

NOV 2024

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Foundational Courses

Nutrition & Cooking

Fine Arts & Crafts

Performing Arts

Lectures & Continuing Education

Mind, Body, & Soul Wellness

Fitness & Aquatics

Events, Games, & Social Clubs

1

1 - 2 p.m.

General Trivia

Get ready for a fun afternoon of friendly trivia. Topics range from famous inventions to country flags, and more spanning the decades.



1

2 - 3 p.m.

Estate Planning

Creating a plan to distribute your assets involves more than finalizing a will. Learn more about this topic in our Estate Planning workshop.



3

10 - 11 a.m.

One-on-One Digital Literacy: Facebook

Sign up for a one-on-one session to learn more about Facebook: setting it up, navigation, uploading photos and videos, and even joining groups and discussions.



3

1:30 - 2:30 p.m.

Welcome to the Symphony: a Historical Exploration

Explore the compositional features of symphonic works and critically investigate the climate in which these pieces were written through musical demonstrations and guided listening exercises.



8

10 - 11 a.m.

Consumer Reports Database

Learn how to navigate and access Consumer Reports online. Read ratings and reviews for 9000+ products and services such as appliances, electronics, home and garden tools, and more.



8

2 - 3 p.m.

Ten Healthy Habits of Financial Management

Expand your financial literacy: learn how to self-assess your level of financial fitness and set your financial goals.



10

1:30 p.m. - 2:30 p.m.

Latin American Guitar Music

Step into the world of 20th-century South American music for the classical guitar: explore its history, musical form, and guitar techniques in this lecture-recital.



12

4:30 - 6 p.m.

Make Your Own Recycled Paper

Learn about the ancient craft of hand papermaking and the ins and outs of recycling paper in this fun and easy workshop. Take home some of your own completely unique handmade sheets.



13

4 - 5 p.m.

Bust Ageism

Join us for a thought-provoking lecture: we'll explore the societal impacts of ageism, challenge common stereotypes, and discuss strategies to promote inclusivity and respect for all ages.



15

2 - 3 p.m.

Women's Labour History

Join Dr. Jenny Carson to learn about 20th-century American women's labour history. We'll focus on the history of service work and women's organizing in the laundry industry.



17

11 a.m. - 12 p.m.

Little EGG Gallery - The Story

The Little EGG Gallery is an international art gallery for artists under the age of 18. Nalin, who is now 15, will talk about his journey through the art world.



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17

2:30 -
4 p.m.

Mit Kimel Book Club

Want to talk to other readers about the latest fiction book you've read? We'll rotate book discussion leaders and select books from The Barbara Frum Library Book Club Sets to Go.



18

12 - 1 p.m.

Pet Therapy

Meet Stephen, a semi-retired airport and aviation consultant, and Fynn, a certified therapy dog with St. John's Ambulance.



19

1 - 4 p.m.

Simple Relief Making

This is a great class for beginners who want to make a simple print. Members will start by tracing a picture onto foam, roll up their image, and experiment with paint tone to create interesting textures in their art.



20

11 a.m. -
2 p.m.

Repair Café

Join us for a unique workshop in which volunteer "fixers" help you learn how to repair so you can give items a new life. Bring your jewelry, clothing, or household items (such as, frames, toasters, lamps, etc).



20

2 - 3 p.m.

Mind Over Muscle

Boost your physical and cognitive skills through fun exercises, obstacle courses, and collaborative games with our Kinesiology students, Jun and Zen.



22

10 - 11 a.m.

Mango Languages

Learning a new language is not always easy but Toronto Public Library can make learning fun and free with Mango Languages.



22

10:30 -
11:30 a.m.

Brain Bounce

Engage both mind and body with fun memory games and gentle movement for a joyful boost in brain health and social interaction with our Kinesiology students, Jun and Zen.



24

11 a.m. -
12:30 p.m.

Feel the Beat: Getting into the Rhythm of Wellbeing

Join this workshop for an immersive sound experience that fosters relaxation and improves focus and concentration, all while having a lot of fun.



24

1:30 -
2:30 p.m.

Music for Theatre: The World of Opera, Ballet, and Musicals

Explore the relationship between music, drama, and movement in some of your favourite works for the stage from 20th-century operas, ballets, and musicals.



27

2 - 4 p.m.

The Rise of China

Join us as we explore the significance of China's re-emergence as a great power.



29

2 - 3 p.m.

Effective Tax Strategies

Interested to make tax season easier for you? Learn how in this overview of effective tax strategies.

