

# Free Science\* Events

## SEPTEMBER 2019

\*and applied-science



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

### Sunday, September 1

#### ***Jim Baillie Memorial Bird Walks: High Park Fall. Toronto Ornithological Club***

Leader: Howard Shapiro. Meet at 8:00 am in the parking lot inside the Bloor St. entrance to High Park. This outing involves walking over gentle terrain but with some contours, over 1 – 2 km. Will look out for fall migrants.

Time & location: 8:00 am—12:00 pm

High Park, Bloor Street. Entrance parking lot. 1873 Bloor St W, Toronto

For more information: <http://www.torontobirding.ca/site/outings>

### Wednesday, September 4

#### ***Lymphedema Awareness. UHN (University Health Network). ELLICSR***

Learn about lymphedema, its signs and symptoms, and what you can do to lower your risk of developing it. This class is for you if you have had lymph nodes removed or had radiation to lymph nodes as part of your treatment.

Time & location: 12:00—1:00 pm

Toronto General Hospital, 200 Elizabeth St. Basement, Room B PMB 130

Registration required: Call: 416-581-8620

For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-9.0.2019-09-04T16:00:00Z>

### Saturday, September 7

#### ***Jim Baillie Memorial Bird Walks: Leslie Street Spit Fall. Toronto Ornithological Club***

Leader: Caroline Biel. Meet at 8:00 am at the entrance to Tommy Thompson Park at Unwin Ave and Leslie St (south of Lakeshore Blvd East). Will watch for fall migrants, including warblers and other songbirds, raptors, shorebirds and more.

Time & location: 8:00 am—12:00 pm

Tommy Thompson Park, 1 Leslie Street, Toronto

For more information: <http://www.torontobirding.ca/site/outings>

### Tuesday-Sunday, September 10-15

#### ***Museum of the Moon. The Bentway Conservancy***

The Bentway brings the Moon under the Gardiner with a presentation of Museum of the Moon – a seven-metre wide touring sculptural work by UK artist Luke Jerram, which fuses lunar imagery to bring the moon's surface to life on earth. The week will culminate with a special event on September 14, as a full harvest moon rises over Toronto, with Moon Merge. Pondercast host Laurie Brown and Juno-nominated electronic composer and musician Joshua Van Tassel will explore how city-dwellers merge with their natural surroundings during a live podcast recording that takes visitors on a virtual journey to the moon and back.

Time & location: 6:00—11:00 pm

The Bentway, 250 Fort York Boulevard, Toronto

Registration/more information: <https://www.eventbrite.ca/e/museum-of-the-moon-at-the-bentway-tickets-66592386621>

## Thursday, September 12

### **Medtech Strategic Trends & Start-up Strategy. Sunnybrook Research Institute**

This workshop comprises two 60-minute interactive sessions with leading medical device and healthcare innovation experts who will share their views of the current issues and future challenges in the medical device technology industry.

About the speakers:

**William Mitchell:** Professor of Strategic Management and Co-Academic Director, Global Executive MBA for Healthcare and the Life Sciences Program at Rotman.

**Gail Garland:** The founder and CEO of OBIO®, a not-for-profit, membership-based organization championing the development of an integrated health innovation economy for Ontario.

**Brian Courtney:** Dr. Brian Courtney is an assistant professor in the Department of Medicine at the University of Toronto and a Clinician Scientist at Sunnybrook Research Institute.

Time & location: 5:00—7:30 pm  
Sunnybrook Health Sciences Centre, 2075 Bayview Avenue, Toronto  
Lecture Theatre M6-502

Registration/more information: <https://www.eventbrite.com/e/medtech-strategic-trends-start-up-strategy-tickets-66211184435?aff=ebdssbdestsearch>

## Saturday, September 14

### **Planet Gazing Party. Dunlap Institute for Astronomy & Astrophysics and RASC - Toronto Centre**

The second annual Planet Gazing Party with telescopes, prizes, stars and planets. Starting at 7:30 pm, telescopes will be set up to view Jupiter, Saturn, and their moons. Talk to astronomers and telescope enthusiasts and get all your space questions answered. Make sure to arrive before 9:00 pm if you want to catch Jupiter and its moons. Saturn and the Moon will be visible until the conclusion of the event.

Time & location: 7:30—10:30 pm  
Back Campus Fields, University of Toronto, corner of Hoskin Avenue and Tower Road

For more information: <https://rascto.ca/content/dunlap-institute-planet-gazing-party>

## Sunday, September 15

### **Bringing in Your Tropical Plants. Sheridan Nurseries**

Bring your tropical plants indoors for the season. You will be guided through preventing pests, watering, and care tips to have them ready to thrive inside.

Time & location: 1:00—2:00 pm  
2827 Yonge Street, Toronto

Registration: Call 416-622-8089

For more information: <http://www.sheridannurseries.com/events/seminar/bringing-in-your-tropical-plants>

## Tuesday, September 17

### **Sex and Intimacy. UHN (University Health Network). ELLICSR**

For women. Cancer and its treatment can affect sexuality and intimacy. Attend the class to talk to a sex therapist about sex and intimacy: the short and long term effects of treatment, how to cope with changes, how to talk to your partner and how to talk to your health care team.

