

March 01, 2024

Money Management and You: Seniors Workshop



Start 2024 on the right foot with your finances. Money Management and You: Seniors Workshop focuses on the changes we face in our later years and how we can prepare and adapt to them. The session will also provide tips to help both adult children and parents have meaningful conversations about money. This workshop is designed using content from Money and You: Seniors Edition and Let's Talk Money: Seniors, two programs of the Canadian Foundation for Economic Education. Topics of the workshop include: COST: Free AGE GROUP: —Newcomers —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Wills —Retirement —Investing —Inheritance —Finances —

Connections 50+



Connect with other adults while enjoying concerts, crafting, chats, and more. This entertaining, older adult-focused program features local musicians, guest speakers, art activities, and much more. Lights snacks and refreshments served. January 19: Musical performance and activity January 26: Connections 50+ presents Cambridge Third Age Learning with Tom Woodcock and Tamara Jarvis February 2: Workshop with artist, Kari Mullin February 9: Musical performance and activity February 16: Activities Cambridge Art Galleries February 23: Connections 50+ presents Cambridge Third Age Learning with Prof. Kerstin Dautenhahn March 1: Axon Music Therapy March 22: Connections 50+ presents Cambridge Third Age Learning with Dr. Jennifer Tunnicliffe COST: Free AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —Live Performances —Lectures + Talks —TAGS: —Seniors —CTAL —Concert —Arts —

Cultivating Self-Love through Mindfulness



In honour of February being the month of love, we are celebrating the most important form of love, self-love, through a three-week Metta Meditation (loving-kindness meditation) series led by award-winning Mental Health Advocate / Educator and fourth generation Meditation Practitioner, Iman Grewal. In this "Self-Love Through Mindfulness" series, participants will be guided and introduced to a loving-kindness

meditation practice, in combination with a BodyScan meditation, and a self-guided practice for anyone beginning the journey of mindfulness to seasoned practitioners. This series will help folks start a practice and build on their existing practice. Lets cultivate self-love and self-compassion for a healthier you in 2024 and beyond. Pre-registration required. Space is limited. Tickets are non-refundable. Information for Museum Members Region of Waterloo Museums Member pricing: 10

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

Author Evening



An evening with the two best-selling authors of The Phoenix Crown. Stop by the Rookery Books table to purchase novels and get them signed by your favourite author as a memento of this thrilling evening. From bestselling authors Janie Chang and Kate Quinn, comes The Phoenix Crown, a thrilling and unforgettable narrative about the intertwined lives of two wronged women, spanning from the chaos of the San Francisco earthquake to the glittering palaces of Versailles. San Francisco, 1906. In a city bustling with newly minted millionaires and scheming upstarts, two very different women hope to change their fortunes: Gemma, a golden-haired, silver-voiced soprano whose career desperately needs rekindling, and Sul-ing, a petite and resolute Chinatown embroideress who is determined to escape an arranged marriage. Their paths cross when they are drawn into the orbit of Henry Thornton, a charming railroad magnate whose extraordinary collection of Chinese antiques includes the fabled Phoenix Crown, a l

March 02, 2024

DÃ@rives



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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

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.

CFUW Cambridge 12th International Women's Day Breakfast 2024



Introduction to Digital Embroidery



Go through the basics of using the Makerspace embroidery machine. You'll learn to up-load designs, hoop your fabric, thread the machine, and more. We'll also share common mistakes or errors you may receive and how to resolve them. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Maker Programs —TAGS: —Technology —Sewing —Makerspace —Embroidery —DIY —

10th Annual International Women's Day Celebration



Calling all women and allies! Get ready to celebrate the incredible achievements of women from around the world at this year's International Women's Day Celebration. This event is all about honoring the strength, resilience, and power of women everywhere. Mark your calendars for Saturday, March 2, 2024, because this is an event you won't want to miss. The festivities kick off at 12:30 PM at the LA Franks parking lot (104 Water Street North). Show your support during a short walk through town, join us indoors at the UW Architecture School, and get ready for an afternoon filled with inspiration, empowerment, and fun! At the 10th Annual International Women's Day Celebration, you can expect an amazing presentation from our keynote speaker, award-winning Multi-sport Endurance Athlete Debbie Bulten... a woman who has made her mark in a world dominated by men. She has been 'on top of the world' in each of the 7 continents around the globe, conquering the highest mountains on each continent! Join

