

April 13, 2024

Cambridge Farmers' Market



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

Gardening Series: Pruning Trees and Shrubs



Learn the principles and methods of basic tree and shrub pruning in this hands-on workshop. Under the instruction of Bob Wildfong, our Heritage Gardener, you will prune young trees, shrubs and vines. Learn how to shape and train woody plants, repair damaged branches, revitalize thin growth, and stimulate foliage, flower and fruit development. \$25 per person plus HST. Member's discount applies. Capacity limited. Pre-registration required. Register here! Information for Museum Members Region of Waterloo Museums Member pricing: 10

Spring themed Lunch on the Woodstove



Cook with us in the historic Martin House in this hands on workshop. We'll be using the wood fired cookstove to make a 1914 era spring meal to eat at the end of the session. The menu includes soup, quick bread, and a dessert. All dishes are vegetarian friendly. Bring your apron, we'll supply everything else including the recipes to take home. Capacity limited. Registration required. Presenter: Carolyn Blackstock Information for Museum Members Region of Waterloo Museums Member pricing: 10

Basic 3D Design Using Tinkercad



Learn fundamental concepts about 3D design using Tinkercad. Tinkercad is a great place to develop your understanding of 3D design. We will explore navigating planes and maneuvering basic geometric shapes while editing them to your specifications. You will be shown how to save your completed design and prepare it so it is ready for 3D print-

ing. 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: —Makerspace —Maker —DIY —3D Printing —

Creativity Kick-Start: Paint



Use fun techniques to create abstract art pieces. No special skills required! Join us as we use a variety of methods to put paint on paper or canvas. This workshop is all about exploring and experimenting with different approaches and materials. Come prepared to get messy. 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: —Painting —Arts —

SOLD OUT - Beaded Bracelet Workshop with Haudenosaunee artisan, Susan Hill, at McDougall Cottage



On April 13th, our good friend, Haudenosaunee artisan, Susan Hill, will be returning to McDougall Cottage to lead another of her popular beaded bracelet workshops. Over the course of the afternoon, participants will learn how to set a loom and everyone will come away with a lovely one-of-a-kind handmade piece! (Colours and patterns are subject to change). This workshop is best for people age 12 years and up. Susan's workshops fill up fast, so be sure to reserve your spot today! Space is limited. Cost: \$50 per person, plus HST (includes all materials and instruction). Indigenous members of the community will receive a discounted workshop fee by using the code: Beading90

SOLD OUT Auntie Soso's Falafel's Making Workshop



Join the Creative Women's Kitchen to learn the secrets to crafting the perfect crispy falafel. We'll sprinkle in some fun and a dash of humor as we fry up these tasty little bites. Let's get cooking!

Spring Animal Sculpture Workshop



Create an animal sculpture out of polymer clay to celebrate spring! Examples of multiple animals will be available for you to work off of or create from your imagination. All supplies will be provided, polymer clay will need to be baked at home. 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 —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

Art Cart: Print



Drop in to create a unique craft! Inspired by Michelle Peraza's exhibition Repeating Granadas curated by Karly Boileau, we will create our own stamps and use them to make prints. Presented by CAGE: AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Crafts —Arts —

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 —

Stories, Songs, and Sign



Join us for songs, stories, and learning signs! Explore sign language through fun songs, stories, and interactive 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: —Storytime —Sign Language —School Aged —Preschool —Kindergarten —

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 —Crafting —

Cambridge Symphony Orchestra in Concert



SATURDAY APRIL 13, 2024, 7 pm St. Peter's Evangelical Lutheran Church 810 King St. East, Preston The spotlight will be on up and coming local young talent: Featuring Wilfrid Laurier University Concerto Competition Winners Lydia Lei and Sam Domzella and the Cambridge Youth Orchestra. Featured work: Tchaikovsky Symphony Number 4. FRIDAY MAY 31, 2024, 7:30 pm Tapestry Hall 74 Grand Ave. S. Old Hollywood Glamour meets Cambridge Symphony Magic with music and wonder with another incredible night out at Tapestry Hall.

