

FEBRUARY FREE SCIENCE EVENTS



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CONTENTS

Feb. 2	➤ Solar Observing. Royal Astronomical Society of Canada Toronto Centre
Feb. 6	➤ Dementia 101. Alzheimer Society Toronto
Feb. 7	➤ Brain Games. Alzheimer Society Toronto ➤ The Causes of Atlantic Climate Variability. University of Toronto. Dept. of Physics
Feb. 8	➤ Osteoarthritis of the Hand. Arthritis Society
Feb. 9	➤ Web Development Basics: Free Coding Workshop. HackerYou ➤ Fantastic Friendships. High Park Nature Centre ➤ Ontario Science Centre: Evening Telescope Observing. Royal Astronomical Society of Canada (RASC) – Toronto Centre
Feb. 10	➤ Parkinson's Disease Healing Meditation Program - Free Intro Seminar. Toronto Bodhi Meditation Centre ➤ Campfire Cooking. Nature Connection. Downsview Park
Feb. 11	➤ Stay Active - Manage your Hip and Knee Osteoarthritis (OA). Arthritis Society
Feb. 13	➤ Speaker's Night: The 1979 Total Solar Eclipse. Royal Astronomical Society of Canada (RASC) – Toronto Centre
Feb. 16	➤ Bird Walk. Citizens Concerned about the Future of the Etobicoke Waterfront (CCFEW)
Feb. 21	➤ ELLICSR Kitchen. UHN Princess Margaret Cancer Centre
Feb. 23	➤ Know Your Nature- Family Nature Walks. High Park Nature Centre
Feb. 24	➤ RCIScience/RASC Lecture: Should Humans Go to Mars? Royal Astronomical Society of Canada (RASC) – Toronto Centre ➤ Nature Play. Nature Connection. Downsview Park
Feb. 27	➤ Recreational Astronomy Night. Royal Astronomical Society of Canada (RASC) – Toronto Centre
February	➤ Multi-day Events
February	➤ Weekly Events
February	➤ Toronto Public Library Science & Technology programs
February	➤ Health & Wellness programs

Free Science* Events

February 2019

*and applied science



Please confirm the date and time of events prior to attending, as they sometimes change.

Saturday, February 2

Solar Observing. Royal Astronomical Society of Canada (RASC) – Toronto Centre. Join RASC at the Ontario Science Centre for their monthly Solar Observing on the TELUSCAPE observing pad. This is the area in front of the Science Centre's entrance.

Time & location: 10 AM – 12 PM
Ontario Science Centre, 770 Don Mills Rd, Toronto, ON M3C 1T3

[View Map](#)

For more information: <https://rascto.ca/content/solar-observing-106>

Wednesday, February 6

Dementia 101. Alzheimer Society Toronto.

This workshop will provide an overview of Alzheimer's disease focusing on the importance of its early diagnosis. Towards the end of the session, you will gain a greater understanding of the process of diagnosis and medications available; develop a better understanding of dementia; increase your knowledge of the stages and progression of Alzheimer's disease; as well as learn about available community services and supports.

Time & location: 10 - 11:30 AM
Alzheimer Society of Toronto
20 Eglinton Ave. West, 16th Floor, Toronto, ON M4R 1K8

[View Map](#)

Registration required: <https://on.alz.to/site/Calendar/290129074?view=Detail&id=106973>

Thursday, February 7

Brain Games. Alzheimer Society Toronto.

This workshop discusses myths and facts of Alzheimer's disease and dementia. It is an interactive workshop that provides the opportunity for open discussion and questions regarding dementia. Learn about research findings on reducing the risk of developing dementia and recognize that lifestyle plays a role in reducing a person's risk of developing the illness.

Time & location: 10 AM - 12:00 PM
Dixon Hall, 188 Carlton St, Toronto, ON M5A 2K8

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Registration required: <https://on.alz.to/site/Calendar/290129074?view=Detail&id=106985>



The Causes of Atlantic Climate Variability. University of Toronto. Dept. of Physics.

