

May 04, 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 —

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.

The Unseen Photos of the Great Flood of '74



On exhibit from Friday, May 3 to Thursday, May 9. From the floor to ceiling glass walls in the Riverview Room, look out and compare the river today with photographs of the raging water during the 1974 flood. Photo credit: Courtesy of City of Cambridge Archives. Also consider, joining us on Saturday, May 4 when the Old Post Office will host a talk by Ken DePodesta and Tom Smith about flood protections after this disastrous flood, as well as a display of more images and video of this historic event. Additional events will be happening on May 4 at Civic Square (50 Dickson St.) and around downtown Galt including: 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

The Great Flood of '74, Cambridge's watershed moment



In May 1974 floodwaters ravaged the Galt core of the new City of Cambridge causing considerable damage. It was a watershed moment for the new city and shaped the community into what we see today. On May 4, the Fire Hall Museum Education Centre will mark the 50th anniversary of the flood with an event featuring a new exhibit, fire trucks, the city's new water rescue boat, various kiosks and a walk flowing from Civic Square through the flood zone to the Old Post Office Idea Exchange, where there will be a presentation on the flood protection and parks that's been installed in the wake of the flood.

The Great Flood of '74



Reminisce and enjoy a fascinating display of video and images commemorating the 50th anniversary of the 1974 flood. Explore and re-live the fascinating events, images, and videos surrounding Cambridge's great flood of 1974. Images and videos of this historic event will be on display 10am to 11am and noon to 2pm. At 11am join Ken DePodesta and Tom Smith, who, after the 1974 flood, were instrumental in helping to guide the planning and integration of flood protection with open space development along the Grand River through Cambridge. Additional events will be happening at Cambridge City Hall and around downtown Galt including: This event is presented in partnership with Cambridge Fire Hall Museum and the City of Cambridge Archives. Photo courtesy of the City of Cambridge Archives. 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 inte

Superhero Stay and Play



Calling all superheroes! Unite with children and other caregivers while they explore superhero stations throughout the children's area. 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 —Fan Week —

Galactic Stay and Play

Star Wars-themed activities for younglings of all ages. A long time ago in a galaxy far far away...there was crafts, games, a photo booth, and more to celebrate May the 4th. 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: —Special Events —TAGS: —Games —Fan Week —Crafts —

May the Fourth - Galactic Celebration

In a galaxy not too far away, join us in celebrating May the Fourth in an EPIC way! RSVP at Eventbrite May 4th Talk - Stargazing in a Galaxy Far, Far Away: Exploring the Science of Stars In this talk, we will take a journey through the birth, life, and death of stars as well as different types of stars found in the universe. We will explore why we often say, 'We are stardust', and how we have the dead stars to thank for our existence. We will end by taking a closer look at the nearest star - the Sun! Bio: Dr. Parshati Patel is an astrophysicist turned science communicator, educator, author, and artist based in London, Ontario, Canada. She earned her MSc and PhD in Astronomy, Planetary Science, and Exploration from Western University. During her graduate studies, she researched young, massive stars and the disks surrounding them using both observational data and computer modeling. These disks of dust and gas are a hub for planet formation, so studying the disks allows us to understand how st

After the Flood of '74

Hear from Ken DePodesta and Tom Smith who were instrumental in the development of the Living Levee and flood protections in Cambridge after the 1974 flood. Ken DePodesta and Tom Smith will share stories of working together after the flood to plan and integrate flood protection with open space development along the Grand River through Cambridge. Images and videos about the 1974 flood will be on display 10am to 11am and noon to 2pm. A Photo Exhibit of unseen photos is also on display during Old Post Office open hours starting Friday, May 3 to Thursday, May 9. Additional events will be happening at Cambridge City Hall and around downtown Galt including: This event is presented in partnership with Cambridge Fire Hall Museum and the City

of Cambridge Archives. Photo courtesy of the City of Cambridge Archives 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 req

May the 4th at Schneider Haus

The force is strong in this Haus! Visit us this weekend for some out of this world building challenges in our new makerspace! Take part in creating your own Interstellar instruments out of recycled materials or become an Aerospace engineer with our Build a Spaceship Challenge. We will be celebrating May the 4th all weekend with space themed cookies and music! May the 4th be with you!