Practice Your English



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March 03, 2024

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Knit 'n' Chat Meet-Up

Share your ideas and creations with fellow knitters. Whether you're an expert, or just starting out, everyone is welcome to participate or just have some friendly conversation. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Meet-Up —Knitting —

Intermediate Photography

So you know the basics of how to make your SLR-style camera works but would like to learn more? In this four-week course students will learn the difference between a snap shot and great photography. Classes will run Feb. 26, Mar. 4, 18, and 25th. The tricks of shooting will be examined in composition, macro photography, and simple portraiture. Students should have a firm grasp of their camera controls before attempting this course, and so the Basic Photography is recommended, but not required. Camera gear with interchange-

able lenses are encouraged, but users of any camera can learn something from this course. Presented by CAGE:AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

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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 Cambridge Art Gallery Education Art Cart. Presented by CAGE:AGE GROUP: —Kids —Cambridge Art Galleries —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

Focus on Leadership



Become a leader in your community and share your unique perspective. Focus on Leadership is designed to provide training for racialized women interested in becoming leaders of tomorrow. Our training will focus on how to become a board member and increase networking abilities to gain access to employment opportunities focusing on team-building, problem-solving, and decision-making. As board members, you will be able to apply these skills to bring about change in the community. The topics covered are: 1. Types of Boards: Governance vs. Operations 2. Board Responsibilities 3. Committees and Working Groups 4. What to Expect Once on a Board 5. Mid-Point Review and Evaluation 6. Leadership Primer / Communication 7. Decision Making 8. Teamwork About Focus For Ethnic Women Focus For Ethnic Women supports women in the Waterloo Region by providing a nurturing, culturally-sensitive environment that builds self-esteem, social networks, employment-related skills, and connections to meaningful employment. COST:

Ukulele Meet-Up



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

Basic Licensing Class with Cambridge Amateur Radio



Get your basic Amateur Radio license in this 10-week session! Join members of the Cambridge Amateur Radio club in a 10-week series of classes that will prepare you to obtain your basic Amateur Radio license. The exam will be completed in the last class and is included in the cost of the series. Amateur Radio (ham radio) is a popular hobby and service that brings people, electronics, and communication together. People use amateur radio to talk across town, around the world, or even into space, all without the internet or cell phones. It's fun, social, educational, and can be a lifeline during times of need. This program runs weekly on Tuesday evenings from January 23 to March 26. Registration is now closed. COST: \$20 plus HST to cover print material provided and the exam. AGE

GROUP: —Teens —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —License —Ham Radio —

Practice Your English



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

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Little Learners



Join us on Wednesdays from 10 to 11 a.m., February 14 to March 20, 2024, for Little Learners! This parent-and-child program is designed for children ages two to four, to help get ready for Kindergarten. Little Learners offers space for children to participate in a variety of activities, crafts, and on-site excursions. There is a mix of free and structured activities, which allow children to explore and create in their own ways! Cost is \$5.00 + HST per child and one accompanying adult is free. For any extra adults, regular admission fees apply. If any participants would like to stay after the program to visit the museum, regular admission fees apply. This is a drop-in program, no pre-registration required. Region of Waterloo Museums Member pricing: 10

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. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —Maker Programs —TAGS: —Knitting —Arts —

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

Practice Your English



Meet new friends, learn about your community, share your culture and customs, and practice your English. Join us for casual conversation and connection led by experienced and friendly Idea Exchange volunteers. These weekly sessions cover various topics, featuring group activities and one-on-one or one-on-two practice in a fun and helpful environment. For this program you are welcome to bring children aged 3+ with you to play and engage with our volunteers in the children's program room. Children 3 and under must remain with their parents in the program. COST: Free AGE GROUP: —Newcomers —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Learn English —Language —ESL —Conversation —