Multi-decadal climate changes have significant ecological and societal impacts. Even small changes in temperature and rainfall, when they persist for decades, can affect many sectors, from water resource management to agriculture to coastal-zone planning. Multi-decadal fluctuations have long been assumed to be driven by the ocean circulation. Focusing on the Atlantic, Amy Clement will discuss challenges to diagnosing the drivers of climate changes at these timescales, and question this longstanding assumption.

Speaker: Amy Clement (University of Miami).

Time & location: 4:10 – 5 PM

[View Map](#)

MP102, 60 St George Street, Toronto, ON M5S 3H8

For more information: <https://www.physics.utoronto.ca/dept-items/colloquium/event.2018-01-16.5640270849>

Friday, February 8

Osteoarthritis (OA) of the Hand. Arthritis Society.

The taking charge of osteoarthritis of the hand information session is a highly interactive program that demonstrates practical tips, exercises, adaptive devices and splints. Learn to be able to use strategies to control pain and stiffness, protect joints, and improve the function of the hand.

Time & location: 9:30 AM – 12:30 PM

[View Map](#)

The Arthritis Society Office, 393 University Ave. Suite 1700, Toronto, ON M5G 1E6

Registration required: [https://arthritis.ca/get-involved/participate/find-an-event-near-you/events/educational-events/on/february/osteoarthritis-\(oa\)-of-the-hand-en](https://arthritis.ca/get-involved/participate/find-an-event-near-you/events/educational-events/on/february/osteoarthritis-(oa)-of-the-hand-en)

Saturday, February 9

Web Development Basics: Free Coding Workshop. HackerYou.

Join HackerYou for a one-day only HTML & CSS workshop in downtown Toronto. Learn the fundamentals of web development while completing instructor-led exercises. You will leave this workshop with a mini-project and a link for you to share it with friends.

Lead: Tom Haxell (web development instructor)

Time & location: 9:45 AM – 12:30 PM

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HackerYou, 483 Queen Street West, Toronto, ON M5V 2A9

Registration required: <https://www.eventbrite.com/e/web-development-basics-free-coding-workshop-at-hackeryou-tickets-53869441951?aff=ebdssbdestsearch>



Fantastic Friendships. High Park Nature Centre.

See the amazing relationships between organisms in High Park. Learn about blue jays and trees working together to survive, bacteria that barter with flowers, and cool lichen comrades. This event is great for all ages.

Time & location: 1:30 - 3 PM

[View Map](#)

High Park Nature Centre, 375 Colborne Lodge Drive, Toronto, ON M6R 2Z3

Registration required: <https://highparknaturecentre.com/2/demo/event/3765>



Ontario Science Centre: Evening Telescope Observing. Royal Astronomical Society of Canada (RASC) – Toronto Centre.

Take a tour of the night sky through a telescope and snap a photo or two of your favourite celestial body. Learn about the phases of the Moon, get an up-close look at the planets, and gaze at the brightest stars (weather permitting). This is the area in front of the Science Centre's entrance.

Time & location: 6 – 8 PM

[View Map](#)

Ontario Science Centre, 770 Don Mills Rd, Toronto, ON M3C 1T3

For more information: <https://rascto.ca/content/osc-evening-telescope-observing>

Sunday, February 10

Parkinson's Disease Healing Meditation Program - Free Intro Seminar. Toronto Bodhi Meditation Centre.

Join Toronto Bodhi Meditation Centre to learn about special healing meditation program tailored for those afflicted with Parkinson's Disease who are seeking healing options to complement their current care.

Time & location: 3 – 5:30 PM

[View Map](#)

Bodhi Meditation Toronto, 180 Yorkland Blvd, North York, ON M2J 1R5

Registration required: <https://www.eventbrite.ca/e/parkinsons-disease-healing-meditation-program-free-intro-seminar-tickets-53798970168?aff=erelexpmlt>



Campfire Cooking. Nature Connection. Downsview Park.

Cooking over an open fire can be both exciting and delicious. During this program campfire cooks will explore the fantastic combination of melted butter, garlic and bread to create campfire garlic bread.

