

## February 02, 2024

### *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



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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

### *Dough Rae Me*



Learn how to make different sensory doughs using everyday ingredients. Complete a registration for EACH CHILD attending the program. Learn how to make different sensory doughs using everyday ingredients. Interaction through songs and self-expression activities will have you returning each week. 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: —Stem —Steam —School Aged —Preschool —

### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

### *Music Therapy Mornings*



Explore music through songwriting, instruments, and collaborative improvisation in this expressive music program. Join Hailey, a certified music therapist from Axon Music Therapy, for an interactive and engaging music program. Participants may also share favourite artists or songs and discuss them with the group. Bring along your dancing shoes too as movement will be incorporated for a variety of abilities. No experience is required and instruments will be provided. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Music —Dancing —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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

### *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

### *The Imagination Station*

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 —

### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —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 —

### *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. Let's 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

### *Teen Trivia*



From hit TV shows to professional sports, we will put your knowledge to the test. New themes weekly, and prizes to be won! COST: Free AGE GROUP: —Teens —EVENT TYPE: —Programs + Workshops —TAGS: —Trivia —

### *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

### *Teen Murder Mystery Night*



An after-hours program of who-did-it. Someone has been murdered in the library and we need your help to catch who did it. Registrants will be assigned a character before the program. Come prepared to play your character and work together to figure out who the murderer is. COST: Free AGE GROUP: —Teens —EVENT TYPE: —Programs + Workshops —TAGS: —Games —Acting —

## **February 03, 2024**

### *DÃ@rives*



December 9, 2023 to March 17, 2024 Curated by Alix Voz Aware 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.

### *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.

### *Basic 3D Design Using Tinkercad*



Learn fundamental concepts of 3D design using Tinkercad. Tinkercad is a great place to start your understanding of 3D design. We will explore navigating planes and maneuvering basic geometric shapes while editing them to your specifications. You will be shown how to save your completed design and prepare it so it is ready for 3D printing. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Maker Programs —TAGS: —Makerspace —Maker —DIY —3D Printing —

### *RHYTHM AND BLUES CAMBRIDGE - ART FROM THE HEART PROCESSING: JOY, WELLNESS AND RESISTANCE*



This is an invitation to come and explore the powerful and healing benefits of art and movement therapies on building mental health and resilience. You will be inspired and uplifted as we explore the topics of joy, wellness, and resistance. *Art from the Heart* is about creating more collective and safer spaces for our communities to heal, move and play together. For the art portion of this event, we will express our creativity by a creative process of transforming sweaters and t-shirts. Unleash your creativity as we guide you through therapeutic art techniques. This hands-on session promises a blend of artistic exploration and emotional wellbeing. No artistic experience is required, just come and let the healing begin. Limited spots available so secure your spot now for a rejuvenating and expressive experience. We will supply the sweaters and t-shirts. Nicole Brown Faulkner registered Psychotherapist and Yoga instructor <https://www.wounds2wings.com>; <https://www.teaocanada.com> will be leading

### *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—

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*Black History Month Launch 2024*

Join us for the exciting launch of Black History Month 2024 at the Ken Seiling Waterloo Region Museum! This FREE in-person event celebrates the rich history and contributions of the Black community. Get ready for a day filled with informative exhibits, engaging discussions, and captivating performances. Discover the untold stories of Black trailblazers who have shaped our society. Immerse yourself in interactive displays that showcase their achievements and highlight the struggles they overcame. Engage in thought-provoking conversations with renowned speakers and community leaders as they share their insights on the importance of Black history. Experience the vibrant culture through live performances featuring talented musicians, dancers, and other exciting performances. Be prepared to be moved by their passion and creativity as they bring the spirit of Black history to life. Don't miss this incredible opportunity to celebrate and honor the contributions of the Black community. Mark your

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### *Totsttime*



Dance, sing, rhyme, and craft with your tot. Enjoy this half-hour program of story, song, 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 —

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### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

### *Computers for Beginners*



Get started using a computer in this fun, hands-on class geared towards beginners. Learn how computers work, what they’re used for, and practice using a keyboard and mouse. This event is part of our “Computers for Beginners” series. Register for all four, or just the ones that catch your interest. Monday, January, 22: Start Using Computers Monday, January 29: Start Browsing the Internet Monday, February 5: Start Using Email Monday, February 12: Explore the Virtual Library Devices provided or bring your laptop. For help registering, please contact Idea Exchange - Queen’s Square at 519-621-0460. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Technology —Tech Training —

### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

### *Sensory Tales*



All the senses are celebrated in this inclusive sensory experience. Join us for an immersive sensory story time filled with adventure. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

### *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 —

### *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 —

### *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 empathy, 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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Tween —School Aged —Arts —

### *Photography Basics*



Learn the basics of SLR-style photography. Learn the basics of SLR-style photography through the study of automatic and manual controls, focus, exposure, shutter speed, aperture and flash work. Move beyond the Auto setting and take control of your film or digital SLR. Learn how to read your camera, how to see as a camera and how to out think your camera. A photographer is made in the person, not in the gear. A separate flash unit is recommended for some lessons. In every class, students need to bring their SLR-style cameras, and active imaginations. Digital SLRs and mirrorless units are

welcome. AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

## February 06, 2024

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### *Totstime*



Dance, sing, rhyme, and craft with your tot. Enjoy this half-hour program of story, song, 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 —

### *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! COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —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. AGE GROUP: —Kids —Cambridge Art Galleries —EVENT TYPE: —Programs + Workshops —TAGS: —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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

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### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

### *Baby and Me*



Learn new songs and rhymes, share stories, and meet other parents and babies. Complete a registration for EACH CHILD attending the program. Get ready for some circle time fun. Learn new songs and rhymes, share stories, and meet other caregivers as your little one discovers the exciting world around them. 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 —

### *The Art of Math*



Have you ever wondered how art and math are related? Each week we will take a look at a new math concept, take part in games and activities, and create a math-based art project. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Arts —

### *Totsttime*



Dance, sing, rhyme, and craft with your tot. Enjoy this half-hour program of story, song, 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*



It is fur-r-rreal! Join a class of therapy dogs 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: —Therapy Dog —Animals —

### *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:

### *Simple Machines*



Each week we will create a different simple machine. Explore levers, pulleys, wheels, and gears in this fun and interactive STEAM (science, technology, engineering, art, and math) based craft program. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Crafts —

### *Retro Gaming*



Gaming fun with a retro twist! Everyone who loves board games, video games, and having fun is welcome to join us to play a variety of retro games. This program is presented in partnership with OPERANDi Gaming Community. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Video Games —Retro Gaming —Gaming —Gamer —Board Games —

### *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. The last day to register is Monday, February 5, 2024. 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: Free AGE GROUP: —Newcomers —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

### *PJ Tales Under the Rainbow*



We are happy to host PJ Tales Under the Rainbow. Read along with stories, make crafts, 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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —SPECTRUM —School Aged —Queer —Preschool —2SLGBTQIA+ —

## February 07, 2024

### *DÃ©rives*



December 9, 2023 to March 17, 2024 Curated by Alix Voz Aware 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, DÃ©rives 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

### *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! COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —School Aged —Preschool —

### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

### *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, edu-

cation, 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

### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

### *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 —

### *Move and Groove*



Get ready to move and groove! Complete a registra-

tion for EACH CHILD attending the program. We will practice jumping, crawling, balancing, dancing, and more at this station-based gross motor program. 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: —School Aged —Preschool —

### *Baby and Me*



Learn new songs and rhymes, share stories, and meet other parents and babies. Complete a registration for EACH CHILD attending the program. Get ready for some circle time fun. Learn new songs and rhymes, share stories, and meet other caregivers as your little one discovers the exciting world around them. 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 —

### *Around the World*



Grab your passports and boarding passes as we travel to a different country every week. We will play games, read stories, and create crafts that are from different countries around the world. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Storytime —School Aged —Games —Crafts —

### *Old Post Office Artists' Drawing Social*



Create a still-life drawing and chat with other local artists. Artists of all skill levels are invited to come out for self-directed still-life drawing practice. Bring any dry drawing supplies you'd like. COST: Free AGE GROUP: —Teens —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Drawing —Arts —

### *Practice Your English*



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one-on-two practice in a fun and helpful environment. For this program you are welcome to bring children aged 3+ with you to play and engage with our volunteers in the children's program room. Children 3 and under must remain with their parents in the program. COST: Free AGE GROUP: —Newcomers —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

### *Board Game Café*



From cards to Catan, this is a warm and friendly atmosphere for fans of low-tech table games. Try new games or bring your favourites with you. From deep strategy to goofy fun, all interest levels are welcome. Snacks and drinks are provided. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Table Top Games —Games —Gamer —Board Games —

