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

Tuesday, September 1

*Radiation: Benefits, Delayed Side Effects and Their Treatment.* Princess Margaret Cancer Centre.
Feed your mind and body as you listen to Princess Margaret Cancer Centre’s physicians and researchers speak on a variety of cancer topics. Bring a lunch.

**Time & location:** 11:30 AM – 12:30 PM
Princess Margaret Cancer Centre, 6th Floor, Room 6-604, Auditorium, 610 University Ave.

For more information: [http://www.uhn.ca/PrincessMargaret/PatientsFamilies/Patient_Family_Library/Lunch_Learn/](http://www.uhn.ca/PrincessMargaret/PatientsFamilies/Patient_Family_Library/Lunch_Learn/)

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Thursday, September 3

*Natural Beauty Products in Your Kitchen.* Bernard Betel Centre.
Join Holistic Nutritionist, Riva Waldman, to learn about great skincare products that can be made right in your kitchen. She will go over ingredients to avoid in cosmetics, skin care and how to make budget friendly beauty products yourself.

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

For more information: [http://www.betelcentre.org/event/natural-beauty-products-your-kitchen](http://www.betelcentre.org/event/natural-beauty-products-your-kitchen)

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*Placing the Planets.* University of Toronto AstroTours.
Speaker: Christa Van Laerhoven. This talk will include an overview of the formation and migration of planets in the solar system, including the “Grand Tack” and “Nice Model”. The speaker will also touch on how the planets might move in the future. Enjoy a planetarium show after the presentation (registration required).

**Time & location:** 8:10 PM
McLennan Physical Laboratories, Room 102, 60 St. George St.

Registration for planetarium shows: [http://www.astro.utoronto.ca/astrotours/?page_id=392](http://www.astro.utoronto.ca/astrotours/?page_id=392)

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Friday, September 4 to Monday, September 7

**Hot & Spicy Food Festival.**
A four-day food festival celebrating all things hot and spicy. The event includes cooking demonstrations, lectures and workshops from chefs, films about food, a cooking competition and much more.

**Time & location:** Time of events vary, please check website.
Harbourfront Centre, 235 Queens Quay West


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Sunday, September 6

*High Park Fall.* Toronto Ornithological Club.
Leader: Leslie Kinrys. Look for fall migrants and raptors on this walk. This walk will take place, rain or shine. It may involve walking on unpaved trails that may be muddy, steep, overgrown and/or uneven. Participants should wear sturdy footwear and clothing, sunscreen and insect repellent appropriate to the weather/season. Bring a snack or lunch and something to drink.

**Time & location:** 8 AM – 12 PM
Meet at the parking lot inside the Bloor St. entrance to High Park at High Park Ave.

For more information: [http://www.torontobirding.ca/site/outings](http://www.torontobirding.ca/site/outings)

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Mystery and history of High Park, from Native times to the present, will be narrated by Colborne Lodge staff. 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.

Tuesday, September 8

**Grocery Store Tour: Diabetes Education. Bernard Betel Centre.**

It can be confusing to know how to choose healthy foods from all of the choices in a grocery store, especially if you have diabetes. Join Judy Chodirker, in-store Dietitian at Loblaws, on an interactive and educational grocery store tour to learn about healthy eating with diabetes. Transportation will be provided.

**Time & location:** Bus leaves at 10 AM
Please call to find out meeting location.

**Registration required:** Call (416) 225-2112, ext. 130

Wednesday, September 9

**Capturing the Future. We Are Wearables.**

This event will look at the evolution of the camera and the documentation of our lives. Featuring bionic eyes, body worn cameras, drones, 360-degree filming, 3D scanning and more from some of the leading minds and companies pushing the boundaries with camera technology.

**Time & location:** 6:30 – 10 PM
MaRS Discovery District, 101 College St.

**Registration required:** [http://www.meetup.com/Wearable-Wednesday-Toronto/events/224727239/](http://www.meetup.com/Wearable-Wednesday-Toronto/events/224727239/)

**Recreational Astronomy Night. Royal Astronomical Society of Canada – Toronto Centre.**

A monthly recreational astronomy meeting where members present their latest projects and give tutorials and tips on astronomy topics. This month’s topics include: the sky this month, North Frontenac Dark Sky Preserve update and more.