April 14, 2024

Repeating Granadas



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

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 —

Eid Mubarak at Region of Waterloo Museums



Happy Eid Mubarak! Celebrate Eid with us at Ken Seiling Waterloo Region Museum on Sunday April 14, from 11 a.m. until 4 p.m. All activities are FREE! - We will have honey samples to try from Baked By Bees- Face painting- Henna- Live Oud performance- Spoken word open Mic featuring Labibah- Calligraphy demonstration, learn how to write your name in Arabic! - Food samples and more! Labibah Labibah is an aspiring poet. A current student of the University of Waterloo. She has been writing poetry for years and only started performing in grade 10 for small crowds. Labibah has made a name for herself performing on the regional and national of the MIST spoken word competition, MuslimFest, RIS convention and the Naseeha Education retreat She has worked with the Tawheed Community Centre to judge their poetry slam. She has most recently presented at we are project up gala which caters to the Muslim black community in the Kitch-

ener Waterloo region. Madiha Syed Madiha Syed is a University of Toronto Ar

April 15, 2024

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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

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 —

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Baby Connections

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

Kindergarten Connections

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

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 —

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 fun activity 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

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

April 16, 2024

Repeating Granadas



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Undergrowth



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Stories and Stretches



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

STEAM Friends



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

Baby Connections



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

STEAM Storytime



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

Italian Lunch



Tuesday April 16 11:30 to 13:30 PM Italian Lunch On Tuesday April 16 from 11:30 to 13:30, the Ted Wake 50+ Centre will be hosting an Italian Lunch. Enjoy a homemade Italian lunch with old and new friends. Food will be served at noon. There is limited seating. Register early! Ted Wake Centre Fee: \$12.00 At the Johnson Centre - 31 Kribs St Info: 519-740-4681 ext. 4460 and www.cambridge.ca/50news

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



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Totsttime



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

Newcomer Welcome Tour



Join us for a tour of the Queen's Square library and learn about our services, programs, and events. Depending on where you live, libraries offer different things. In some countries they are simply a spot where books are kept for sharing. In others, well...they are a little more magical. Idea Exchange offers a wealth of resources, services, programs, and events to our community. Far from a dusty repository of books, it is a vibrant hub bustling with your new neighbours. With a mandate to inspire the exploration of reading, the arts, technology and lifelong learning, it welcomes all members of community

to connect, collaborate, and discover. Join us for a tour of Idea Exchange, Queen's Square and learn about the programs, services, events, and resources that can help you feel settled, engaged, and at home here in Cambridge. 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

DIY For Your Wedding



Learn how the makerspace can help you customize projects for your wedding. Explore a world of DIY possibilities that can make your wedding, bachelor/bachelorette party, or bridal shower truly one-of-a-kind. We'll showcase a range of project ideas and discuss how you can get started creating your own wedding items in the Makerspace. 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: —Maker Programs —TAGS: —Makerspace —DIY —Crafts —Crafting —Arts —

Engineering Science Quest



Fun hands-on STEM activities. Put your engineering hats on and explore different topics like coding, circuitry, and robotics. Week 1: April 16: Rock, Paper, Scissors, Code! Gear up for coding brilliance and friendly competition in our Microbit Rock-Paper-Scissors tournament! You will dive into the world of coding, designing, and customizing your game for an epic showdown. It's not just about code; it's about skill, strategy, and the thrill of emerging victorious in our ultimate Micro:bit RPS tournament! Week 2: April 23: Tinkering Terrains Hold on, it's a bumpy ride...or is it? 3D design an all-terrain vehicle and be able to view it in the world of augmented reality! Learn all about terrains, vehicles, and mechanical engineers in the process. 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

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 —

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: —Discussion —Community —Book Review —

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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 —

Totsttime



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

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 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: —Knitting —Arts —

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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 at-

tending 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: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Stem —Steam —Preschool —

Kindergarten Connections



Get ready for Kindergarten! Complete a registration for EACH CHILD attending the program. Children will learn fundamental skills while having fun and meeting new friends. Complete a registration for EACH CHILD attending the program. This will help us provide the best possible experience. 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 —

