity so

May 13, 2024

Undergrowth



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Totstime



Dance, sing, rhyme, and craft with your tot.Enjoy stories, songs, and movement—an excellent program for meeting other children and caregivers in your community.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby and Parent —Baby —

Explore on the Floor



Let's Play!Let your little one play, discover, and explore in a variety of fun-filled, hands-on learning activity centers.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

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Baby Connections



Get ready for some circle time fun! Complete a registration for EACH CHILD attending the program. Learn new songs and rhymes, share stories, and meet other caregivers, all while your little one is discovering the exciting world around them. Baby Connections is a free community program that provides each family with a take-home kit of resources. Please only register once in your baby's first year. This program features giveaways for babies that are the same in each session. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker

Kindergarten Connections



Get ready for Kindergarten! Complete a registration for EACH CHILD attending the program. Children will learn fundamental skills while having fun and meeting new friends. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Kindergarten —

Afternoon Craft Club



Enjoy games, activities, crafts, and yummy snacks. Get crafty with a new project each week after school. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —School Aged —Games —Crafts —

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. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Meet-Up —Knitting —

Art and Wellness



Enjoy a creative evening in the Gallery Studio with a focus on improving mental health. During this evening you will be led through a wellness activity by Maja Maksic resulting in an artwork and deeper sense of wellbeing. Presented by CAGE. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

INSPIRE



Group activities focused on friendship building and empathy. We'll be focusing on the power of empathy and developing that superpower within us. Group activities focus on friendship building, what empathy is, how can we show em-

pathy, barriers to showing empathy, bullying etc. The groups are highly interactive through the use of cooperative games, video clips, and group activities that create an environment that promotes building self-confidence, developing communication skills, making new friends, and of course, having some fun. This program is facilitated by Women's Crisis Services. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a

May 14, 2024

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Stories and Stretches



Stretch it out and get your body moving. Come enjoy this

unique program with its combination of stories, movement activities, and fun! Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —School Aged —Preschool —

STEAM Friends



Read along with stories and have fun playing together in a safe and supported environment for 2SLGBTQIA+ youth, families, and allies. This program is generously funded by a grant from the Lyle S. Hallman Foundation. In collaboration with SPECTRUM, Waterloo Region's Rainbow Community Space. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Storytime —Stem —Steam —Queer —2SLGBTQIA+ —

Baby Connections



Get ready for some circle time fun! Complete a registration for EACH CHILD attending the program. Learn new songs and rhymes, share stories, and meet other caregivers, all while your little one is discovering the exciting world around them. Baby Connections is a free community program that provides each family with a take-home kit of resources. Please only register once in your baby's first year. This program features giveaways for babies that are the same in each session. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Baby and Parent —Baby —

STEAM Storytime



Twinkle, twinkle, little star, how I wonder what you are... Songs, rhymes, stories, and fun learning activities that inspire curious little minds to explore STEAM (science, tech-

nology, engineering, art, and math) and more. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —School Aged —Preschool —

Art Cart



Drop in to create a unique craft! Colour a drawing, make a collage, build a sculpture! Try something new each time you visit the Cambridge Art Gallery Education Art Cart. Presented by CAGE. AGE GROUP: —Kids —Cambridge Art Galleries —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

Shake, Rattle, and Read



Come shake, rattle, and read with us! Complete a registration for EACH CHILD attending the program. Explore fun, active, and hands-on activities with your little one. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby —

Sensory Break



We welcome families to join us for an hour of sensory exploration. Whether you need to move your body, or rest in a calming environment, this is a great opportunity to explore sensory toys and activities. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

Mother's Day and Music Jam



The Ted Wake 50+ Centre will be hosting a Mother's Day Music Jam. Everyone is welcome. Enjoy desserts "Fit for a Queen", and sing a tune your mother loved with the music jam guitar players and musicians.

Kindergarten Connections



Get ready for Kindergarten! Complete a registration for EACH CHILD attending the program. Children will learn fundamental skills while having fun and meeting new friends. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Kindergarten —

Totsttime



Dance, sing, rhyme, and craft with your tot. Enjoy stories, songs, and movement—an excellent program for meeting other children and caregivers in your community. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby and Parent —Baby —

Paws for Reading



Join a class of therapy dogs at for the ultimate reading practice program. Children learn about therapy dogs from volunteers, then get to read to the doggies. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —School Aged —Dogs —Animals —

Let's Talk Newcomer Youth Program



Let's Talk



Make new friends, earn volunteer hours, and gain academic and career guidance. This is a program for newcomer youth focused on education and career guidance. We use art activities like drawing, poetry, drama, and connections with community mentors to help you figure out your future career and education goals. We believe that as a community, we can and should listen to the voices of newcomer youth. Through programs like this, we support young people in making a positive difference in their communities, expand youth knowledge, and enhance their understanding of Canadian culture, systems, values, rights, and responsibilities. This program is brought to us by the IRCC, Library Settlement Program, and is done in partnership with the KW Multicultural Center. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know.