Creative Cards

Create your own personalized card! Make a unique card from the heart using stickers, stamps and gel pens! All ages welcome. 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: —Teens —Kids —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Fan Week —Crafts —Arts —

SOLD OUT - Jane's Walk: Remembering the Flood of '74: Building the Living Levee

Forever etched in the memories of long-time Cambridge residents is the Great Flood of '74...On May 17th of that year, the spring melt and weeks of rainy weather had caused the water levels in the Grand River to rise to record levels; there was little that could be done as the water poured over the banks and into Cambridge, overwhelming Galt and communities further south. It was the worst flash flooding in twenty years, causing nearly \$34 million in damage. In the aftermath of that historic flood, and to reduce the risk of future flooding, the Cambridge Living Levee was constructed along the river to protect Galt's historic downtown core. Plan to join McDougall Cottage staff on Saturday, May 4th for an enlightening half-hour Jane's Walk. We'll travel the path of the levee to explore this excellent example of human adaptation to flooding hazards, and learn how the levee continues to preserve the community around us. The Jane's Walks will leave

from McDougall Cottage Historic Site (89 Gra

Fan Week Music



Fan week piano concert in the foyer. Morphy Music performs fan music from past and present. 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 —Kids —Adults —EVENT TYPE: —Live Performances —TAGS: —Piano —Music —Fan Week —

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 —Pokemon —Pokémon —Gaming —Fan Week —Crafting —

SOLD OUT - Jane's Walk: Remembering the Flood of '74: Building the Living Levee



Forever etched in the memories of long-time Cambridge residents is the Great Flood of '74... On May 17th of that year, the spring melt and weeks of rainy weather had caused the water levels in the Grand River to rise to record levels; there was little that could be done as the water poured over the banks and into Cambridge, overwhelming Galt and communities further south. It was the worst flash flooding in twenty years, causing nearly \$34 million in damage. In the aftermath of that historic flood, and to reduce the risk of future flooding, the Cambridge Living Levee was constructed along the river to protect Galt's historic downtown core. Plan to join McDougall Cottage staff on Saturday, May 4th for an enlightening half-hour Jane's Walk. We'll travel the path of the levee to explore this excellent example of human adaptation to flooding hazards, and learn how the levee continues to preserve the community around us. The Jane's Walks will leave from McDougall Cottage Historic Site (89 Gra

Queer Craft Circle: Cartooning



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 Trevor Waurechen will offer a crash-course on simplified anatomy for comics, with tricks to modify these methods to account for stylization and abstract/cartoon forms. This program is offered in collaboration with Spectrum, Waterloo Region's Rainbow Community. You can learn more about Spectrum by visiting www.ourspectrum.com. 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

May 05, 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 —

Colours of India



Ken Seiling Museum partnered with Sakhi Group is presenting the 'Colours of India' event Celebrating Hindu Heritage Month. Come and enjoy this event where you can witness diverse dance performances from different states of India, colourful attire, children's corner, and also take the opportunity to learn more about different associations in our region. Whether you're an aficionado of Indian culture or simply want to explore its vibrancy, the Colours of India event promises an unforgettable experience. Don't miss this chance to celebrate Spring with joy, dance, and a kaleidoscope of colours! This event is FREE

The Unseen Photos of the Great Flood of '74



On exhibit from Friday, May 3 to Thursday, May 9. From the floor to ceiling glass walls in the Riverview Room, look out and compare the river today with photographs of the raging water during the 1974 flood. Photo credit: Courtesy of City of Cambridge Archives. Also consider, joining us on Saturday, May 4 when the Old Post Office will host a talk by Ken Depodesta and Tom Smith about flood protections after this disastrous flood, as well as a display of more images and video of this historic event. Additional events will be happening on May 4 at Civic Square (50 Dickson St.) and around downtown Galt including: 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

Book Launch: Letters from the Club



On Bereaved Mother's Day, join us for the book launch and hear from some of the mothers who contributed to the book *Letters from the Club: Wisdom from mothers who grieve*. Authors of the letters in the book will speak about the importance of writing their stories. About the Book After the loss of her two sons, June Anderson felt a strong commitment

to bring mothers together to share their experiences of the loss of a child. On the back cover of the book June writes, "I promise although this journey has no roadmap, there are those who can help. Sometimes I believe that there is an invisible silver thread that joins mothers that have lost children. We meet in the most usual places. When we meet, we know." Three years in the making, *Letters from the Club* is a collection of heart-wrenching stories, and has been described as a lifeline for mothers that mourn the loss of a child. In this beautiful anthology, 32 mothers talk about their devastating experience of loss, presented through individual

