

## October 14, 2023

### *Walk A Mile In The Shoes in support of YWCA Cambridge*



Walk A Mile in Their Shoes is an annual fundraising event for people of all ages, gender identities and abilities to increase awareness of the impacts of gender-based violence, while raising much-needed funds to support YWCA Cambridge's GBV prevention work. We're on a mission to not only end gender-based violence, but prevent it before it can happen. That's why we work tirelessly to provide free, community-based violence prevention programming to youth across Cambridge, North Dumfries and beyond. Mark your calendars and walk in solidarity with survivors of violence. Together we have the ability to make our community a safer space for all and put an end to gender-based violence.

### *TREEmendous Cambridge Walking Tours - Preston*



TREEmendous Cambridge Walking Tours - Preston Join Cambridge City Green volunteers and Aaron Boonstra, Arborist with Reep Green Solutions, on a walking tour of the TREEmendous Cambridge street trees. Learn about Cambridge City Green's new tool, "TREEmendous Cambridge" which lets you Aaron Boonstra will lead three walks to see the various large trees along Cambridge streets and talk about urban forestry issues. Cambridge City Green volunteers will demonstrate the TREEmendous Cambridge tool along the way. Preston - Saturday October 14th 2-3:30 pm - park / meet at 932 Dover St. S. (parking is very limited and you may have to park on-street). Walk will be approximately 2km, half on stonedust trail (Bob McMullen trail), half on City sidewalks through the neighbourhood. Limited to 20 people - register at this Eventbrite link. Rain or shine, but in case of thunderstorm the walk will be cancelled.

### *TREEmendous Cambridge Walking Tours*



TREEmendous Cambridge Walking Tours Join Cambridge City Green volunteers and Aaron Boonstra, Arborist with Reep Green Solutions, on a walking tour of the TREEmendous Cambridge street trees. Learn about Cambridge City Green's new tool, "TREEmendous Cambridge" which lets you Aaron Boonstra will lead a walk to see the various street trees and talk about urban forestry issues. Cambridge City Green vol-

unteers will demonstrate the TREEmendous Cambridge tool along the way. Saturday October 14th 2-3:30 pm (Preston) - park / meet at 932 Dover St. S. (parking is very limited and may have to be on-street). Walk will be approximately 2km, half on stonedust trail (Bob McMullen trail), half on City sidewalks through the neighbourhood. Register at the EVENTBRITE LINK PLEASE NOTE: Walking tours are limited to 20 persons. Participants must register at the EVENTBRITE LINKS. Rain or shine, but in case of thunderstorm the walk will be cancelled.

### *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. Cost: Free AGE GROUP: - Newcomers - EVENT TYPE: - Programs + Workshops - TAGS: - Learn English - Language - ESL - Conversation - Circles -

## October 15, 2023

### *Outerwhere*



September 30 to December 17, 2023 Outerwhere is one of two exhibitions featuring the work of contemporary Canadian artist, Meera Sethi. Sethi's exhibition Cotton Exchange is on view at our Preston gallery. Explore Outerwhere About the Artist: Meera Sethi is a contemporary Canadian visual artist with an interdisciplinary, intuitive, and research-based practice that moves between painting, drawing, fibre, photography, illustration, performance, and social practice. AGE GROUP: - Cambridge Art Galleries - EVENT TYPE: - Exhibitions + Openings - TAGS: - Exhibitions - Arts -

### *Cotton Exchange*



September 30 to November 26, 2023 Cotton Exchange is one of two exhibitions featuring the work of contemporary Canadian artist, Meera Sethi. Sethi's exhibition Outerwhere is on view at our Queen's Square gallery. Explore Cotton Exchange About the Artist: Meera Sethi is a contemporary Canadian visual artist with an interdisciplinary, intuitive, and

research-based practice that moves between painting, drawing, fibre, photography, illustration, performance, and social practice. AGE GROUP: —Cambridge Art Galleries —EVENT TYPE: —Exhibitions + Openings —TAGS: —Exhibitions —Arts —

### *Cambridgелicious*



This fall, have a deliciously local experience at the first ever Cambridgелicious, taking place from October 13 - 22, 2023.

