

# Free Science\* Events



**\*and applied-science**



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

## Tuesday, July 2

### ***Living Healthy with Type 2 Diabetes. Sunnybrook: Health Sciences Centre.***

This comprehensive program assists participants to develop a detailed understanding of type 2 diabetes and its management. It incorporates: how diabetes is diagnosed, and managed using various tools such as healthy eating, exercise, medications, label reading and preventing complications. Case studies are used to provide opportunities for application of knowledge learned. Participants work on incorporating behavior change into their lives while practicing goal setting. This program runs monthly with three half day sessions.

Time & location: 9:00am -12:00pm

Academic Family Health Team

2075 Bayview Ave, Toronto, ON M4N 3M5

Registration required: As classes may change, call Corrie at 416 480-4805 or email [corrie.procak@sunnybrook.ca](mailto:corrie.procak@sunnybrook.ca)

For more information: <https://sunnybrook.ca/calendar/event.asp?e=1270&m=1920&page=33990>

## Wednesday, July 3

### ***Creativity in Caregiving. Alzheimer Society of Toronto.***

This interactive workshop will teach caregivers related to the person living with dementia on how to incorporate drama, art and imagination into their relationship with family members with memory loss. This workshop is for family care partners related to the person living with memory loss.

Objectives:

- Learn creative activities and exercises that you and your family member can do together
- Improve communication by applying arts-based philosophies and improvisation techniques into your everyday interactions with your family member
- Engage in group activities to understand the benefits of creativity, play and imagination
- Increase awareness of existing creative and arts-based programming and services at the Alzheimer Society of Toronto and across the GTA

Time & location: 1:00- 3:00pm

Toronto Memory Program

1 Valley brook Drive, Suite 400

North York, ON M3B 2S7

Registration required: [https://on.alz.to/site/Calendar?view=RSVP&id=107242&pw\\_id=1981](https://on.alz.to/site/Calendar?view=RSVP&id=107242&pw_id=1981)

For more information: **Phone:** (416) 322-6560 or visit;  
<https://alz.to/event/creativity-in-caregiving/>

## Thursday, July 4

### ***Toronto Botanical Garden Tour. Alzheimer Society of Toronto.***

A 60-minute guided tour of the Toronto Botanical Garden. This informative and engaging tour is designed for people to gain a greater understanding of plants, garden design, the natural world and local history. Leave with great ideas for your own backyard or balcony. Will meet at the entrance of the main building at **12:45pm**. Please note: This is a flat terrain tour of the fully accessible parts of the garden. Please wear comfortable shoes.

Time & location: 1:00- 2:00pm

Toronto Botanical Gardens

777 Lawrence Avenue East

Toronto, ON M3C 1P2

Registration required: [https://on.alz.to/site/Calendar?view=RSVP&id=107245&pw\\_id=1981](https://on.alz.to/site/Calendar?view=RSVP&id=107245&pw_id=1981)

For more information: **Phone:** (416) 322-6560 or visit;  
<https://alz.to/event/toronto-botanical-garden-tour/>

## Tuesday, July 9

### ***A Walk in the Park- Bees Please. Downsview Park.***

Join us as we take a guided stroll through Downsview Park's green spaces. This program is geared toward adults and will take place on accessible pathways. Did you know that most of Toronto's bees are solitary nesters? Join us as we walk and learn about our pollinator friends. Please bring comfortable walking shoes, a water bottle, and appropriate clothing for the weather.

Time & location: 9:00am -11:00pm  
Discovery Centre  
70 Canuck Avenue, Toronto, Ontario, M3K 2C5

For more information: <https://en.downsviewpark.ca/event/WITP-July9>

## Wednesday, July 10

### ***Relaxation Therapy. UHN (University Health Network).***

Learn and practice some simple techniques including deep breathing, progressive muscle relaxation, and guided imagery in this group class.