Board Game Caf  



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

Bad Sculpture Night



Create a beautifully bad artwork, all fun and no pressure! Make a delightfully bad sculpture using air dry clay. An example will be demonstrated but you can let your imagination run wild. Presented by CAGE: AGE GROUP: —Teens —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

Fibre Arts Meet-Up



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

March 07, 2024

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Dreamhouse Mini-Escape Room



Help Barbie find the missing gift before the party starts! To reserve your 20-minute timeslot, please call Clemens Mill at 519-740-6294 for registration. Groups of 1-3 participants recommended. Join Barbie and her friends as they prepare a surprise birthday party for Midge at the Dreamhouse. Everything is set for the celebration, but there's just one problem—Barbie has misplaced several items, including Midge's birthday gift! Embark on a doll-sized escape room experience and help Barbie locate the lost items before Midge arrives. Explore the Dreamhouse, solve puzzles, and follow clues to unravel the mystery. Will you find the gift in time to make Midge's birthday unforgettable? COST: Free AGE GROUP: —Teens —EVENT TYPE: —Special Events —TAGS: —March Break —Escape Room —Barbie —

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SPECTRUM Cambridge Transgender Peer Support Group

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

Bad Sculpture Night

Create a beautifully bad artwork, all fun and no pressure! All craft materials provided. AGE GROUP: —Teens —Cambridge Art Galleries —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Arts —

In Conversation:

Cambridge Art Galleries 'In Conversation' brings you behind-the-scenes of current exhibitions. In our second 'In Conversation' event, visual artist Michelle Peraza and curator Karly Boileau will share about their collaboration on Peraza's solo exhibition, Repeating Granadas in the context of Peraza's artistic practice, current research, and inspiration. All are welcome to attend. Cost: Free Photo by Lisa East. Courtesy of artist. AGE GROUP: —Cambridge Art Galleries —Adults —EVENT TYPE: —Lectures + Talks —TAGS: —Talk —Exhibitions —Conservation —Arts —

Ukulele Meet-Up

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Old Post Office Book Club



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

Dreamhouse Mini-Escape Room



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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. COST: Free AGE GROUP: —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Seniors —Concert —Community —Arts —

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 opportu-

nities. 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

Brave Circles - Muslim Women's Dress Choices



Celebrate International Women's Day at Ken Seiling Waterloo Region Museum. The Coalition of Muslim Women of Kitchener Waterloo's Brave Circle program invites members of the larger community to come and ask questions about Muslim culture - even difficult questions - but with respect. True inclusion comes when we have the opportunity to ask about and understand diverse cultures, without the fear of being labeled 'racist' or 'offensive'. You can ask your questions during the session or even anonymously. As long as it is respectful, it is welcome! You can ask questions anonymously - through a link emailed to you after registration (please indicate your permission to receive this email) or write down your question during the event. The theme for this Brave Circle is: Muslim Women's Dress Choices

March 09, 2024

DÃ©rives



December 9, 2023 to March 17, 2024 Curated by Alix Voz Aware that movement is self-constructed, Torres is attentive to the forks in our paths and direction changes that shape our contemporary way of life. The installation creates a space of questioning about a reality in which displacement invokes both the fragility and the adaptability of the human being. At the intersection of art and architecture, or rather a product of their synergy, DÃ©rives manifests as a space of freedom paving the way for limitless possibilities. This project materializes as an immersive and organically designed architectural ensemble, beckoning visitors to explore its depths and take ownership of the space itself. Conscient que le mouvement est aussi une construction de soi, Torres est attentif aux bifurcations et aux changements de direction qui faonnent notre mode de vie contemporain. L'installations crent des espaces d'interrogations sur une ralit dans laquelle le dplacement appelle la fragilit ainsi que

Repeating Granadas



January 20 to April 21, 2024 Curated by Karly Boileau “By sending our voices, visuals and visions outward into the world, we alter the walls and make them a framework for new windows and doors” - Gloria 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

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.