**October 16, 2023**

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### *Preschool Picassos*



Draw out your child's inner Picasso with amazing art projects. Complete a registration for EACH PERSON attending the event. 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 PERSON attending the event. This will help us provide the best possible experience. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —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 —BabyAndParent —Baby —

### *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

### *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 —ScienceLiteracyWeek  
—Preschool —

### *Sense-ational*



Explore a different sense each week. Let's learn about the five senses of the human body. Each week we will explore a different sense through stories, songs, and activities. Cost: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —SchoolAged —Preschool —

### *Baby and Me*



Learn new songs and rhymes, share stories, and meet other parents and babies. Complete a registration for EACH PERSON attending the event. 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 PERSON attending the event. This will help us provide the best possible experience. Cost: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —BabyAndParent —Baby —

### *Art and Wellness*



Enjoy a creative evening in the Gallery Studio with a focus on improving mental health. A professional artist and clinical therapist will be present to lead you through a fun activity resulting in an artwork and deeper sense of wellbeing. This program is offered in partnership with Porchlight: Counselling and Addiction Services. You can learn more about Porchlight at [porchlightcnd.org](http://porchlightcnd.org). AGE GROUP: —Teens —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —MentalHealth —Arts —

### *Basic Photography*



Learn the basics of photography. Learn to take the best possible photographs no matter what camera you use with local photographer Jason Gennings. This course will help develop your photography skills by taking you through basic concepts such as focus, exposure, shutter speed, aperture, and camera care. Participants will need to bring their own camera to each class. Please note there is no class on October 9. Cost: Free. AGE GROUP: —Teens —Cambridge Art Gal-

leries —Adults —EVENT TYPE: —Programs + Workshops  
—TAGS: —workshop —photography —Arts —

## October 17, 2023

### *Outerwhere*



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### *Stories and Stretches*



Stretch it out and get your body moving. Come enjoy this unique program with its combination of stories, movement activities, and fun. Cost: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —SchoolAged —Preschool —

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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 —BabyAndParent —Baby —

*Shake, Rattle, and Read*

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

Workshops —TAGS: —Stem —Steam —ScienceLiteracyWeek —Preschool —

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*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 Art Cart! AGE GROUP: —Kids —Cambridge Art Galleries —EVENT TYPE: —Programs + Workshops —TAGS: —CultureDays —Arts —

*Homeschool Heroes*

Calling all heroes! In this one-of-a-kind program, we will take a look at everything super about heroes. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —SchoolAged —

*Kindergarten Connection*

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

*Cambridge Career Connections*

Meet Cambridge Career Connections online for workshops on topics related to job searching and career development. All

workshops are virtual, drop-in, and no registration is required. Join the program at the scheduled time on Zoom. September 19: Meet and Greet Discover how the Cambridge Career Connections employment team is able to assist Cambridge residents with their employment and job search needs. Learn about our pre-employment supports and how you can access these free services. In addition, you will learn about the wide variety of programs and supports Idea Exchange offers and how they inspire our community through reading, arts, innovation, and learning. September 26: Resume Development In the Resume Development workshop, participants will explore various resume styles including the structure and content of both chronological and functional resumes, while determining what style is appropriate. Participants will also learn resume "Do's and Don'ts" as well as what should be included in

### *Teen Chess Club*



Fall teen drop-in chess club. Have fun playing the world's most popular board game with friends. Boards and pieces will be provided. Cost: Free AGE GROUP: —Teens —EVENT TYPE: —Programs + Workshops —TAGS: —Science Literacy Week —Chess —Board Games —

### *Families Under the Rainbow*



We are happy to host Families Under the Rainbow In collaboration with SPECTRUM, Waterloo Region's Rainbow Community Space. Read along with stories, make crafts, and have fun playing together in a safe and supported environment for 2SLGBTQ+ youth, families, and allies. This program is generously funded by a grant from the Lyle S. Hallman Foundation. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —SPECTRUM —School Aged —Queer —Preschool —Culture Days —2SLGBTQ+ —

### *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 / Com-

munication 7. Decision Making 8. Teamwork About Focus For Ethnic Women Focus For Ethnic Women supports women in the Waterloo Region by providing a nurturing, culturally-sensitive environment that builds self-esteem, social networks, employment-related skills, and connections to meaningful employment. Cost:

### *Ukulele Meet-Up*



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

### *Fibre Arts Lab*



Learn how to make an Amish Toothbrush Rug while creating a lovely coaster. You'll learn all the necessary steps to make a full size rug while making a lovely coaster during this session. All supplies will be provided, however please bring your own pair of scissors. Cost: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Makerspace —Maker —Fibre Arts —Fibre —Crafts —Arts —

### *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. Cost: Free AGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —Circles —

### *Pyjama Tales*



Wear your pyjamas and bring a stuffie to this evening's storytime for families. Hear a bedtime story, sing songs, and make a craft to take home. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Storytime —School Aged —Preschool —

*UnBook Club*

With no set book to read, this club is about great conversation and good fun. Meet new people, get awesome recommendations, and chat about what you've been reading, watching, or listening to. Note: This event is held at a different restaurant in Cambridge each time. Members can buy their own food and drink but the club is free. AGE GROUP: —Adults —EVENT TYPE: —Book Clubs —TAGS: —Community —BookReview —

**October 18, 2023***Outerwhere*

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*Cambridgelicious*

This fall, have a deliciously local experience at the first ever Cambridgelicious, taking place from October 13 - 22, 2023.

