

Free Science* Events



***and applied-science**



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

Saturday, January 4

Winter Bird Count 4 Kids at Tommy Thompson Park. Toronto and Region Conservation Authority

Learn to identify numerous types of waterfowl, go for a nature walk and enjoy some family time outdoors while contributing information to a scientific study. Dress warmly. All levels of birding expertise are welcome. If you require an accessibility accommodation, please email emily.rondel@trca.ca at least 7 days prior to the event. Hike Distance: 2 km. Difficulty: Easy to Moderate. Trail Surface Type: Paved and natural. Age Range: Family Friendly (recommended for children ages 4 and up).

Time & location: 10:00 am - 12:00 pm

Tommy Thompson Park Nature Centre, 1 Leslie St.

6-minute walk from the park entrance on Leslie St. The Nature Centre is the first building you will see on the right-hand side of the main park road.

Registration: https://trca.checkfront.com/serve/?item_id=1209&ga=2.83048606.943715245.1576785586-227086487.1576785586

More information: https://trca.ca/event/winter-bird-count-4-kids-at-tommy-thompson-park/?instance_id=5139

Thursday, January 9

Cybersecurity Professional Development & Networking. CultureLink's Cybersecurity Training Program

Opal Kelly, CISA, CISSP and a Digital Risk Manager at TD Bank, will be talking about the Risk Management of Digital Innovation. This is an opportunity for newcomers and aspiring IT and Cybersecurity professionals to learn more about the subject from an Industry Expert and network with like minded peers. This event is open to all but is especially geared towards people from the IT industry who are looking to gain more knowledge firsthand.

Time & location: 2:30 - 5:00 pm

CultureLink Settlement & Community Services, 2340 Dundas Street West

More information: <https://www.eventbrite.ca/e/cybersecurity-professional-development-networking-event-with-opal-kelly-tickets-86514436007?aff=ebdssbdestsearch>

Integrative & Alternative Paths to Breast Cancer Recovery. The Big Carrot Natural Food Market

This talk is about options for treatment, management and prevention of breast cancer outside of mainstream medicine. It provides a unique perspective that your doctor may not tell you about. Knowing about these options could improve your life both physically and psychologically. Aviva Mayers will discuss her journey as a breast cancer survivor.

Time & location: 7:00 - 8:30 pm

The Big Carrot Natural Food Market, 348 Danforth Ave., Room 212 - entrance on Danforth beside Book City.

More information: <https://www.facebook.com/events/531225570934489/>

Saturday, January 11

Introduction to Python Programming. WinGenius

Whether you want to become a web developer, a data scientist or a software developer, Python has lots of open source libraries that can help you achieve any goal you can think of. However, if you have never

done any programming before, learning your first programming language can feel difficult or intimidating. This workshop is made for beginners. No prior programming experience is needed. Bring a laptop. No additional software needs to be installed. We will provide you with the software needed.

Time & location: 10:00 am - 2:00 pm
15 Gervais Drive

Registration/
more information: <https://www.eventbrite.ca/e/introduction-to-python-programming-tickets-86234235921?aff=ebdssbdestsearch>

Sunday, January 12

Toronto Ornithological Club Outing

Leaders: Bob Cumming, David Purcell. Meet at 1:30 pm in the parking lot at the foot of Windermere Ave immediately south of Lake Shore Blvd West. Dress warmly. Walk will be on relatively level ground, but icy paths are possible. Participants will probably drive between Sunnyside and Humber Bay. Carpooling may be available. Gulls and waterfowl.

Time & location: 1:30 pm - sunset
Sunnyside/ Humber Bay

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

Tuesday, January 14

SMPTE Toronto January 2020 Meeting - Leveraging Blockchain into a Media Sup, Science for Peace

This meeting is an exploration of Blockchain in the media supply chain and what we should be thinking about when looking at technology, systems, and processes. The increasing lack of trust in social media platforms has all stakeholders concerned that their content is protected against piracy. Piracy is a key area where media and entertainment industries can benefit from Blockchain technology. Become part of the conversation and become educated to the technology, Blockchain.