May 06, 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 —

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. 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 and Parent —Baby —

The Unseen Photos of the Great Flood of '74



On exhibit from Friday, May 3 to Thursday, May 9. From the floor to ceiling glass walls in the Riverview Room, look out and compare the river today with photographs of the raging water during the 1974 flood. Photo credit: Courtesy of City of Cambridge Archives. Also consider, joining us on Saturday, May 4 when the Old Post Office will host a talk by Ken Depodesta and Tom Smith about flood protections after this

disastrous flood, as well as a display of more images and video of this historic event. Additional events will be happening on May 4 at Civic Square (50 Dickson St.) and around downtown Galt including: 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

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 —

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 —

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 —

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! 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 —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Tween —Games —Crafts —

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 —

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. 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

Advanced Photography

You've really gotten into SLR photography and would like to take it to the next level? Join us for a four-week course learning the tricks and magic of SLR photography. We will work on the exciting subjects of advanced portraiture with an introduction to studio lights, low light photography special effects, and photojournalism. This course will teach the mental process of image craft – using your camera as the tool to bring your vision to life. It is recommended that students master the techniques of the Basic and Intermediate courses before attempting this course. A separate flash unit and tripod will be needed for many of the lessons. As always, film or digital SLRs are welcome. 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

*May 07, 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 —

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 —

The Unseen Photos of the Great Flood of '74

On exhibit from Friday, May 3 to Thursday, May 9. From the floor to ceiling glass walls in the Riverview Room, look out and compare the river today with photographs of the raging water during the 1974 flood. Photo credit: Courtesy of City of Cambridge Archives Also consider, joining us on Saturday, May 4 when the Old Post Office will host a talk by Ken DePodesta and Tom Smith about flood protections after this disastrous flood, as well as a display of more images and video of this historic event. Additional events will be happening on May 4 at Civic Square (50 Dickson St.) and around downtown Galt including: 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

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, 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 —

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 —

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 —

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: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby and Parent —Baby —

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 —

May 08, 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 —

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: Free AGE 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: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Baby and Parent —Baby —

The Unseen Photos of the Great Flood of '74



On exhibit from Friday, May 3 to Thursday, May 9. From the floor to ceiling glass walls in the Riverview Room, look out and compare the river today with photographs of the raging water during the 1974 flood. Photo credit: Courtesy of City of Cambridge Archives. Also consider, joining us on Saturday, May 4 when the Old Post Office will host a talk by Ken DePodesta and Tom Smith about flood protections after this disastrous flood, as well as a display of more images and video of this historic event. Additional events will be happening on May 4 at Civic Square (50 Dickson St.) and around downtown Galt including: 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

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 —

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. 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 orga-

nized. 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: —Knitting —Arts —

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. 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 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. 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 —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. 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: —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. 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 —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. 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: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Resume —Jobs —Interviews —Employment —Cover Letter —Community —Careers —

Connections 50+ Hespeler



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 —

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. 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: —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. 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: —School Aged —Dogs —Animals —

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 09, 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 —

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 —

The Unseen Photos of the Great Flood of '74



On exhibit from Friday, May 3 to Thursday, May 9. From the floor to ceiling glass walls in the Riverview Room, look out and compare the river today with photographs of the raging water during the 1974 flood. Photo credit: Courtesy of City of Cambridge Archives Also consider, joining us on Saturday, May 4 when the Old Post Office will host a talk by Ken Depodesta and Tom Smith about flood protections after this disastrous flood, as well as a display of more images and video of this historic event. Additional events will be happening on May 4 at Civic Square (50 Dickson St.) and around downtown Galt including: 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

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 —

Fairy-Lit Bottles: Mother's Day Edition



Create a unique masterpiece of art to light up your home. Welcoming spring with an evening of glass bottle painting. All supplies will be provided. 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: —Mother's Day —Crafts —Crafting —

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 —

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 —

May 10, 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 —

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 accom-

modation 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 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 —

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. 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.caChildren 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 2SLGBTQ+ 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 minoring 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 TheMuseum 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 ShallowsAccessibilityIf 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: —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 destressWithout 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.AccessibilityIf you require an accessibility accommoda-

tion 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 —

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

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

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 destress Without 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

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

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. 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 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. 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 —

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 —

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 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. 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