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

**Monday, December 1**

A two-hour course that focuses specifically on pain management. The workshop will help to improve your understanding of chronic pain management, introduce different coping methods and encourage you to take an active role in your pain management.

**Time & location:** 2 – 4 PM
Toronto Reference Library, 789 Yonge St.

**Registration required:** 1-800-321-1433 ext. 3657

**For more information:** [http://www.arthritis.ca/on/events?cid=6&ceid=3032&cerid=0&cdt=12%2f1%2f2014](http://www.arthritis.ca/on/events?cid=6&ceid=3032&cerid=0&cdt=12%2f1%2f2014)

**Tuesday, December 2**

Speaker: Matthew Farish, University of Toronto.

**Time & location:** 12:30 – 2 PM
Norman Bethune College, Room 320 (Paul A. Delaney Gallery), 170 Campus Walk, York University (Keele Campus).

**For more information:** [http://www.yorku.ca/sts/undergraduate/seminars.html](http://www.yorku.ca/sts/undergraduate/seminars.html)

**Wednesday, December 3**

*Building Resiliency of Urban Ecosystems through Transportation Planning: Case Studies from the GTA. Environment Seminar Series. University of Toronto. School of the Environment.*
Speaker: Namrata Shrestha, Toronto & Region Conservation Authority.

**Time & location:** 6 PM
Earth Sciences Building, Room 149 (Basement), 5 Bancroft Ave.

**For more information:** [http://www.environment.utoronto.ca/SeminarSeries/EnvironmentSeminarSeries/Building%20Resiliency.aspx](http://www.environment.utoronto.ca/SeminarSeries/EnvironmentSeminarSeries/Building%20Resiliency.aspx)

**Thursday, December 4**

Speaker: Tony Withers, Western University.

**Time & location:** 12 PM
Earth Sciences Centre, Room 2093, 22 Russell St.

**For more information:** [http://webcan.es.utoronto.ca/research/seminars/](http://webcan.es.utoronto.ca/research/seminars/)

*Silver Rainbow. Noon-Hour Seminars. University of Toronto. The Institute for Life Course and Aging.*
Speaker: Ron Gonsalves, University of Toronto. Come and listen to the latest developments in aging and end-of-life issues. Feel free to bring your lunch with you.

**Time & location:** 12 – 1 PM
The Institute for Life Course and Aging, 4th Floor Classroom, 263 McCaul St.

**Registration required:** Email aging@utoronto.ca


*Laughter Yoga. Bernard Betel Centre.*
Learn the health benefits of laughter.

**Time & location:** 12:15 – 1:15 PM
Bernard Betel Centre, 1003 Steeles Ave. West

**For more information:** [http://www.betelcentre.org/event/laughter-yoga-0](http://www.betelcentre.org/event/laughter-yoga-0)

*Colours in Our Life. Bernard Betel Centre.*
Learn how different colours affect one’s mood and psychological state, how to use colours in your environment to boost well-being, and what your favourite colours say about you.

**Time & location:** 1:30 – 2:30 PM
Seeing Beyond Red with Cool Technology. University of Toronto Astro Tours.
Speaker: Suresh Sivanandam. There has been an explosion of technological innovation in the detection of infrared light—the light we cannot see but which we feel as heat. In this talk, Dr. Sivanandam will describe these technological breakthroughs and the new discoveries they have made possible about our galaxy’s super-massive black hole, the evolution of galaxies, exoplanets and much more.
Time & location: 8:10 PM
McLennan Physical Laboratory, Room 102, 60 St. George St.
Registration for planetarium show: http://www.astro.utoronto.ca/astrotours/?page_id=392

Saturday, December 6
Living Hostess Gifts. Sheridan Nurseries.
A demonstration on how to turn a poinsettia or house plant into a unique hostess gift.
Time & location: 10 – 11 AM
Toronto Garden Centre, 2827 Yonge St. OR Scarborough Garden Centre, 1774 Ellesmere Rd.
For more information: http://www.sheridannurseries.com/events/seminar/free_learning_session_living_hostess_gifts3