Time & location: 2 – 4 PM

[View Map](#)

Registration required: <https://www.eventbrite.ca/e/downsview-park-nature-connection-campfire-cooking-tickets-53549520056>

For more information: <https://en.downsviewpark.ca/event/nc-feb-10>

Monday, February 11

Stay Active - Manage your Hip and Knee Osteoarthritis (OA). Arthritis Society.

Learn about osteoarthritis of the hip and knee, relieving pain and stiffness, activity and weight management, as well as community resources.

Time & location: 9:30 AM – 12:30 PM

[View Map](#)

Providence Health Care, Scotiabank Learning Centre
3276 St. Clair Ave. E. Toronto, ON M1L 3R7

Registration required: [https://arthritis.ca/get-involved/participate/find-an-event-near-you/events/educational-events/on/february/stay-active-manage-your-hip-and-knee-osteoarthritis-\(oa\)-en](https://arthritis.ca/get-involved/participate/find-an-event-near-you/events/educational-events/on/february/stay-active-manage-your-hip-and-knee-osteoarthritis-(oa)-en)

Monday, February 13

Speaker's Night: The 1979 Total Solar Eclipse. Royal Astronomical Society of Canada (RASC) – Toronto Centre.

Forty years ago, the Toronto Centre mounted an expedition to observe the February 26, 1979 total solar eclipse from Gimli, Manitoba. Before organized tours to see eclipses were readily available, the Toronto Centre organized their own trip - with two chartered aircraft which left early eclipse morning and returned to Toronto later that day. The trip organizer, Michael Watson will review the circumstances of the eclipse and the efforts required to organize the expedition. A slide/audio presentation of the day trip was produced back in 1979. A newly edited video of the slide show, edited and produced by Randy Attwood, will be shown for the first time.

Time & location: 7:30 – 9 PM

[View Map](#)

Ontario Science Centre, 770 Don Mills Rd, Toronto, ON M3C 1T3

For more information: <https://rascto.ca/content/speakers-night-23>

Saturday, February 16

Bird Walk. Citizens Concerned about the Future of the Etobicoke Waterfront (CCFEW).

CCFEW organizes a series of 8 to 10 bird walks through the year at Toronto waterfront parks. Winter walks are normally held at Humber Bay, while spring and fall walks are at Colonel Sam Smith Park.

The walks are led by experienced birders and are free for anyone who is interested in attending.

Leader: Hugh Currie

Time & location: 9 – 11 AM

[View Map](#)

Meet Meet by blue shelter beside "Birds & Beans".

For more information: http://www.ccfew.org/html/bird_walks.html

Thursday, February 21

ELLICSR Kitchen. UHN Princess Margaret Cancer Centre.

The ELLICSR Kitchen hosts a series of dynamic healthy cooking demonstrations led by Wellness Chef Jeremy Capone and registered Dietitian Stephanie Gladman. Demonstrations feature healthy, simple and delicious recipes, special guest appearances, and tasty samples.

Time & location: 12:15 PM
Health, Wellness & Cancer Survivorship Centre, Basement, Room B PMB
130, 200 Elizabeth Street, Toronto, ON M5G 2C4

[View Map](#)

For more information: https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Patient_Education_Classes/Pages/ellicsr_kitchen.aspx

Saturday, February 23

Know Your Nature- Family Nature Walks. High Park Nature Centre.

Learn about the plants and animals in High Park from the young naturalists of the High Park Rangers group. Explore woodlands and black oak savannah habitats to learn fascinating facts and connect with the nature surrounding you. This event is great for all ages.

Lead: High Park Rangers Youth

Time & location: 1:30 - 3 PM

[View Map](#)

High Park Nature Centre, 375 Colborne Lodge Drive, Toronto, ON M6R 2Z3

Registration required: <https://highparknaturecentre.com/2/demo/event/3765>

Sunday, February 24

RCIScience/RASC Lecture: Should Humans Go to Mars? Royal Astronomical Society of Canada (RASC) – Toronto Centre.

Look beyond the hype of a voyage to Mars. What are the benefits and risks to humankind? What should humans consider as we begin exporting our species to other planets?