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 —

Practice Your English: Hespeler



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. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

She Talks: Stories of Tenacity Grit



May 15, 2024

Undergrowth



April 6 - June 22, 2024 Curated by Karly Boileau In Mere Phantom's latest exhibition *Undergrowth*, the gallery, garden, and library converge in a display of shadow and light. Imagination runs free as we think about the worlds existing beneath our feet in this immersive environment created by the artistic duo for Cambridge Art Galleries, Idea Exchange - Preston. Explore: *Undergrowth* AGE GROUP: —Cambridge Art Galleries —EVENT TYPE: —Exhibitions + Openings —TAGS: —Exhibitions —Arts —

Shallows



May 11 - August 10, 2024 Curated by Alix Voz *Shallows* is an exhibition that represents my current focus on imagery derived from wetland habitats. My first experiences with wetlands came early in life growing up on a farm near Point Pelee National Park and working in the Visitor Centre at the park for many summers. My love of these environments evolved over the years into a deeper concern for loss of these habitats and all that they support. Wetlands are unique places with environmental, spiritual, health, cultural, and social significance. They are rich biodiverse environments that team with life and provide an ever changing and evolving source of beauty. In these times of water and climate crisis, they play a major role in water filtration, flood mitigation, soil stabilization, nutrient cycling, groundwater recharge, carbon sequestration and habitat for a diverse range of species, and plants (including medicinal and food sources). Explore: *Shallows* AGE GROUP: —Cambridge Art Galleries —E

Sensory Tales



All the senses are celebrated in this inclusive sensory experience. Join us for an immersive sensory story time filled with adventure. Accessibility: If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support

worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

Totstime



Dance, sing, rhyme, and craft with your tot.Enjoy stories, songs, and movement—an excellent program for meeting other children and caregivers in your community.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby and Parent —Baby —

Baby Connections



Get ready for some circle time fun! Complete a registration for EACH CHILD attending the program.Learn new songs and rhymes, share stories, and meet other caregivers, all while your little one is discovering the exciting world around them. Baby Connections is a free community program that provides each family with a take-home kit of resources.Please only register once in your baby's first year. This program features giveaways for babies that are the same in each session.Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Baby and Parent —Baby —

Hespeler Knitting Circle



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.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Knitting —Arts —

Totstime



Dance, sing, rhyme, and craft with your tot.Enjoy stories, songs, and movement—an excellent program for meeting other children and caregivers in your community.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby and Parent —Baby —

Music n' Motion



A high-energy dance party where we will move our bodies and create musical-themed crafts. Complete a registration for EACH CHILD attending the program.We will sing, dance, read a story, and then make an instrument using household objects.Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Music —Arts —

Explore on the Floor



Let's Play!Let your little one play, discover, and explore in a variety of fun-filled, hands-on learning activity centers.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

Kindergarten Connections



Get ready for Kindergarten! Complete a registra-

tion for EACH CHILD attending the program.Children will learn fundamental skills while having fun and meeting new friends.Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Kindergarten —

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.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Resume —Jobs —Interviews —Employment —Cover Letter —Community —Careers —

The 4pm Project



Come and explore, create, and share with crafts, robotics, comics, and more.Build, paint, draw, and construct something with new ideas and activities every week.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —School Aged —Crafts —

Paws for Reading



Join a class of therapy dogs at for the ultimate reading practice program. Complete a registration for EACH CHILD attending the program.Children learn about therapy dogs from volunteers, then get to read to the doggies.Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —School Aged —Dogs —Animals —

Newcomer Welcome Tour



Join us for a tour of the Clemens Mill library and learn about our services, programs and events.Depending on where you live, libraries offer different things. In some countries they are simply a spot where books are kept for sharing in others, well...they are a little more magical.Idea Exchange offers a wealth of resources, services, programs, and events to our community. Far from a dusty repository of books, it is a vibrant hub bustling with your new neighbours. With a mandate to inspire the exploration of reading, the arts, technology and life-long learning, it welcomes all members of community to connect, collaborate, and discover.Join us for a tour of Idea Exchange, Clemens Mill and learn about the programs, services, events, and resources that can help you feel settled, engaged, and at home here in Cambridge.COST: FreeAGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Community —