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

The 4pm Project



Come and explore, create, and share with crafts, robotics, comics, and more. Build, paint, draw, and construct something with new ideas and activities every week. 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 —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: Free AGE 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 —

Coyotes: The Misunderstood Predator



Coyotes are one of the most despised animals on the continent. Although they are an 'archpredator' they are also largely misunderstood. Using dozens of photographs, journalist Paul Gains will describe the fascinating life of a coyote and outline how the war against them is a mistake. Paul Gains has been a full-time freelance journalist for 28 years. Besides writing for hundreds of global periodicals, his photos have appeared in the Toronto Star, The Herald (U.K.), N-Photo Magazine, National Post, Grand Magazine, CAA Magazine, and Canadian Geographic. 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: Fre

April 18, 2024

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

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 —

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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. 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 —

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Stories and Stretches



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

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



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Practice Your English: Virtual



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

SPECTRUM Cambridge Transgender Peer Support Group



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

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 —

Digitize your Family Memories



Learn about the variety of devices that our Creative Studios has to help you digitize your analog memories. Whether you want to convert 8mm film, 35mm slides, or old VHS tapes, we will show you what the Creative Studios has to offer and how we can help you preserve your memories digitally. 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: —Technology —Tech Training —Tech —

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 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: —School Aged —Crafts —Crafting —Arts —

Queer Reading Circle



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

April 19, 2024

Repeating Granadas



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

Undergrowth



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Preschool Picassos



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

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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: —Stem —Steam —School Aged —Preschool —

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Connections 50+



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 —

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

Community Desk: Welcome John Howard Society



Learn about the many supports and resources for that the John Howard Society can provide to job seekers and employers. Cambridge Career Connections is the collection of employment programs available in the Cambridge office of the John Howard Society. It includes a Resource Centre for community members in the Cambridge and North Dumfries area. The one-stop-shop for job seekers and employers is equipped with job banks, computer workstations, fax and photocopier services, Internet access, community resource information, as well as an array of employment, training, and career development resources. 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

April 20, 2024

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Cambridge Farmers' Market



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

Earth Day at the Market



Join us at the Market to Celebrate Earth Day! Kids will get to create their very own Chia Pet!

Cambridge Community Clean Up



Cambridge Community Clean Up Join Us! Saturday, April 20, 2024 9:30 a.m. - 12:30 p.m. Pick up supplies at these Idea Exchange locations: ● Queen's Square - 1 N. Square ● Clemens Mill - 50 Saginaw Pkwy (inside St. Benedict Catholic Secondary School) ● Hespeler - 5 Tannery St. E. ● Preston - 435 King St. E. Large group (10+ people)? Contact litter@cambridge.ca at least 3 days in advance of your event to pick up your supplies for your group. Once you're

done! Visit cambridge.ca/CleanUpRequest to let us know where to pick up your bags. Select "Cleanup Event Litter" and select your location.... City staff will then pick up the bags within 1-3 days. You can also email or phone in the location of your litter clean up bags: litter@Cambridge.ca or (519)623-1340. Rain or shine! If it's raining on April 20th please still pick up your supplies... the date and location of your clean up are YOUR CHOICE!

Community Clean Up



Help keep our city clean with volunteers from Cambridge City Green. Stop into Queen's Square, Preston, Clemens Mill, or Hespeler to receive supplies from volunteers and join in the cleanup. COST: Free AGE GROUP: —Teens —Kids —Adults —EVENT TYPE: —Self-Guided —TAGS: —Environment —Earth Day —Community —

Earth Day at Preston



Celebrate Earth Day with lots of green activities, crafts, and seeds to take home. Go green for Earth Day with family activities, crafts, and free seeds that support native pollinators from our Seed Library. Nancy, a local expert on gardening and building food sustainability from Nancy's Creations and Seeds will be onsite at 11:00 am for a short workshop on urban gardening. Also, join the Cambridge City Green Community Clean-Up from 9:30 am to 12:00 pm. 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: —School Aged —Earth Day —