*Reading Rewards, Contests, Missions, and more*

Use your skills to win prizes, solve puzzles, and have fun. Participate on your own or with your best pals. Designing creative pumpkins is easy and fun for you or with your family and friends! Decorate a pumpkin with paint, jewels, glitter, or anything else you can think of. Submit a photo of your creation between October 18 and November 1 for a chance to win a prize. Pumpkins can be decorated or carved or both. There are great prizes to be won. Pumpkins will be judged for their artistry, originality, and overall wow factor. All contest participants carving their pumpkins are encouraged to observe the following safety tips: Register at ReadSquared to participate. Cost: Free AGE GROUP: —Teens —Kids —Adults —EVENT TYPE: —Self-Guided —TAGS: —SchoolAged —ReadSquared —Halloween —Crafts —

*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 —BabyAndParent —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. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —ScienceLiteracyWeek —SchoolAged —Preschool —

*Messy STEAM*

Explore the messy side of STEAM. Dress for the mess and get hands-on with fun STEAM (science, technology, engineering, art, and math) experiments and art projects. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —SchoolAged —

*Hespeler Knitting Circle 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: —Knitting —

### *Library Settlement Program*



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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 —Science Literacy Week —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 event. 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 event. This will help us provide the best possible experience. Cost: Free AGE GROUP: —Kids —EVENT

TYPE: —Programs + Workshops —TAGS: —BabyAndParent —Baby —

### *Art Lab*



Imagine, explore, and discover. Complete a registration for EACH PERSON attending the event. Science meets art in this hands-on program. Please dress to get messy. Complete a registration for EACH PERSON attending the event. This will help us provide the best possible experience. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Arts —

### *Kindergarten Connection*



Get ready for Kindergarten! Complete a registration for EACH PERSON attending the event. Children will learn fundamental skills while having fun and meeting new friends. Materials are made for each child registered. Please only register if you are available for all five weeks of the session. Complete a registration for EACH PERSON attending the event. This will help us provide the best possible experience. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —Kindergarten —

### *Pokémon Allegiance*



Gotta catch 'em all! Unite with other fans for trading, gaming, and crafting. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Pokémon —Gaming —Crafting —

### *Silly Science*



An afternoon full of silly science experiments. Join library staff each week as we try different science experiments. Prepare to get messy and have fun! Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Science —

### *Practice Your English for Families*



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. Children are welcome to join you for this meeting, and activities will be available to keep them busy while you learn. Cost: Free AGE GROUP: —Teens —Newcomers —Kids —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —Circles —

### *Mud and Microbes*



Create your own microbial sculpture with bio artist Nicole Clouston. Using mud from the Grand River, we will create living sculptures that become more colourful over time. During this workshop, we will consider how lively the world around us is, even in unexpected places. Learn how to take care of a microbial sculpture. AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

### *Fibre Arts Meet Up*



Calling all knit, crochet, embroidery, macrame, sewing, and other fibre arts enthusiasts for a weekly social meet-up. Join other fibre arts practitioners as you work on your own project in a social environment. Share ideas, enthusiasm, and tips with other like-minded folks. Cost: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —MeetUp —Fibre —CultureDays —Crafts —Arts —

## October 19, 2023

### *Outerwhere*



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Use your skills to win prizes, solve puzzles, and have fun. Participate on your own or with your best pals. Designing creative pumpkins is easy and fun for you or with your family and friends! Decorate a pumpkin with paint, jewels, glitter, or anything else you can think of. Submit a photo of your creation between October 18 and November 1 for a chance to win a prize. Pumpkins can be decorated or carved or both. There are great prizes to be won. Pumpkins will be judged for their artistry, originality, and overall wow factor. All contest participants carving their pumpkins are encouraged to observe the following safety tips: Register at ReadSquared to participate. Cost: Free AGE GROUP: —Teens —Kids —Adults —EVENT TYPE: —Self-Guided —TAGS: —SchoolAged —ReadSquared —Halloween —Crafts —