Bee City Seedy Saturday



Bee City Seedy Saturday Location: rare ECO Centre and Slit Barn, 768 Blair Road, Cambridge Need Transportation? Take Grand River Transit, Route 57 Blair and get off at the Blair / Old Mill stop. Walk the short distance (90 metres) to rare’s main office at 1679 Blair Rd. A free Langs shuttle service will take you from 1679 Blair Rd to Bee City Seedy Saturday (2.2km) between 9:45am and 11:30am. Return shuttles to 1679 Blair Rd will run at 11am and 12 noon. This is a free drop-in event combining Seedy Saturday, the Bee City Cambridge Annual Expo and the 2024 season launch of One Seed, One Community! For Seedy Saturday, everyone is welcome to share and exchange seeds! You’ll meet fellow gardeners and find exciting seed varieties that other seed savers are sharing. We encourage attendance whether you are a first-time gardener or a seasoned expert. Please bring small, well-marked packets of vegetable, herb, and native pollinator plant seeds. If you don’t have any seeds to contribute to the exch

SKADOOSH! Kung Fu Party



The power of awesomeness! Test your dragon warrior skills with some “panda-tastic” challenges and earn your dragon warrior certificate. COST: Free AGE GROUP: —Kids —EVENT TYPE: —Programs + Workshops —TAGS: —School Aged —March Break —Games —

One Seed, One Community Launch



Celebrate the start of One Seed, One Community 2024 by taking home a free packet of the seed of the year. Swap and exchange seeds with fellow gardeners and find exciting seed varieties that other seed savers are sharing. We encourage attendance whether you are a first-time gardener, a seasoned expert, have seeds to contribute, or not. If you are able to bring seeds, please bring well-marked packets of vegetable, herb, and native pollinator plant seeds. There will be a variety of fun activities for kids. If you have lots of seeds to share, please consider a seed donation to the food bank garden project at rare as well as the Seed Libraries at Idea Exchange Preston and the Cambridge Food Bank. For more information on seeds, please visit Seeds of Diversity. COST: Free AGE GROUP: —Teens —Kids —Adults —EVENT TYPE: —Programs + Workshops —TAGS: —Seeds —Seed Swap —OSOC —Environment —Community —Activities —

Introduction to Cricut Maker



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

Dreamhouse Mini-Escape Room



Help Barbie find the missing gift before the party starts! To reserve your 20-minute timeslot, please call Clemens Mill at 519-740-6294 for registration. Groups of 1-3 participants recommended. Join Barbie and her friends as they prepare a surprise birthday party for Midge at the Dreamhouse. Everything is set for the celebration, but there’s just one problem—Barbie has misplaced several items, including Midge’s birthday gift! Embark on a doll-sized escape room experience and help Barbie locate the lost items before Midge arrives. Explore the Dreamhouse, solve puzzles, and follow clues to unravel the mystery. Will you find the gift in time to make Midge’s birthday unforgettable? COST: Free AGE GROUP: —Teens —EVENT TYPE: —Special Events —TAGS: —March Break —Escape Room —Barbie —

Eco-friendly Craft Workshop Series at McDougall Cottage: Bird Feeders



Spring is fast approaching (yay!) and our feathered friends will soon be fluttering home from their winter hideaways to begin the busy, business of sunrise chirping, nest building and egg laying. Let's welcome them home with some beautiful bespoke bird feeders! Plan to join us for an Upcycled Bird Feeder Workshop with our good friend, up-cycler extraordinaire, Jennifer Robles, a.k.a. Jen of Green Gables. Jen will show us how to craft, paint and decorate some unique hanging restaurants for our winged friends, using only recyclables. A large selection of re-purposable materials, along with bird seed will be provided, so you can put your creation to use right away. An upcycled bird feeder is a great gift for our flap-happy friends and for the environment too! This hands-on workshop is best for kids aged 8 years and up. Children must be accompanied by an adult. Space is limited, so reserve your spot soon! Tickets are non-refundable. Jennifer Robin Robles is a mixed-media artist and

Practice Your English



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

March 10, 2024

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