Old Post Office Artists' Drawing Social



Artists of all skill levels are invited to come out for some self-directed still life drawing practice.Each week there will be a different still life to draw from and an opportunity to meet and chat with other local artists.Bring any dry drawing supplies you'd like.AccessibilityIf you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up.COST: FreeAGE GROUP: —Teens —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops

—TAGS: —Drawing —Arts —

Practice Your English: Clemens Mill

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. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

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. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Fibre —Crafts —Arts —

May 16, 2024*Undergrowth*

April 6 - June 22, 2024 Curated by Karly Boileau In Mere Phantom's latest exhibition Undergrowth, the gallery, garden, and library converge in a display of shadow and light. Imagination runs free as we think about the worlds existing beneath our feet in this immersive environment created by the artistic duo for Cambridge Art Galleries, Idea Exchange - Preston. Explore: Undergrowth AGE GROUP: —Cambridge Art Galleries —EVENT TYPE: —Exhibitions + Openings

—TAGS: —Exhibitions —Arts —

Shallows

May 11 - August 10, 2024 Curated by Alix Voz Shallows is an exhibition that represents my current focus on imagery derived from wetland habitats. My first experiences with wetlands came early in life growing up on a farm near Point Pelee National Park and working in the Visitor Centre at the park for many summers. My love of these environments evolved over the years into a deeper concern for loss of these habitats and all that they support. Wetlands are unique places with environmental, spiritual, health, cultural, and social significance. They are rich biodiverse environments that team with life and provide an ever changing and evolving source of beauty. In these times of water and climate crisis, they play a major role in water filtration, flood mitigation, soil stabilization, nutrient cycling, groundwater recharge, carbon sequestration and habitat for a diverse range of species, and plants (including medicinal and food sources). Explore: Shallows AGE GROUP: —Cambridge Art Galleries —E

Time for Twos and Threes

Bring your tot for some late-morning fun. Complete a registration for EACH CHILD attending the program. Join us for fun and engaging stories, songs, and activities for 2 and 3-year-olds and their caregiver each week. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Storytime —Singing —Preschool —Music —

Time for Twos and Threes

Bring your tot for some late-morning fun. Complete a registration for EACH CHILD attending the program. Join us for fun and engaging stories, songs, and activities for 2 and 3-year-olds and their caregiver each week. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language

interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Storytime —Singing —Preschool —Music —

Explore on the Floor



Let's Play! Let your little one play, discover, and explore in a variety of fun-filled, hands-on learning activity centers. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

Shake, Rattle, and Read



Come shake, rattle, and read with us! Complete a registration for EACH CHILD attending the program. Explore fun, active, and hands-on activities with your little one. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby —

Shake, Rattle, and Read



Come shake, rattle, and read with us! Complete a registration for EACH CHILD attending the program. Explore fun, active, and hands-on activities with your little one. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby —

Stories and Stretches



Stretch it out and get your body moving. Come enjoy this unique program with its combination of stories, movement activities, and fun! Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —School Aged —Preschool —

Homeschool Makers



An interactive opportunity to explore a wide range of maker equipment. From innovative technologies to traditional art forms, explore something new each week. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Maker Programs —TAGS: —School Aged —Makerspace —Arts —

Baby Connections



Get ready for some circle time fun! Complete a registration for EACH CHILD attending the program. Learn new songs and rhymes, share stories, and meet other caregivers, all while your little one is discovering the exciting world around them. Baby Connections is a free community program that provides each family with a take-home kit of resources. Please only register once in your baby's first year. This program features giveaways for babies that are the same in each session. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker

Practice Your English: Virtual



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 —

SPECTRUM Cambridge Transgender Peer Support Group



Join SPECTRUM for a discussion and to meet other local gender-diverse folks. Funded by a grant from the Cambridge and North Dumfries Community Foundation, the bi-weekly Cambridge Transgender Peer Support Group is an informal, discussion-based, drop-in program. This group is a space for adults that identify within the trans/gender variant umbrella. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —SPECTRUM —Queer —Pride —2SLGBTQIA+ —