**Time & location:** 7:30 – 9:30 PM
North York Civic Centre, Committee Room 3, 5100 Yonge St.

**For more information:** [http://rascto.ca/content/recreational-astronomy-night-17](http://rascto.ca/content/recreational-astronomy-night-17)

Thursday, September 10

**Healthy Eating for the Holidays. Bernard Betel Centre.**

Join Jaime Slavin, Nutritionist and Registered Dietitian, to learn about healthy choices to make during the holidays and delicious alternatives to try out.

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

**For more information:** [http://www.betelcentre.org/event/healthy-eating-holidays](http://www.betelcentre.org/event/healthy-eating-holidays)

Friday, September 11 to Sunday, September 13

**Veg Food Fest. Toronto Vegetarian Association.**

A weekend full of cooking demonstrations, free samples, new products, cookbook launches, workshops, lectures, fitness classes, panel discussions and much more.

**Time & location:**
- Friday: 4 – 9 PM
- Saturday: 12 – 9 PM
- Sunday: 12 – 7 PM
Harbourfront Centre, 235 Queens Quay West

**For more information:** [http://vegfoodfest.com/](http://vegfoodfest.com/)

Saturday, September 12

**Leslie Street Spit Fall. Toronto Ornithological Club.**

Leader: Justin Peter. Look for fall migrants, raptors and shorebirds on this walk. This walk will take place, rain or shine. It may involve walking on unpaved trails that may be muddy, steep, overgrown and/or uneven. Participants should wear sturdy footwear and clothing, sunscreen and insect repellent appropriate to the weather/season. Bring a snack or lunch and something to drink.

**Time & location:** 8 AM
Meet at the foot of Leslie St. at Unwin Ave. (south of Lakeshore Blvd. East)

**For more information:** [http://www.torontobirding.ca/site/outings](http://www.torontobirding.ca/site/outings)

**Riverside Medicinal Plant & Herb Walk. Riverside Toronto**

Leader: Danette Steele. Take a walk on the wild side with local expert herbalist. Identify common wild plants that are good for food and medicine. Learn about the current and historical uses of plant medicine in the city.

**Time & location:** 10:30 AM
1 Munro St.

**Registration required:** [https://www.eventbrite.ca/e/riverside-walks-september-12th-tickets-18245178821](https://www.eventbrite.ca/e/riverside-walks-september-12th-tickets-18245178821)
Sunday, September 13

**Your Pane is Their Pain: Preventing Birds from Crashing into Windows. Toronto Field Naturalists.**

Michael Mesur, Fatal Light Awareness Program (FLAP), shows how to make Toronto a safer place for migratory songbirds.

Time & location: 2:30 PM
Northrop Frye Building, 73 Queens Park

For more information: [http://www.torontofieldnaturalists.org/v-lectures.htm](http://www.torontofieldnaturalists.org/v-lectures.htm)

Thursday, September 17

**Mass Transfer in Subduction Zones. Earth Sciences Seminar Series. University of Toronto. Dept. of Earth Sciences.**

Speaker: Alexandra Tsay, University of Toronto.

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/)

**Managing Stress and Meditation. Bernard Betel Centre.**

Speaker: Maurice Bloch, Counsellor and Consultant. Learn how to manage stress by rationalizing and taking control over your thoughts. Also, learn how meditation can help calm the thought process.

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


**Fundamental Limits on Information Security and Privacy. University of Toronto. Dept. of Electrical and Computer Engineering.**

Speaker: Vincent Poor, Princeton University. The ubiquity of technologies such as wireless communications and online data repositories has created new challenges in information security and privacy. Information theory provides fundamental limits that can guide the development of methods for addressing these issues. This talk will review two areas to which these ideas have been applied successfully: wireless physical layer security and utility-privacy trade-offs of data sources.

Time & location: 3 PM
Sandford Fleming Building, Room 1105, 10 King’s College Rd.