Sunday, December 7
High Park through the Ages. Sunday Walking Tours. High Park Nature Centre.
Leader: David Berndorff. Walks are led by volunteer scientists, historians or local naturalists who will help you to understand and explore High Park’s many significant features. Walks may go on wooded trails, so please wear appropriate clothing and footwear.
Time & location: 10:30 AM – 12 PM
High Park, 200 Parkside Dr. Meet at the benches, across the road from the south side of Grenadier Restaurant, in the middle of High Park.

What is Happening with Monarch Butterflies? Toronto Field Naturalists.
Citizen scientist Don Davies describes the current situation of the monarch and what we can do to help.
Time & location: 2:30 PM
Northrop Frye Building, 32 Queens Park
For more information: http://www.torontofieldnaturalists.org/v-lectures.htm

Monday, December 8
At the end of this program, participants will be able to use strategies to control pain, protect joints and improve function of the hand.
Time & location: 1 – 4 PM
The Arthritis Society Office, 393 University Ave. Suite 1700
Registration required: 1-800-321-1433 ext. 3381
For more information: www.arthritis.ca/on/events?cid=6&ceid=2922&cerid=0&cdt=12%2f8%2f2014

Wednesday, December 10
The members will show their latest projects, or give tutorials and tips on astronomy.
Time & location: 7:30 – 10 PM
Ontario Science Centre, Imperial Oil Auditorium, 770 Don Mills Rd.
For more information: http://rascto.ca/content/recreational-astronomy-night-7

Saturday, December 13
Leader: David Pryor. Expect to find a variety of winter waterfowl and land birds and year-round residents on this walk. Sometimes you will also find a few stragglers from summer that missed their cues to fly south.
Time & location: 9 – 11 AM
Humber Bay Park East. Meet in the main parking lot (map: http://goo.gl/yc77uo)
For more information: http://www.ccfew.org/html/bird_walks.html
**Meditation Courses on the Danforth. Meditation Toronto.**
The course is perfect for beginners or seasoned meditation practitioners and consists of a few different methods of meditation. The first method involves sound meditation with deep breathing. The second consists of meditation with beads, and the third consists of meditation with music. Overall, the practice is simple, deeply relaxing and beneficial to all levels.

**Time & location:** 1 – 2 PM
Eastminster United Church, Boardroom, 310 Danforth Ave

**For more information:** [http://www.meditationtoronto.com/danforth.html](http://www.meditationtoronto.com/danforth.html)

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**Thursday, December 18**

**Safe Winter Driving. Bernard Betel Centre.**
Learn what is required to maintain and regain control over your vehicle in specific types of skids, the vital principle of the natural laws of motion and your vehicle’s limitations, and recommended winter tune-ups.

**Time & location:** 1:30 – 2:30 PM
Bernard Betel Centre, in the Synagogue, 1003 Steeles Ave. West

**For more information:** [http://www.betelcentre.org/event/safe-winter-driving](http://www.betelcentre.org/event/safe-winter-driving)

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**Sunday, December 21**

**Holiday Hike to Colborne Lodge. Sunday Walking Tours. High Park Nature Centre.**
Leader: Walking Tours Committee. Walks are led by volunteer scientists, historians or local naturalists who will help you to understand and explore High Park’s many significant features. Walks may go on wooded trails, so please wear appropriate clothing and footwear.

**Time & location:** 10:30 AM – 12 PM
High Park, 200 Parkside Dr.
Meet at the benches, across the road from the south side of Grenadier Restaurant, in the middle of High Park.