### *Baby Connections*



Get ready for some circle time fun! Complete a registration for EACH PERSON attending the event. 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 PERSON attending the event. This will help us provide the best possible experience. Cost: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —BabyAndParent —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: —SchoolAged —Preschool —

### *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: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Singing —SchoolAged —Preschool —Music —Dancing —

### *Explore on the Floor*



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EACH PERSON attending the event. This will help us provide the best possible experience. Cost: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —BabyAndParent —Baby —

### *Dough Rae Me*



Learn how to make different sensory doughs using everyday ingredients. Complete a registration for EACH PERSON attending the event. 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 PERSON attending the event. This will help us provide the best possible experience. Cost: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —SchoolAged —Preschool —

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## *Launch of Waterloo Region's 2023 Vital Signs Report*



Waterloo Region Community Foundation has worked with local experts and consultants to research and create Waterloo Region's 2023 Vital Signs® Report focused on Affordable Housing. Please join them on Thursday, October 19, 2023 at 1:00 pm for a webinar where they will present the report, key findings and discuss opportunities for its use in our community. All attendees will receive a link to the full report after the session.

## *The SWAG Club*



Snacks with arts and games! Join William weekly for creativity and fun. 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 —Arts —

## *Practice Your English Online*



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: —LearnEnglish —Language —ESL —Conversation —Circles —

## *Ultimate Makers 2.0*



Take your maker skills to the next level. From innovative technologies to traditional art forms, explore something new each week. Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —TechTraining —ScienceLiteracyWeek —SchoolAged —

## *SPECTRUM Cambridge Transgender Peer Support Group*



Join SPECTRUM for a discussion and to meet other local gender-diverse folks. Funded by a grant from the Cambridge and North Dumfries Community Foundation, the bi-weekly Cambridge Transgender Peer Support Group is an informal, discussion-based, drop-in program. This group is a space for adults that identify within the trans/gender variant umbrella. AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —SPECTRUM —Pride —2SLGBTQ+ —adult —

## *Retro Game Night*



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 —Kids —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —VideoGames —RetroGaming —Gaming —Gamer —BoardGames —

## *Queer Craft Circle*



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 creative mending with Alisa McDonald. No experience is necessary and all materials are provided. Participants can choose to bring an item of clothing to embellish and mend or practice different techniques on fabric samples provided. About the instructor: Alisa McDonald's woven weirdos live in the ironic pop-culture paradise of a Queer GenX Feminist. Her work is a tactile fruit salad with a soupçon of the esoteric. She has exhibited and performed both nationally and internationally and her work has been featured in publications such as: The New York Times, Harper's Bazaar Japan, Nylon Magazine and Giant Robot Magazine. She was awarded the 2020 Best of Cr

## *Next in Soldering*



Take on a bigger project while learning the basics of soldering. Learn about circuits and soldering by creating a small Bluetooth speaker. All supplies included. Cost: Free AGE

GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —TechTraining —Technology —Soldering —Makerspace —Maker —

### *MMMMMunsch! Storytime*



All Robert Munsch stories! Play, sing, dance, and craft all around your favourite Robert Munsch stories! Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Storytime —

### *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 —Kids —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Ukulele —Music —MeetUp —

### *Queer Reading Circle*



An evening exploring 2SLGBTQ+ literature through the lens of our queerness. The Queer Reading Circle lets 2SLGBTQ+—identifying participants socialize and engage in materials about and by the queer community, with no need to prepare in advance. Materials will be provided and read as a group before we dive into a good discussion. Oh, and there will be snacks! Formerly known as the Queer Literary and Social Circle, our Queer Reading Circle now meets on the third Thursday of every month. This program is offered in partnership with SPECTRUM, Waterloo Region's Rainbow Community Space. Cost: Free AGE GROUP: —Adults —EVENT TYPE: —Book Clubs —TAGS: —Queer —CultureDays —2SLGBTQ+ —

## October 20, 2023

### *Outerwhere*



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Use your skills to win prizes, solve puzzles, and have fun. Participate on your own or with your best pals. Designing creative pumpkins is easy and fun for you or with your family and friends! Decorate a pumpkin with paint, jewels, glitter, or anything else you can think of. Submit a photo of your creation between October 18 and November 1 for a chance to win a prize. Pumpkins can be decorated or carved or both. There are great prizes to be won. Pumpkins will be judged for their artistry, originality, and overall wow factor. All contest participants carving their pumpkins are encouraged to observe the following safety tips: Register at ReadSquared to participate. Cost: Free AGE GROUP: —Teens —Kids —Adults —EVENT TYPE: —Self-Guided —TAGS: —SchoolAged —ReadSquared —Halloween —Crafts —