For more information: [http://www.ece.utoronto.ca/about/distinguished-lectures/](http://www.ece.utoronto.ca/about/distinguished-lectures/)

Saturday, September 19

**Walking Tour: Hurricane Hazel Revisited. Heritage Toronto.**

Travel back in time to 1954 and hear how the storm of the century affected the landscape and residents of Weston. Visit some of the sites that were affected by the overflowing Humber River: from the bridge and homes that washed away to the little church that became a temporary morgue.

Time & location: 1:30 – 3 PM
Starting point: Little Avenue Memorial Park, 22 Little Ave. (enter park off Weston Rd. or Lawrence Ave. West)

For more information: [http://heritagetoronto.org/event/hurricane-hazel-revisited/](http://heritagetoronto.org/event/hurricane-hazel-revisited/)

Sunday, September 20

**Lambton Woods Fall. Toronto Ornithological Club.**

Leader: Don Burton. Look for fall migrants on this walk. This walk will take place, rain or shine. It may involve walking on unpaved trails that may be muddy, steep, overgrown and/or uneven. Participants should wear sturdy footwear and clothing, sunscreen and insect repellent appropriate to the weather/season. Bring a snack or lunch and something to drink.

Time & location: 8 AM – 12 PM
Meet at James Gardens parking lot (access from Edenbridge Dr., east of Royal York Rd, north of Dundas St. West).

For more information: [http://www.torontobirding.ca/site/outings](http://www.torontobirding.ca/site/outings)

**Shakespeare in the Park. Sunday Walking Tours. High Park Nature.**

A social ramble with nature readings from Shakespeare, presented by writer Julia Bennett. 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.


Wednesday, September 23

**Panel Discussion. Science Literacy Week. University of Toronto Science and Engineering Engagement.**
A panel discussion moderated by Toronto Star science reporter Kate Allen, featuring researchers Ron Baecker, Kerry Bowman, Mike Carter, James Downar and Carol Greenwood.

Time & location: 7 – 10 PM  
Isabel Bader Theatre, 93 Charles St. West  
For more information: http://scienceliteracy.ca/events/ontario-events-5/

The Toronto Public Library is also hosting various Science Literacy Week programs: http://www.torontopubliclibrary.ca/search.jsp?N=4288613067&Ns=p_pub_date_sort&Nso=0

Speaker: Paul Delaney, York University. This lecture will summarize the history of Pluto and the results sent back to date from New Horizons. The revelations are unexpected.  
Time & location: 7:30 – 9:30 PM  
TBA (please check website)  
For more information: http://rascto.ca/content/speakers-night-9

Thursday, September 24  
A panel discussion moderated by Globe and Mail writer Ivan Semeniuk, featuring researchers Aziza Chaouni, Ravi Seethapathy, Brandon Sutherland, Alex Wolf and David Zingg.  
Time & location: 7 – 10 PM  
Isabel Bader Theatre, 93 Charles St. West  
For more information: http://scienceliteracy.ca/events/ontario-events-5/

Saturday, September 26  
Scarborough Butterfly Trail Walk. Stewardship at Toronto and Region Conservation Authority.  
A walk along a paved multi-use path to admire wildflowers and search for butterflies. This event is for all ages and accessible for wheelchairs and strollers. Walk will occur, rain or shine. Dress for the weather and wear appropriate footwear. Bring a hat, water bottle and sunscreen.  
Time & location: 10 – 11:30 AM  
Meet at the intersection of the Gatineau Hydro Corridor and Benshire Dr.  
Registration required: https://cause2give.unxvision.com/P2PWeb/SmartCart/PurchaseForm.aspx?EventId=227&LanguageId=1#productListing

Wednesday, September 30  
A New Look: Hot Topics in Eye Health. Sunnybrook Health Sciences Centre.  
An evening discussion on eye health. Leading Sunnybrook experts in ophthalmology will discuss bionic lens, glaucoma, injection regimens for retinal diseases and flashes and floaters. Free parking in Garage One.  
Time & location: 6:30 – 8:30 PM  
Sunnybrook Health Sciences Centre (Bayview Campus), E-Wing, Ground Floor, McLaughlin Auditorium, 2075 Bayview Ave.  
Registration required: Call (416) 480-4117 or email speaker.series@sunnybrook.ca or visit http://sunnybrook.ca/calendar/event.asp?e=963&m=&page=33990

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/