Time & location: 12:00—1:15 pm  
Toronto General Hospital, 200 Elizabeth St, Basement, Room B PMB 130

Registration required: Call 416 581 8620 or email [ellicsr@uhnresearch.ca](mailto:ellicsr@uhnresearch.ca)

For more information: [https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized\\_Program\\_Services/Patient\\_Education\\_Classes/Pages/sex\\_intimacy.aspx](https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Patient_Education_Classes/Pages/sex_intimacy.aspx)

## Thursday, September 19

### **Medtech Entrepreneurship & Clinical Needs Finding. Sunnybrook Research Institute**

Identifying a clinically important need may seem simple and straightforward, but it is not. If innovators identified a problem that didn't correspond to a real need for patients, time and money might be expended to no productive end. The process of identifying clinical needs requires innovators to find reliable ways of looking at processes, technologies, data and clinical practices to increase their odds of choosing a clinical need that has the most compelling opportunity for success.

Join us for this session and hear from experienced clinician-entrepreneurs and innovators on how they have utilized their skills and found new ways of looking at processes, procedures and events to nurture innovation.

About the speakers:

**William Mitchell:** See Sept. 12.

**Chris O'Connor:** 2006 Ontario Innovation Award for Improving Quality & Patient Safety. Founded Think Research in 2006 with a vision of creating a collaborative community of clinical practice. 2007 Emerging Leader in Canadian Informatics Award for innovation in the health care field.

**Kieran Murphy:** Professor Kieran Murphy MB BAO BCH FRCPC FSIR graduated in 1986 from the Royal College of Surgeons in Ireland.

Time & location: 5:00—6:30 pm  
Sunnybrook Health Sciences Centre, 2075 Bayview Avenue  
Lecture Theatre M6-502

Registration/more information: <https://www.eventbrite.com/e/medtech-entrepreneurship-clinical-needs-finding-tickets-66213679899?aff=ebdssbdestsearch>

## Monday, September 23

### **Mothers with Eating Disorders. NIED (National Initiative for Eating Disorders)**

Parents who struggle with body image, disordered eating, and Eating Disorders face unique challenges that are often overlooked. These include barriers to accessing appropriate health care, a fear of child protection services and difficulty carrying out daily parenting tasks. Gain insights from a panel of lived experience mothers looking for judgement-free mental health supports so that they can be the best caregivers that they want to be.

Time & location: 7:30—9:30 pm  
Miles Nadal JCC, 750 Spadina Avenue, Toronto

Registration required: Email [Wendy@nied.ca](mailto:Wendy@nied.ca)

For more information: <http://nied.ca/symposia/>

## Thursday, September 26

### **Eating Well Throughout Cancer treatment. UHN (University Health Network)**

This class is for all cancer diagnoses. Learn about the importance of good nutrition during treatment from a Princess Margaret oncology dietitian. Bring your nutrition questions to the class.

Time & location: 10:00—11:00 am  
Princess Margaret Hospital, Cancer Survivorship Centre  
610 University Avenue. 2<sup>nd</sup> Floor, Room 2-631

Registration required: Call 416-946-4501 ext. 2363

For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-195.0.2019-09-26T14:00:00Z>

### **Adolescent and Young Adult Cancer Meet-up. UHN (University Health Network)**

A facilitated meet-up for young adults under 40 with any type of cancer. Supporters (friends, family and partners) are welcome.

Time & location: 6:00—7:30 pm  
Princess Margaret Cancer Centre, 610 University Avenue.  
16<sup>th</sup> Floor, Room 726

Registration required: Call 416 946 4501 ext. 5579 or email [aya@uhn.ca](mailto:aya@uhn.ca)

For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-28.0.2019-09-26T22:00:00Z>

## Weekly events

### Thursdays, September 5, 12, 19, 26

#### **North York Farmers' Market. Foodland Ontario**

The Thursday North York Farmers' Market is back at Mel Lastman Square in Toronto, providing locally grown market fresh fruit, vegetables, farm fresh produce, local honey, flowers, herbs, baked goods and preserves.

Time & location: 8:00 am—2:00 pm  
Mel Lastman Square, 5100 Yonge Street

For more information: <https://www.northyorkfarmersmarket.ca/index.php>

For other locations in Toronto please visit: [https://www.blogto.com/eat\\_drink/2014/06/farmers\\_markets\\_in\\_toronto\\_by\\_day\\_of\\_the\\_week/](https://www.blogto.com/eat_drink/2014/06/farmers_markets_in_toronto_by_day_of_the_week/)

### Mondays, September 9, 16, 23, 30

#### **Lifestyle and Balance Program. Unison Health and Community Services**

This program is designed for individuals who would like free support and education on achieving weight reduction and increasing physical activity. The goals of the program are to lose 7% of your body weight and increase physical activity to 150 minutes per week. Weekly topics include healthy eating, physical activity, problem solving, and more. Sessions are led by clinical providers such as registered nurses, registered dietitians, etc.

Time & location: 9:00—10:30 am  
Unison Health and Community Services, 1651 Keele Street

Registration required: 416-787-1661 ext. 3301

For more information: [http://unisonhcs.org/lifestyl\\_balance\\_program/](http://unisonhcs.org/lifestyl_balance_program/)

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**: <https://torontopubliclibrary.typepad.com/north-york-central-blog/>



North York Central Library, Business, Science & Technology Department