### *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 —

### *Mixed Up Masterpieces*



No rules, no pressure, lots of glitter, and lots of fun. Disasterpieces are the name of the game as we explore our creative side through recycled items, destroyed dolls, wreck-it journals, and more. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Tween —School Aged —Crafts —Arts —

## February 08, 2024

### *Dérives*



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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

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### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

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### *Totstime*



Dance, sing, rhyme, and craft with your tot. Enjoy this half-hour program of story, song, 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—

### *Stories and Stretches*



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### *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. COST: Free AGE GROUP: —Kids— EVENT TYPE: —Programs + Workshops— TAGS: —Technology —Arts—

### *The SWAG Club*



Snacks with arts and games! Hang out with a cool group of like-minded peeps and bring out your creative side. Every week has a different theme featuring unique take-home projects or games in a chill atmosphere. Grab your friends and join us for The SWAG Club! COST: Free AGE GROUP: —Teens —Kids— EVENT TYPE: —Programs + Workshops— TAGS: —Tween —Games —Arts—

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### *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 vari-

ant umbrella.COST: FreeAGE GROUP: —Adults —EVENT  
TYPE: —Programs + Workshops —TAGS: —SPECTRUM  
—Queer —Pride —2SLGBTQIA+ —

### *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.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Storytime —School Aged —Preschool —

### *Paper Making Workshop*



Make paper from scratch! Use paper pulp to create unique sheets of paper to use for cards or other crafts. Learn how to dye, add embossing, and enhance paper with embellishments. Offered in conjunction with Michelle Peraza's solo exhibition, Repeating Granadas.AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

### *Kindness Rocks*



Sing, dance, and practice self-confidence. It's time to sing and dance together to celebrate love! This music-based program encourages self-confidence as your little one practices new skills.COST: FreeAGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Singing —School Aged —Preschool —Music —Dancing —

### *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: FreeAGE GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Ukulele —Music —Meet Up —Concert —

**February 09, 2024**

*DÃ@rives*



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### *Old Post Office Book Club*



Meet monthly to discuss a pre-selected title, share thoughts, and learn more about the books we love. Winter Book Titles: Pick up a copy of the next month's book from the Old Post Office starting the 2nd Friday of the month prior. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Book Clubs —TAGS: —

### *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. 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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

### *Dough Rae Me*



Learn how to make different sensory doughs using everyday ingredients. Complete a registration for EACH CHILD attending the program. Learn how to make different sensory doughs using everyday ingredients. Interaction through songs and self-expression activities will have you returning each week. 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: —Stem —Steam —School Aged —Preschool —

### *Music Therapy Mornings*



Explore music through songwriting, instruments, and collaborative improvisation in this expressive music program. Join Hailey, a certified music therapist from Axon Music Therapy, for an interactive and engaging music program. Participants may also share favourite artists or songs and discuss them with the group. Bring along your dancing shoes too as movement will be incorporated for a variety of abilities. No experience is required and instruments will be provided. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Music —Dancing —Arts —

### *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 —

### *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. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —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 —

### *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. Let's 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

### *Teen Trivia*



From hit TV shows to professional sports, we will put your knowledge to the test. New themes weekly, and prizes to be won! COST: Free AGE GROUP: —Teens —EVENT TYPE: —Programs + Workshops —TAGS: —Trivia —

**February 10, 2024**

*DÃ@rives*



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### *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.

### *Accessibility and the Parks Master Plan*



A Parks Master Plan Public Information Centre will be at the Galt Arena Gardens (98 Shade St.) on Saturday, February 10, 2024 from 9 am to 12 noon to gather input specifically on accessibility and inclusion aspects of our parks like accessible playgrounds, best practices, examples from other municipalities, amenities, etc. Information on draft accessibility standards and a series of questions will be provided in order to gather feedback.