Flower Pressing Workshop



Make beautiful art using real flowers. Learn how to use flowers in various ways to make creative artworks. Bring your own special flowers or use those provided. Presented by CAGE. COST: Free AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Crafts —Arts —

Pyjama Tales



Wear your pajamas and bring a stuffie to this evening storytime for families. Wear your pajamas and bring a stuffie to this evening storytime for families. Hear a bedtime story, sing songs, and make a craft to take home. Accessibility If you

require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Storytime —School Aged —Preschool —

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. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Ukulele —Music —Meet-Up —Instruments —

Next in Soldering: 8-Note Electronic Piano



Learn about basic soldering skills and electrical components in this two-week program. Learn to solder a simple 8-note electronic piano. You will go home with your completed project at the end of the second session. Participants must provide a signed waiver to participate in this program. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: \$6.00 + HST to cover the cost of materials supplied. AGE GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Tech Training —Tech —Music —Arts —

Crafty Kids



Get crafty! Get inspired by a story and then explore your

creativity with unique crafts and art projects each week, fun for all ages. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —School Aged —Crafts —Crafting —Arts —

Queer Reading Circle



Join us for our monthly dive into 2SLGBTQ+ narratives! The Queer Reading Circle offers a welcoming space for 2SLGBTQ+—identifying individuals to connect and explore diverse materials related to the queer community. During the initial half-hour of our meet-up, we'll engage in a lively talk about recently enjoyed books or any other media. This is followed by a group reading and discussion of poetry, short stories, and more. No need to prepare in advance, as reading materials are provided. Feel free to join us on the third Thursday of every month at Idea Exchange's Queer Reading Circle! COST: Free AGE GROUP: —Adults —EVENT TYPE: —Book Clubs —TAGS: —Queer —2SLGBTQIA+ —

May 17, 2024

Undergrowth



April 6 - June 22, 2024 Curated by Karly Boileau In Mere Phantom's latest exhibition Undergrowth, the gallery, garden, and library converge in a display of shadow and light. Imagination runs free as we think about the worlds existing beneath our feet in this immersive environment created by the artistic duo for Cambridge Art Galleries, Idea Exchange - Preston. Explore: Undergrowth AGE GROUP: —Cambridge Art Galleries —EVENT TYPE: —Exhibitions + Openings —TAGS: —Exhibitions —Arts —

Shallows



May 11 - August 10, 2024 Curated by Alix Voz Shallows is an exhibition that represents my current focus on imagery derived from wetland habitats. My first experiences with wetlands came early in life growing up on a farm near Point Pelee National Park and working in the Visitor Centre at the park for many summers. My love of these environments evolved over the years into a deeper concern for loss of these habitats and all that they support. Wetlands are unique places with en-

vironmental, spiritual, health, cultural, and social significance. They are rich biodiverse environments that team with life and provide an ever changing and evolving source of beauty. In these times of water and climate crisis, they play a major role in water filtration, flood mitigation, soil stabilization, nutrient cycling, groundwater recharge, carbon sequestration and habitat for a diverse range of species, and plants (including medicinal and food sources). Explore: Shallows AGE GROUP: —Cambridge Art Galleries —E

Preschool Picassos



Draw out your child's inner Picasso with amazing art projects. Each week, you and your child will use imagination and fun art supplies to explore and create. Please dress to get messy. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —Arts —

Explore on the Floor



Let's Play! Let your little one play, discover, and explore in a variety of fun-filled, hands-on learning activity centers. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

The Imagination Station



Let your imagination run wild! From playing dress-up, to flying in a make-believe airplane, children will have the opportunity to explore themselves and the world around them. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be or-

ganized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

Preschool Picassos



Draw out your child's inner Picasso with amazing art projects. Complete a registration for EACH CHILD attending the program. Each week, you and your child will use imagination and fun art supplies to explore and create. Please dress to get messy. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —Arts —

Connections 50+ Queen's Square



Connect with other adults while enjoying concerts, crafting, chats, and more. This older adult-focused program features a variety of entertaining activities such as local musicians, guest speakers, art activities, and much more. COST: Free AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Seniors —Concert —Community —Arts —

STEAM Storytime



Twinkle, twinkle, little star, how I wonder what you are... Songs, rhymes, stories, and fun learning activities that inspire curious little minds to explore STEAM (science, technology, engineering, art, and math) and more. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT

TYPE: —Programs + Workshops —TAGS: —Stem —Steam —School Aged —Preschool —

Community Desk: Welcome John Howard Society



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

May 18, 2024

Undergrowth



April 6 - June 22, 2024 Curated by Karly Boileau In Mere Phantom's latest exhibition Undergrowth, the gallery, garden, and library converge in a display of shadow and light. Imagination runs free as we think about the worlds existing beneath our feet in this immersive environment created by the artistic duo for Cambridge Art Galleries, Idea Exchange - Preston. Explore: Undergrowth AGE GROUP: —Cambridge Art Galleries —EVENT TYPE: —Exhibitions + Openings —TAGS: —Exhibitions —Arts —

Shallows



May 11 - August 10, 2024 Curated by Alix Voz Shallows is an exhibition that represents my current focus on imagery derived from wetland habitats. My first experiences with wetlands came early in life growing up on a farm near Point Pelee National Park and working in the Visitor Centre at the park for many summers. My love of these environments evolved over the years into a deeper concern for loss of these habitats and all that they support. Wetlands are unique places with environmental, spiritual, health, cultural, and social significance. They are rich biodiverse environments that team with life and

provide an ever changing and evolving source of beauty. In these times of water and climate crisis, they play a major role in water filtration, flood mitigation, soil stabilization, nutrient cycling, groundwater recharge, carbon sequestration and habitat for a diverse range of species, and plants (including medicinal and food sources). Explore: ShallowsAGE GROUP: —Cambridge Art Galleries —E

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.

Annual Heritage Plant Sale - FRIENDS of Waterloo Region Museums



No registration required! While supplies last. Cash sales only. A selection of the flower and vegetable varieties found in the gardens of Doon Heritage Village are available for purchase while supplies last. The plant sale takes place in front of the greenhouse, located through Gate 1 off Homer Watson Boulevard. This is a fundraising event for the FRIENDS of the Waterloo Region Museums. The sale begins at 9:30 am and ends once all the plants have been sold.

Introduction to Large Format Printing



Calling all photographers and designers. Get to know the 24" large format printer in our Makerspace. Learn to import your photos and designs, set up an artboard, and look at the many settings and paper types it offers. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Maker Programs —TAGS: —Technology —Makerspace —Maker —

Eco-friendly Craft Workshop Series at McDougall Cottage: Whimsical Wee Houses



Plan to join us for an afternoon of eco-friendly fun and creativity! Let your imagination be your guide as you create your very own Gnome Home or a Fairy House (the choice is yours). Dive into a world of whimsy and eco-creativity led by our good friend, Jennifer Robles from Jen of Green Gables! Jen will guide us through this delightful day of crafting, as

we fashion enchanting Gnome Homes and Fairy Houses, using only repurposed and natural materials. Cut, paint, and decorate your own unique masterpiece to proudly display in our home or garden. All materials will be provided, so come along and let's craft our way to a greener, more magical world together! This hands-on workshop is perfect for kids 9 years and up. Children must be accompanied by an adult. Museum members receive a 10

Practice Your English: Queen's Square



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. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. 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. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Tween —School Aged —Pokémon —Pokémon —Gaming —Fan Week —Crafting —

May 19, 2024

Sunday Closures 2024



All Idea Exchange locations will be closed on Sundays

starting May 19, 2024 through to and including September 1, 2024. Though our buildings are closed, you can access our online resources such as eBooks, audiobook, magazines, movies, and educational materials at any time. If you are not currently a member, sign-up for a free online membership to start borrowing digital materials and accessing online resources. Items can be renewed online or over the telephone (519-740-3000) while we are closed. You can also visit the Cambridge Art Galleries online to view the Fibre Art Collection digitally. AGE GROUP: —Teens —Newcomers —Kids —Cambridge Art Galleries —Adults —EVENT TYPE: —Special Events —TAGS: — —

Mindfulness for Mental Health: Let's De-stress!



Without mental health, there is no health and the key to developing and maintaining good mental health is to keep stress levels low, and to positively connect with yourself and your environment. There is no greater gift we can give ourselves than to pay attention to the most important part of our health, our minds. We can achieve this by allowing ourselves to be in the present moment and allow our minds to slow down with mindfulness techniques such as meditation and breathwork. It helps us become more aware of our thoughts and feelings, instead of being overwhelmed by them, which helps us ride the waves of life. Join us on Sunday, May 19th and again on Sunday, May 26th, during Mental Health Awareness month for a three-part Metta (love and kindness) Meditation, led by Award-Winning Mental Health Advocate, Wellness Expert and Fourth Generation Meditation Practitioner, Iman Grewal