McDougall Cottage Soup and Stroll - "The Architecture of Galt"



Come for the stroll, stay for the soup! What could be better than an interesting and enlightening stroll, followed by a warm bowl of hearty and delicious Scotch Broth soup in our cozy Cottage on the banks of the Grand? Plan to join us for the first walk in our new Soup and Stroll Walking Tour Series. We'll be exploring the areas surrounding McDougall Cottage, focusing on the architecture of "The Granite City". We'll take a look at how Scottish masons constructed the stone houses that the workers and business owners lived in and that the early industries of the areas were built on. We'll talk about

what happens when architectural heritage of an area is lost and how we can protect it for future generations. Finally, we'll walk through the neighborhoods that host the baronial houses atop the hills of West Galt before heading back to the Cottage for a tasty treat. Soup and Stroll Walking Tours can be enjoyed individually, or as a series. This walking tour may include hills, stairs and

Introduction to Cricut Maker



Learn the basics of our Cricut Maker. Learn to design a custom t-shirt or make beautiful cards and party decorations for any occasion with the Cricut Maker. 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 —Tech Training —Makerspace —Maker —Cricut —

Dog Guides Information Night



Learn how Lions Foundation of Canada Dog Guides change people's lives, meet some future Dog Guides, and ask all your questions about Dog Guides. Help us change the world one puppy at a time.

Life in Soil



Get muddy and create your own soil microbe sculpture! Learn about the life in soil as we create a living sculpture working with soil and water. Bring your own soil from a memorable place or work with the materials provided. All ages are welcome. Presented by CAGE: AGE GROUP: —Teens —Kids —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

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Practice Your English: Queen's Square



Meet new friends, learn about your community, share your culture and customs, and practice your English. Join us for casual conversation and connection led by experienced and friendly Idea Exchange volunteers. These weekly sessions cover various topics featuring group activities and one-on-one or one-on-two practice in a fun and helpful environment. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Newcomers —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

Pokémon@mon Allegiance



Pokémon fans unite! Join fellow Pokémon enthusiasts for an hour of trading, gaming, and crafting. Please note: Participants are responsible for their own trades. Idea Exchange is not liable for any trades deemed unfair. Accessibility If you require an accessibility accommodation for this program or event, please tell us how we can meet your needs as soon as possible so arrangements can be organized. If you require a sign language interpreter, please let us know at least two-weeks (10 working weekdays) before the program date. If you are attending a registered program with a support person, please add your support worker as a guest when you sign up. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —Tween —School Aged —Pokemon —Pokémon —Gaming —Crafting —

April 21, 2024

Repeating Granadas



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

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 —

Busy Bees



Don't miss out! Today is the last day to see BEES! at Ken Seiling Waterloo Region Museum. Included with paid admission, join us to celebrate the run of this fantastic exhibit! Activities include: - Backed By Bees BACK with free honey samples! - Bee-themed obstacle course- Make a bee buddy- Make seed balls to take home- Complete an exhibit scavenger hunt- Wiggle your way through a fun pollination game Make sure to BEE there!

Eco-friendly Craft Workshop Series at McDougall Cottage: Custom Garbage Grabbers in Honour of Earth Day!



Unleash your creativity and show some love for our beautiful planet! Plan to join us at McDougall Cottage on Sunday, April 21 for a hands-on Custom Garbage Grabber Workshop in honour of Earth Day (April 22). Our good friend, eco-crafting master, Jennifer Robles, a.k.a Jen of Green Gables, will once again be joining us to help let loose our artistic flair and use an array of craft and re-purposed materials to fashion a useful, fun and eco-friendly Custom Garbage Grabber—the perfect hiking companion for keeping our outdoor spaces pristine. Guidance and all materials will be provided. Best for kids age 6 years and up. Children must be accompanied by an adult. Families are welcome! Space is limited, so reserve your spot soon!

April 22, 2024

Undergrowth



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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 —

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.

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Baby Connections



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

Kindergarten Connections



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

—Kids —EVENT TYPE: —Programs + Workshops —TAGS:
—Preschool —Kindergarten —

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.

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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