Time & location: 7:00 pm (Pizza & Pop Dinner is provided at 6:30 pm)
Rogers Communications Centre - Ryerson University, Rm RCC-204, 2nd floor, 80 Gould Street

Registration/
more information: <https://www.eventbrite.ca/e/smp-te-toronto-january-2020-meeting-leveraging-blockchain-into-a-media-supply-chain-tickets-86958030811?aff=ebdssbdest-search>

Climate Emergency: What is to be done? Science for Peace

From supercharged hurricanes, floods and deadly droughts, to species devastation, forced migration, famine and heat-waves, the cost of climate change is more than the world can bear. And governments, corporations, and the military aren't part of the solution. Where do we go from here?

Time & location: 7:00 - 9:00 pm
Innis Town Hall, 2 Sussex Avenue

Registration/
more information: <https://www.eventbrite.ca/e/climate-emergency-what-is-to-be-done-tickets-84084923269?aff=ebdssbdestsearch>

Thursday, January 16

Making Sense of Gut Health, Probiotics & Water Kefir. The Big Carrot Community Market

Join GoodyGut founder and chemist Andrea Menzies to learn about the benefits of probiotic drinks and what exactly is going on inside that bottle. Find out if you are getting the best bang for your probiotic buck.

Time & location: 7:00 - 8:30 pm
The Big Carrot Danforth Market, 348 Danforth Avenue

More information: <https://www.facebook.com/events/730364917454434/>

Friday, January 17

An Exploration of Rare Neurological Disorders. Ben's Friends Rare Diseases Association (BFRDA)

Join the Ben's Friends Rare Diseases Association in learning about Rare Neurological Disorders. Three speakers will share their knowledge and personal experiences with various neurological disorders. There will be refreshments provided.

Time & location: 5:30 - 7:30 pm

Hart House East Common room, 7 Hart House Circle

Registration: <https://www.eventbrite.ca/e/an-exploration-of-rare-neurological-disorders-tickets-84631319555?aff=ebdssbdestsearch>

More information: <https://www.ulife.utoronto.ca/organizations/view/id/128089>

Saturday, January 18

EMG Workshop: We Want to Garden, But! Humber Arboretum

Learn about the health benefits of gardening, how to select plants, what plants need to thrive, how to prepare your soil, watering strategies, understand your climate and the plant hardiness zones, essential equipment, and answers to so many more questions to help get you started. This workshop is part of the Eco-Garden Community Workshop series hosted by the Etobicoke Master Gardeners and Humber Arboretum throughout the year.

Time & location: 10:00 am - 12:00 pm

Humber Arboretum, Centre for Urban Ecology, 205 Humber College Blvd

Registration/
more information: <https://humber.ca/arboretum/events/emg-workshop.html>

Wednesday, January 22

Data Science Pioneers: Conquering the Next Frontier Documentary Screening

DATA SCIENCE PIONEERS presents a documentary about passionate data scientists driving us towards technological revolution.

Time & location: 6:30 - 8:30 pm

General Assembly Toronto- 3rd Floor, 220 King St W

Registration/
more information: <https://generalassemb.ly/education/data-science-pioneers-conquering-the-next-frontier-documentary-screening/toronto/97073>

Thursday, January 23

Vaping 101: What You Need to Know. The Big Carrot Natural Food Market

Dr. John Oyston will explain the basics of vaping and the sudden rise in popularity of e-cigarettes; offer suggestions about how and why we should protect non-smoking teenagers from the dangers of vaping; and also present the evidence that suggests that e-cigarettes could be a new and effective way of weaning smokers away from the dangers of smoking tobacco. Dr. Oyston is a medical doctor specializing in anesthesiology; an Assistant Professor at the University of Toronto; and is trained in smoking cessation.

Time & location: 7:00 - 8:30 pm

The Big Carrot Natural Food Market, 348 Danforth Ave.