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

### *Time for Twos and Threes*



Bring your tot for some late-morning fun. 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 PERSON attending the event. Cost: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Preschool —

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### *Connections 50+*



Connect with other adults while enjoying concerts, crafting, chats, and more. This entertaining, senior-focused program features local musicians, guest speakers, and art activities with Cambridge Art Galleries staff, and much more. Lights snacks and refreshments served. September 15: Handpan drums and colouring! September 22: Arts and Crafts with the Gallery (Culture Days event) September 29: Afri-nanas of Cambridge and quilting craft (Culture Days event) October 6: Listen and draw! (Culture Days event) October 13: Art and Crafts with the Gallery (Culture Days event) October 20: Exploring instruments and group music with Axon Music Therapy October 27: Halloween party! November 3: Art and Crafts with the Gallery November 10: Remembrance November 17: Guest artist November 24: Card making with the Gallery Cost: Free. AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —Live Performances —TAGS: —Seniors —Culture Days —Concert —Arts —

### *Baby Connections*



Get ready for some circle time fun! Complete a registration for EACH PERSON attending the event. 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 PERSON attending the event. This will help us provide the best possible experience. Cost: Free. AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Baby And Parent —Baby —

### *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

## October 21, 2023

### *Outerwhere*



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### *Cambridge Farmers' Market*



Ask yourself a few simple questions... Our hope is that you answered, "Yes," to all of the above questions, and that's what we love about food: It is a common bond we all share, a single thread that when talked about, brings to mind all sorts of stories and experiences that we can share. Farmers' markets are a centre of commerce and socializing, a venue for combining old with new and a place for new ideas to be explored and celebrated. The Cambridge Farmers' Market (CFM) is our community food hub. It is where residents gather to talk about food and community happenings. It's where awareness is built and the beginnings of change takes place. The CFM dates back to the 1830s with the current market building holding its seat on Dickson Street since 1887. The presence of the market in conjunction with other civic structures, the Town Halls, is an English tradition that is as relevant today as it was when

the market was built. The CFM building's continued use as a market is unique in Ontario. While

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### *Introduction to Large Format Printing*



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

### *The Grand River Quilt Project*



Create a unique quilt square to become a part of the larger Grand River Quilt. There are no rules for creating a square aside from a final size of 10 x 10 inches. Any approach is welcome (sewing, painting, applique, felting etc), and we encourage experimentation and creativity. The most important thing is that each square should tell your story or depict your relationship to the river. Rather than a traditional rectangular

lar quilt, each of your squares will be tied together to create the shape of the river and be displayed with a map of the Grand River watershed identifying where each square came from. We will also display a matching “quilt” of your stories about each square. AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

### *Practice Your English Queen’s Square*



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### *Carnegie Libraries in Ontario*



Discover the rich history of the Hespeler library and the renowned Carnegie Library initiative. What is a “Carnegie library” and why was one built in Hespeler? Join historian Dr. Matthew Griffis as he tells the story of Carnegie libraries and how they impacted the development of public libraries in Ontario in the early 20th century. Drawing on years of research, Griffis will explain why Carnegie libraries were built in some locations but not others, why some Carnegie libraries shared architectural similarities while others seemed more unique, and why some Carnegie libraries have survived over a century of service while others have been closed or demolished. The presentation will include many images of library buildings from across Canada, the United States, and the United Kingdom. About our Speaker Matthew Griffis received his PhD in library and information science from Western University in 2013. He specialized in the study of libraries as places, particularly the origins and development

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### *Stories and Stretches*



Stretch it out and get your body moving. Enjoy this unique program with its combination of stories, movement activities, and fun! Cost: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —SchoolAged —Preschool —

### *Shake, Rattle, and Read*



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

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### *Re-Storying Our Lives With Ali Burke*



Guided by a registered therapist, learn to creatively express your thoughts and emotions through art journaling exercises. We make meaning of our lives through the storying of experience, at times these stories can be problem-saturated, with the problems stealing focus. Through art and writing participants will have the opportunity to explore their relationships with a 'problem' in their lives, the history of it, what supports it, and what influences it. About the instructor: Ali Burke is a Registered Social Worker and Psychotherapist with over 14 years experience, she currently has a private practice in Cambridge, Ontario. Her work is grounded in the theories of Narrative Therapy, which sees people as having many skills, competencies, beliefs, values, commitments and abilities that will assist them to change their relationship with problems in their lives. She integrates mindfulness, cognitive behavioural therapy, and emotion focused therapy into her work. AGE GROUP: —Teens —Cambri