Time & location: 2 – 3:30 PM

[View Map](#)

JJR Macleod Auditorium, Medical Sciences Building, 1 King's College Circle, Toronto, ON M5S 1A8

For more information: <https://rascto.ca/content/rciscience-rasc-lecture-should-humans-go-mars>



Nature Play. Nature Connection. Downsview Park.

A free nature program for families. Connect with the natural world. Downsview Park staff will take you on a free outdoor park program based on nature-themed topics.

Time & location: 2 – 4 PM

[View Map](#)

Registration required: <https://www.eventbrite.ca/e/downsview-park-nature-connection-nature-play-tickets-54533898358?aff=erellivmlt>

For more information: <https://en.downsviewpark.ca/event/nc-feb-24>

Wednesday, February 27

Recreational Astronomy Night. Royal Astronomical Society of Canada (RASC) – Toronto Centre.

Join RASC for monthly recreational astronomy night meeting. This is where RASC members get to show their latest projects or give tutorials and tips on just about everything to do with astronomy.

Time & location: 7:30 – 9:30 PM

[View Map](#)

Ontario Science Centre, 770 Don Mills Rd, Toronto, ON M3C 1T3

For more information: <https://rascto.ca/content/recreational-astronomy-night-59>

Multi-day Events

Monday, February 11 to Thursday, February 14

City Star Party (first clear night: Monday, Tuesday, or Thursday). Royal Astronomical Society of Canada (RASC) – Toronto Centre.

Hover above the moon like an astronaut and get eye-to-eye with the planets. Find colourful stars, star clusters, bright nebulae and even another galaxy. RASC monthly City Star Party is the place to catch the universe from within the city limits at Bayview Village Park.

Time & location:

Time - TBD

Bayview Village Park, 2945 Bayview Ave, Toronto, ON M2K 1E9

[View Map](#)

For more information:

<https://rascto.ca/content/city-star-party-first-clear-night-monday-tuesday-or-thursday-9>

Weekly Events

Wednesdays, February 6, 13, 20, and 27

Public Viewing. Allan I. Carswell Observatory. York University.

The observatory welcomes public interest and highly promotes the field of astronomy to those who are interested. The public viewing program runs all year round and is popular with the local and visiting communities. On public viewing nights, visitors are able to observe selected celestial objects in the presence of friendly staff, in addition to engaging in various on-hand presentations. The observatory is open regardless of weather conditions.

Time & location:

7:30 – 9:30 PM

Life Sciences Building, 6 Thompson Road, Toronto, ON

[View Map](#)

For more information:

<http://observatory.info.yorku.ca/join-us-wednesday/>

Thursdays, February 7, 14, 21, and 28

Health Promotion & Wellness. Wellness Lectures. Bernard Betel Centre.

Join Bernard Betel Centre every Thursday for a weekly wellness lecture on various topics of health, wellness, fitness, nutrition, disease prevention, alternative therapy, mental health, and much more. Learn about the latest health information from the experts.

Time & location:

1:30 – 2:30 PM

1003 Steeles Avenue West, Toronto, ON M2R 3T6

[View Map](#)

For more information:

<https://betelcentre.org/health-promotion-wellness/>

Thursdays, February 7, 14, 21, and 28

Mindfulness Circle. Woodfield.

Join Woodfield weekly Mindfulness circle to explore modern approaches to Mindfulness. Every week features fresh and unique perspectives from local teachers, leaders, and inspiring people who are working to make their community better.

Time & location:

6:30 – 7:30 PM

lululemon Attic, 318 Queen St. West, Toronto, ON M5V 2A5

[View Map](#)

Registration required:

<https://www.eventbrite.ca/e/woodfield-mindfulness-circle-lululemon-attic-tickets-52239374375>

There are also free programs at the **Toronto Public Library**.



- Science & Technology programs: <http://www.torontopubliclibrary.ca/programs-and-classes/categories/science-technology.jsp>
- Health & Wellness programs: <http://www.torontopubliclibrary.ca/programs-and-classes/categories/health-wellness.jsp>

Or have a look at the **What's On** program guide, available in branches.



Also, connect with us online and get the latest library news, event listings and librarian expertise at the **North York Central Library blog**:
<http://torontopubliclibrary.typepad.com/north-york-central-blog/>