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**Weekly events**

**Mondays, December 1, 8 & 15, Tuesdays, December 2, 9 & 16 and Wednesdays, December 3, 10 & 17**

**Stretch & Breathe. Central Eglinton Community Centre.**
For adults age 50+. Follow a 50 minute DVD of mild exercises related to T’ai Chi, Chi Gung and Chinese Yoga. Afterwards, there is an optional 5-10 minute meditation practice on Mondays and Wednesdays. This program is limited to 9 participants and is offered on a first-come, first-served basis.

**Time & location:**
- Mondays: 11 – 11:50 AM
- Tuesdays: 10 – 10:50 AM
- Wednesdays: 11 – 11:50 AM
Central Eglinton Community Centre, 2nd Floor, Movie Room, 160 Eglinton Ave. East


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**Tuesdays, December 2, 9, 16, 23 & 30**

**Labour of Love. Unison Health & Community Services.**
For pregnant women. Come learn about pregnancy, baby care and healthy eating.

**Time & location:** 1:30 – 3:30 PM
Lawrence Heights, 12 Flemington Rd.

**For more information:** (416) 787-1676 ext. 227

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**Wednesdays, December 3, 10 & 17**

**Observatory Public Viewing. York University Observatory.**
On public viewing nights, visitors are able to observe selected celestial objects in the presence of helpful staff, in addition to engaging in various on-hand presentations. The observatory is open regardless of weather conditions, even though viewing through the telescope is limited to clear skies.

**Time & location:** 7:30 – 9:30 PM
Petrie Science & Engineering Building, 4700 Keele St.

**For more information:** [http://astronomy.blog.yorku.ca/tour-request/join-us-wednesday/](http://astronomy.blog.yorku.ca/tour-request/join-us-wednesday/)

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**Thursdays, December 4, 11 & 18**

**T’ai Chi Class. Unison Health & Community Services.**
This is a demonstration program for new learners. Join the class to learn basic T’ai Chi to improve your health, enhance your body and spirit and meet new people.

**Time & location:** 10 AM – 12 PM
Jane-Trethewey, 1541 Jane St.

**For more information:** (416) 653-5400 ext. 1265
**Thursday Night Lectures. The Big Carrot.**
A lecture by experts on a variety of social and environmental issues that are key to the health and prosperity of individuals and the community as a whole. Seating is offered on a first-come, first-served basis.

**Time & location:** 7 PM
The Big Carrot, Carrot Common, Room 212, 348 Danforth Ave.

For more information: [http://thebigcarrot.ca/about-us/whats-on/thursday-night-lectures/](http://thebigcarrot.ca/about-us/whats-on/thursday-night-lectures/)

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**Breastfeeding Clinics. Toronto Public Health.**
Breastfeeding support is available through the breastfeeding clinics. Services include breastfeeding assessment, information and follow-up care.

**Time & location:** Check website for date, time and location of these clinics.

For more information: [http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=ab4a1291bfc30410VgnVCM10000071d60f89RCRD](http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=ab4a1291bfc30410VgnVCM10000071d60f89RCRD)

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**Guided Walks. Rouge Park.**
Join a walk to discover nature and wildlife at Rouge Park.

**Time & location:** Check website for date, time and location of these clinics.


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**Peer Nutrition Program. Toronto Public Health.**
The Peer Nutrition Program is a free nutrition education program for parents and caregivers of children 6 months to 6 years of age. The program is led by trained Community Nutrition Educators and is supported by Registered Dietitians. The program is culturally adapted to Toronto’s diverse population and offered in many languages.

**Registration required:** Call to find out if the program is available in your language or to register:
(416) 338-7600

For more information: [http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=c6b9ce7e2b322410VgnVCM10000071d60f89RCRD](http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=c6b9ce7e2b322410VgnVCM10000071d60f89RCRD)

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

- Health & Wellness programs: [http://www.torontopubliclibrary.ca/programs-and-classes/categories/health-wellness.jsp](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.

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Also, connect with us online and get the latest library news, event listings and librarian expertise at the **North York Central Library blog:**