Room 212- entrance on Danforth beside Book City

More information: <https://www.facebook.com/events/1217262808474365/>

Friday, January 24

Agents for Change | Facing the Anthropocene: Two projects - Three creators.

A panel discussion on the theme of environment change. The panel brings together contemporary international and Canadian women media artists to talk about their work confronting the climate crisis and their new collaboration, "Agents for Change | Facing the Anthropocene," a media art exhibition.

Time & location: 3:00 - 6:00 pm

Room 728, Claude T. Bissell Building, University of Toronto, 140 St George St

More information: <https://www.eventbrite.com/e/agents-for-change-facing-the-anthropocene-two-projects-three-creators-tickets-77675558687?aff=erelexpmlt>

Thursday, January 30

Women's Pelvic Health. The Big Carrot Natural Food Market

Maintaining your pelvic health is more important than you may realize. Join registered physiotherapist Alejandra Rodriguez to learn how and why to strengthen your pelvic floor.

Time & location: 7:00 - 8:30 pm

The Big Carrot Natural Food Market, 348 Danforth Ave

More information: <https://www.facebook.com/events/993300111026902/>

Weekly events

Saturdays, January 4, 11, 18, 25

Free Yoga. Know Thyself as Soul Foundation - Toronto

Feel more focused, relaxed and calm in body and mind while stretching in a tranquil, supportive environment. All levels are encouraged to join in. Please bring your own yoga mat. If you cannot make the class, please cancel your ticket as soon as possible.

Time & location: 1:30 - 2:30 pm and 2:45 - 3:45 pm

Unison Health and Community Services, 1254 Danforth Ave

Registration: <https://www.eventbrite.ca/e/free-yoga-tickets-70483109879?aff=ebdssbdest-search>

More information: 416-963-9243

The Stop's Farmers' Market

Featuring local, sustainable, organic, and artisanal products and great music, The Stop's Farmers' Market has become a neighbourhood meeting place, attracting more than 2,000 people each week and providing an important source of income for local farmers (Plus, it's open year-round).

Time & location: 8:00 am - 12:30 pm

Artscape Wychwood Barns, 601 Christie St.

More information: <http://thestop.org/programs/fight-hunger/markets-bake-ovens/>

Various Days

Walks around the Park. Toronto Field Naturalists

Day, time, location: **Saturday, Jan. 4, 10:00 am.**

Humber Bay Park. Meeting location: Bus loop on Marine Parade Dr.

Visit birds with Bob Kortright. A circular walk on mostly paved surfaces. Route will be determined by the weather and where the best birds are. Bring binoculars and dress warmly.

More information: <https://torontofieldnaturalists.org/TFN-events/humber-bay-park/>

Day, time, location: **Saturday, Jan. 11, 10:00 am**

Chorley Park and Park Drive Ravine. Meeting location: Glen Rd and Douglas Dr.

Join noted arborist & ecological restoration expert Stephen Smith for a wander to look at recent projects carried out in the area and learn about **plant identification in winter**. Walk will end at South Dr and Glen Rd. Wear footwear for icy trails. Some moderate slopes.

More information: <https://torontofieldnaturalists.org/TFN-events/chorley-park-and-park-drive-ravine/>

Day, time, location: **Sunday, Jan. 19, 2:00 pm**

Ice Walk at Evergreen Brick Works. Meeting location: Watershed Wall

Let Floyd Ruskin, John Wilson and Ed Freeman lead you on a seasonal walk inspired by our frozen winter waterways. We will learn about the **Ice Ages that shaped the geology** of the Don Valley Brick Works, consider the life of the frozen creeks and ponds in the Weston Quarry Garden, and visit Evergreen's skating trail sharing warm midwinter reminiscences. A joint outing with Toronto Green Community.

More information: <https://torontofieldnaturalists.org/TFN-events/ice-walk-at-evergreen-brick-works/>



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

- Science & Technology programs: <http://www.tpl.ca/programs-and-classes/categories/science-technology.jsp>
- Health & Wellness programs: <http://www.tpl.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/>