

# Free Science\* Events



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

## Saturday, March 2

### **Solar Observing. Royal Astronomical Society of Canada (RASC) – Ontario Science 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-109>

## Monday, March 4

### **Black History Month: Mental Health Workshop with Bee Quammie. OISE. Ontario Institute for Studies in Education. University of Toronto.**

Following in the footsteps of the griots that have come before her, Bee uses the multi-dimensions of media to share her stories and to help others share theirs. Come join in on this dynamic workshop that centres Black voices and mental health and trauma.

Time & location: 4 PM – 6 PM  
Ontario Institute for Studies in Education, 252 Bloor St. West, ON M5S 1V6

[View Map](#)

Registration required: <https://www.oise.utoronto.ca/oise/Home/Events/?getdate=20190301&getmonth=1>

## Tuesday, March 5

### **Optimizing Nutrition Through Exercise – University of Toronto. Faculty of Kinesiology and Physical Education.**

Join us for a free public symposium, where leading experts from the Faculty of Kinesiology and Physical Education at the University of Toronto will discuss the relationship between physical activity and nutrition -- and translate their research insights into practical strategies that you can use to improve your health.

Time & location: 6 PM– 8 PM  
Goldring Centre for High Performance Sport.  
100 Devonshire Place  
Toronto, ON M5S 2C9

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Registration required: <https://www.eventbrite.ca/e/optimizing-nutrition-through-exercise-tickets-53811169657?aff=erelexpmlt>

## Saturday, March 9

### **OSC: Evening Telescope Observing. Royal Astronomical Society of Canada. Toronto Centre.**

Have you ever looked through a telescope? 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).

Time & location: 6 PM – 8 PM  
Ontario Science Centre.  
770 Don Mills Road, Toronto, ON M3C 1T3

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## Saturday, March 16

### ***Nature Downtown: Toronto Field Naturalists.***

Discover nature and heritage around every corner with Ed Freeman, inaugural recipient of the Heritage Toronto Volunteer Service Award. Meet at the northwest corner of University Ave. and College St. for a ramble along streets and within a few buildings to see how flora and fauna have been incorporated into our urban fabric.

Time & location: 1:30 PM – 3 PM?  
Northwest Corner of University Ave. and College St.  
University Ave. & College St.  
For more information: <https://torontofieldnaturalists.org/TFN-events/nature-downtown/>

## Monday, March 18

### ***Cities and the Environment: Problems and Solutions by the school of Environment.***

This lecture explores the deep interconnection between cities and the environment. It shows how cities impact on the local and global environment through the vast consumption of energy and production of pollution; how cities are deeply impacted by changing environmental conditions; and how cities can address the environmental impacts produced within their boundaries. **Registration Required.**

Time & location: 4:00 PM - 6:00 P.M.  
[View Map](#) Faculty Club,  
41 Willcocks St.  
Registration required <https://www.eventbrite.ca/e/cities-and-the-environment-problems-and-solutions-tickets-54883060712>

## Tuesday, March 19

### ***Memory Loss and Aging: When to worry and what to do about it.***

**Rotman Research Institute. Baycrest Health Sciences Centre.**

What happens to memory as you get older? How can you distinguish changes that are considered normal from those that are worrisome? What can you do to prevent or minimize the changes that can lead to memory decline and even Alzheimer Disease? Come hear the answer to these and other questions.

Time & location: 7:00 PM - 9:00 P.M.  
[View Map](#) Metro Toronto Convention Centre (MTCC)  
255 Front Street West  
North Building

For more information: <https://www.eventbrite.ca/e/memory-loss-and-aging-when-to-worry-and-what-to-do-about-it-tickets-53296724939>

## Thursday, March 23

### ***Time Travelling in High Park. High Park Nature Centre.***

High Park has gone through some massive changes over the past 500 years. Learn about the incredible species that used to exist in this region, and which creatures have come to replace them.

Time & location: 1:30 PM – 3 PM  
[View Map](#) High Park Nature Centre.  
375 Colborne Lodge Drive in High Park. Toronto, ON M6P 3K0

For more information: <https://highparknaturecentre.com/2/whats-on>

## Monday, March 25

**Health Care Sustainability and Patient Engagement: Charting the Path Forward Together for Sustainability.** Institute of Health Policy, Management and Evaluation, University of Toronto.

Time & location: 12:30 pm - 5:00 pm PM  
Faculty Club, 41 Willcocks Street, Toronto, Ontario M5S1C7

[View Map](#)

Registration required: <https://ihpme.utoronto.ca/events/health-care-sustainability-and-patient-engagement-charting-the-path-forward-together-for-sustainability/>

### Wednesday, March 27

**APHD Colloquium Series: Dr. Shelley McCain on Borderline Personality Treatments.** OISE. Department of Applied Psychology and Human Development.

Join us for this month's talk on the topic of borderline personality treatments with Dr. Shelley McCain. All are welcome!

Time & location: 12:30 PM – 2 PM  
252 Bloor Street West  
Toronto, ON M5S 1V6

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For more information: <https://www.oise.utoronto.ca/oise/Home/Events/?getdate=20190301&getmonth=1>

### Sunday, March 31

**How Music Helps to Heal the Injured Brain.** Royal Canadian Institute for Science (RCIS).

Music forges deep connections in the brain. Neuroscientists are just beginning to understand these connections and how to use them to help heal the brain after injury from stroke or degenerative disease.

Time & location: 2 PM – 4:30 PM  
JJR Macleod Auditorium1  
King's College Circle, Toronto, ON, M5S

[View Map](#)

Registration required: <https://www.rciscience.ca/events-1/howmusichealsthebrain>

## Multi-day Events

Monday, March 11 to Thursday, March 14

**City Star Party (first clear night: Monday to 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-3>

## Weekly Events

### Wednesdays, March 6, 13, 20 & 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, March 7, 14, 21 & 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, March 7, 14, 21 & 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/>



North York Central Library, Business, Science & Technology Department