Time & location: 1:15 -2:00pm  
Princess Margaret Cancer Centre  
610 University Ave, Toronto, ON M5G 2C1  
The Gerry & Nancy Pencer Brain Tumour Centre, 18th Floor

For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-6.0.2019-07-10T17:15:00Z>

## Sunday, July 14

### ***Downsview Park Nature Connection: Insect Investigation. Downsview Park.***

Downsview Park staff will take you on a free outdoor Park program based on nature-themed topics to get you exploring the natural world, starting with Downsview Park. There are plenty of tiny critters found within Downsview Park that we don't realize are right under our noses. Come out, play some games, and explore the world of an insect's life at Downsview Park. All participants under the age of 16 must be accompanied by an adult. This program may take place on rough trails, strollers are not recommended. Please do not bring animals\* to Nature Connection programs and remember to dress for the weather.

\*Service animals are always welcome. Registration is required for this event.

Time & location: 2:00- 4:00pm  
Discovery Centre (rear door of building)  
70 Canuck Avenue  
Toronto, ON M3K 2C5

Registration and more information: <https://www.eventbrite.ca/e/downsview-park-nature-connection-insect-investigation-tickets-56940586828>

## Monday, July 15

### ***Home Safety. Alzheimer Society of Toronto.***

This workshop is for family caregivers of those living with dementia. It will focus on helping caregivers identify the risks unique to their situation and make the necessary modifications at different stages of the disease.

#### **Learning Objectives:**

- Understand the functions of the brain and impact of dementia on capacities
- Develop an understanding of capacity losses and impact on activities of daily living
- Get tips on helping the person living with dementia manage life at home
- Learn about community resources

Time & location: 1:00- 3:00pm  
SPRINT Senior Care  
1 William Morgan Drive  
East York, ON M4H 1C5

Registration required: [https://on.alz.to/site/Calendar?view=RSVP&id=107199&pw\\_id=1981](https://on.alz.to/site/Calendar?view=RSVP&id=107199&pw_id=1981)

For more information: **Phone:** (416) 322-6560 or visit;  
<https://alz.to/event/home-safety/>

## Thursday, July 18

### ***Community Connections. UHN (University Health Network) - ELLICSR.***

Get to know the supportive care groups in your community. Attend workshops and programs, and meet other people affected by cancer.

Time & location: 10:00am  
Toronto General Hospital  
200 Elizabeth St, Toronto, ON M5G 2C4  
Basement, Room B PMB 130,  
ELLICSR: Health, Wellness & Cancer Survivorship Centre

For more information: [https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized\\_Program](https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program)

## Thursday, July 18

### **ELLICSR Kitchen. UHN (University Health Network) - ELLICSR.**

The ELLICSR Kitchen hosts a series of dynamic healthy cooking demonstrations led by a Wellness Chef Jeremy Capone and Registered Dietitian Stephanie Gladman. Demonstrations feature:

- Healthy, simple and delicious recipes
- Special guest appearances
- Tasty samples

Time & location: 12:15-1:15pm  
Toronto General Hospital  
200 Elizabeth St, Toronto, ON M5G 2C4  
Basement, Room B PMB 130,  
ELLICSR: Health, Wellness & Cancer Survivorship Centre  
For more information: [https://www.ellicsr.ca/en/clinics\\_programs/ellicsr\\_kitchen/](https://www.ellicsr.ca/en/clinics_programs/ellicsr_kitchen/)

## Monday, July 22

### **Healthy Habits for Pre-Diabetes. Sunnybrook: Health Sciences Centre.**

This program focuses on preventing or delaying the development of type 2 diabetes. It is for clients who meet the Canadian Diabetes Association Clinical Practice Guidelines (CPG) criteria for pre diabetes.