### *SOLD OUT - Valentine Candy Making Party*



Step back in time and experience the warmth and charm of a heritage kitchen with our Valentine Candy Making Party. Enjoy time with your Valentine around the fire and join in an old fashioned candy making party. Learn to make sweet treats like marshmallows, maple cream fudge, and participate in an old-fashioned taffy candy pull. Take home a box of your treats and end the experience around the open fire making popcorn and drinking hot cocoa. This is an adults only event. Bring a date, a friend, or make new friends at this fun hands on workshop. Whether you're an aspiring cook, history enthusiast, or simply seeking a unique culinary experience, our workshop offers a sweet taste of the past. Registration required. Presenter: Carolyn Blackstock. Information for Museum Members Region of Waterloo Museums Member pricing: 10

### *Cricut Maker Basics*



Learn the basics of our Cricut Maker. Learn to design a custom t-shirt or make beautiful cards and party decorations for any occasion with the Cricut Maker. COST: Free AGE GROUP: —Teens —Adults —EVENT TYPE: —Maker Programs —TAGS: —Technology —Tech Training —Makerspace —Maker —Cricut —

### *Mead Making Workshop*



Mead you look! Created for people looking to expand their drink-making skills, choose the honey profiles you want to build your own individual version of a Mead. Take home around 3.8 litres of your very own mead, to impress and share with friends and family! This workshop is 19+. All equipment and supplies are included. During this four-hour class, you will: Presenter This workshop is brought to you by Backed By Bees and Ken Seiling Waterloo Region Museum. Located in Burlington, ON, Backed By Bees believes that the natural world teaches us much. As beekeepers and meadmakers, they are always learning to improve their craft. Backed By Bees responsibly keeps bees and offers raw honey, honey soda, sustainable honey wine, mead, and other honey-based products to the surrounding areas. Visit <https://backedbybees.com/> for

more information. Information for Museum Members Region of Waterloo Museums Member pricing: 10

### *Card Making*



Make a unique hand made card. Carve your own stamp and use a variety of makers to make a meaningful card to give to loved ones. All ages welcome! AGE GROUP: —Teens —Kids —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

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### *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 —

### *Mario Kart Tournament*



Test your driving skills against your competitors in Mario Kart on our big screen. Players will be split into two categories: Ages 6 – 12 and Ages 13 – 18. Winners in each category will receive a prize. Please be sure to arrive on time in order to sign up for this event. Late arrivals are not guaranteed a spot to race. COST: Free AGE GROUP: —Teens —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Video Games —Mario Kart —Games Tournament —Games —Gamer —

### *Galentine's Day at Schneider Haus*





No matter what your love life looks like, you always have your Galentines! Gather up your gals and pals and head on down to Schneider Haus for an evening of celebrating friendship! Learn to twist yourself the perfect pretzel and choose to make yours either salty or sweet. While they bake, learn how to make bath bombs perfect for a night of self-care and make/swap Galentines with your friends. Finish off your night enjoying your perfect pretzel with speciality spreads, our exclusive mocktails, and good company! XOXO Schneider Haus-Price:\$25 plus HST and Eventbrite fees1-hour timeslots at 6:30 pm, 7:30 pm, 8:30 pmRegister on EventBrite

## February 11, 2024

*DÃ@rives*



December 9, 2023 to March 17, 2024Curated 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, 2024Curated 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 AnazaldúaSurrounded 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 AnzaldúaRodeada 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

## *RHYTHM AND BLUES CAMBRIDGE - HAIR JOY: CELEBRATING OUR KINKS, OUR COILS, OUR CURLS*



If you live in the KW region and have been struggling with or wanting to learn more about taking care of your child’s or your own curly and afro-textured hair, then this is the workshop for you! We are very happy to present this workshop in partnership with Sassy Beauty Salon, Black Girl Excellence and the Kinbridge Community Association to help the families in the KW region take care of, honour and celebrate their natural hair.Sassy Miller owner of Sassy Beauty Salon will be facilitating our first hair workshop focusing on protecting your hair. Join us for an empowering hair event dedicated to protecting and celebrating your beautiful kinks and coils. Learn the art of roller setting techniques and other protective style methods that promote hair health and vitality.Our second Hair Workshop will be hands-on as we invite you to get creative. You will have the chance to work with your own mannequins and create a beautiful hairstyle. Use whatever techniques you have learned or already know

## *Valentine’s Day “Death By Chocolate” Tea by The Grand*



McDougall Cottage’s mouth-watering “Death by Chocolate” Tea by the Grand makes its return, just in time for Valentine’s Day!Grab a special someone, or two, and head down to McDougall Cottage for an indulgent tea experience featuring one of the most beloved flavours of all time, chocolate.We’ll be serving decadent chocolate treats and drinks, alongside a couple of McDougall Tea classics, like cucumber and cream-cheese sandwiches, and bottomless tea, of course.If you and your valentine or pal-entine have a sweet tooth, this event is for you!Please note:Reservations are required and space is limited, so reserve your spot now!Museum members receive a 10