The class includes the following:

- Defining pre diabetes
- Risk factors and how to reduce one's risk for developing type 2 diabetes
- Healthy eating and the benefits of exercise

Participants work on incorporating behavior change into their lives while practicing goal setting. This program runs bi-monthly for two half day sessions

Time & location: 9:00am -12:00pm  
Academic Family Health Team  
2075 Bayview Ave, Toronto, ON M4N 3M5  
Registration required: As classes may change, call Corrie at 416 480-4805 or email [corrie.procak@sunnybrook.ca](mailto:corrie.procak@sunnybrook.ca)  
For more information: <https://sunnybrook.ca/calendar/event.asp?e=1268&m=&page=33990>

## Tuesday, July 30

### **Downsview Park's A walk in the Park: Art in Nature. Downsview Park.**

Join us as we take a guided stroll through Downsview Park's green spaces. This program is geared toward adults and will take place on accessible pathways. Light refreshments will be served at the end of the program. The natural world has inspired creative thought throughout human history. Join us as we walk and explore the connection between art and nature, no experience required.

Please bring comfortable walking shoes, a water bottle and appropriate clothing for the weather.

Time & location: 9:30- 11:00am  
Discovery Centre at Downsview Park (rear door)  
70 Canuck Avenue  
Toronto, ON M3K 2c5  
For more information: <https://www.eventbrite.ca/e/downsview-parks-a-walk-in-the-park-art-in-nature-tickets-61156737448>

## Weekly events

## Wednesdays, July 3, 10, 17, 24, 31

### **Healthy Steps. UHN (University Health Network) - ELLICSR.**

Do fun stretches and dance moves set to music in a healing exercise program designed to help you thrive. Only available in English.

Time & location: 12:00-1:00pm  
Toronto General Hospital  
200 Elizabeth St, Toronto, ON M5G 2C4  
Basement, Room B PMB 130,  
ELLICSR: Health, Wellness & Cancer Survivorship Centre  
Registration Required: Call: 416-581-8620  
For more information: <https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-113.0.2019-07-24T16:00:00Z>

## Thursdays, July 4, 11, 18, 25

### **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: 8:00am- 2:00pm  
Mel Lastman Square  
5100 Yonge Street, Toronto

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/)

## Various dates

### **Look Good Feel Better. UHN (University Health Network).**

Led by professional cosmetic advisors and hair alternatives specialists, a free Look Good Feel Better workshop helps women with all types of cancer manage the effects treatment can have on their appearance. Women undergoing all types of treatment are welcome: Chemotherapy, radiation, surgery or hormone therapy. This two-hour workshop can help you regain control over your appearance. During the workshop you'll receive support and guidance. You will also have the chance to connect with other women facing cancer. You will learn about: Cosmetic hygiene, Skin care, Cosmetics, Sun care, Hair alternatives. You will also receive a free kit of cosmetics and skin care products to help you face cancer with confidence.

Day, Time & location: **Thursday, Jul 4: 1:30 - 3:30pm**  
Princess Margaret Cancer Centre  
610 University Ave, Toronto, ON M5G 2C1  
Wig Salon, 3rd Floor, Room 3-642

Day, Time & location: **Thursday, Jul 11: 1:30 - 3:30pm**  
Princess Margaret Cancer Centre  
610 University Ave, Toronto, ON M5G 2C1  
Wig Salon, 3rd Floor, Room 3-642

Day, Time & location: **Wednesday, Jul 17: 10:00am - 12:00pm**  
Princess Margaret Cancer Centre  
610 University Ave, Toronto, ON M5G 2C1  
Wig Salon, 3rd Floor, Room 3-642

Day, Time & location: **Wednesday, Jul 24: 10:00am -12:00pm**  
Princess Margaret Cancer Centre  
610 University Ave, Toronto, ON M5G 2C1  
Wig Salon, 3rd Floor, Room 3-642

Registration required: Call 1-800-914-5665 or visit  
<https://lgfb.ca/en/workshop/Ontario/Toronto/>

For more information: **Contact:** Laurie Tucker **Phone:** (416) 946-2075 or visit;  
<https://www.uhn.ca/Pages/eventdetails.aspx?itemid=PMCP-26.0.2019-07-24T14:00:00Z>



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/>

