

# The Westside's Story

Serving The Junction, Bloor West Village, Baby Point, Swansea, and all points in between.

## What are your thoughts?

Kudos, criticisms, complaints, congratulations - all are welcome!! Just [click here](#) to leave a comment on our website, or email us at [junctionbwv@gmail.com](mailto:junctionbwv@gmail.com).

Let us know if you are looking for a listing that you can't find, or know of an amazing individual or business you would like us to feature.

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Follow us on Twitter (@TheWestSides) for changes or additional listings.

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Photographer: Jessica Kosmack

## From the Archives

### Durie Street

This 1910 photograph shows a much different dwelling than those now found along Durie Street.

There is no indication what this structure was being used for. But, as many houses along the street were built between 1910 - 1920, it may have been a temporary residence for someone waiting for a more permanent house.

\*Photo courtesy of Toronto Public Library.



# Those Creative Types:

## Christina Crook

"Why am I here? Am I here to tweet every ridiculous random moment of my life or am I supposed to just live it?"

That's one of the many questions raised by Christina Crook's book *The Joy of Missing Out: Finding Balance in a Wired World*, which talks about her fear of 'missing out' versus the relief she felt after living completely offline for 30 days. "I think that most people are feeling saturated in terms of their use of the internet, whether it's their tablets or smart phones, computers, email...I think everyone's coming up for air and trying to figure out 'how much is too much' and 'what am I going to do with this'," says Christina. "I think we're just all adapting and growing and figuring it out, but I personally feel like we can't just fumble through... we need to start making decisions as a culture as to what we actually value, what actually matters."

As a young woman studying Mass Communications at Simon Fraser University the "super-liberal" atmosphere, combined with her journalistic interaction with an "edgy, faith-based" publication, led Christina to start to ask hard

questions about trajectory, in terms of our culture. She was writing for a couple of Christian newspapers and then got what she refers to as her "big break", writing a major artist profile for *UPPERCASE* magazine (for whom she still writes today). After a stint working for the CBC (she still does occasional work for them), she decided to start her own writing and editing business, with a number of corporate clients.

But those questions were always there – questions of how technology affects our minds, our interaction with others, our connections. So Christina decided to disable her iPhone data and say goodbye to the internet for a month. She wrote a letter a day and had a friend post them online as a blog, *Letters From a Luddite*. She says she never intended to write a book, and wrote about her experiment because it was interesting to her, and people were interested. Her publisher approached her about publishing and Christina signed a book deal three days after her third baby was born, took a 3-month maternity leave, then began to write. She hired a babysitter for three days a week, wrote in the mornings, met her kids for lunch, nursed the baby, and went back to work.



After all Christina's hard work, her book came out at the end of January, and the media response has been "overwhelmingly, 100% positive". *The New York Times* called her, she's been featured on *The Current*, in *Psychology Today*, has given a TedX Talk, and over 100 media interviews. "The title resonated with people," says Christina, "Couples are

reading it together...I think when we actually step back and look at the role it plays in our life, it helps us gain a little perspective."

Now that she's published her book, Christina says she has no intentions to write another, although

"If there was something that I felt this passionate about again, then I would consider it." She adds, "I actually want to live out the stuff I wrote about in the book, which is being connected to my local community, to my family and to my neighbours." She's realizing she has a lot of years left and doesn't have to do everything at once. She's already put a book out in the world, is only 35, and her kids are still small – 5, 3, and 1. "I don't need to be a maniac and do it all now." As she hopes to "reclaim the love of writing again" Christina is turning back to an earlier passion. "Poetry is my absolute, 100% first love and I would love to get back to actually doing it and not 'writing as a job' for a little while."

# Show Biz:

## eleven05

From an early age, Larissa Gaudet, has been immersed in the world of publishing. Several years ago, her father was a co-owner of Canadian Manda Group, (the book supplier now located on Annette Street) and she would work there in the summers when she was home from university. She now runs her own publicity company – eleven05 – and has worked with such authors as Austin Clarke, Jennifer Weiner, and Mary Higgins Clark.

After Larissa graduated from Wilfrid Laurier University, she wasn't sure which direction to head. She had received an acceptance to Corporate Communications from Seneca, and an acceptance to teacher's college. Both were signed and sealed, and at the last minute she put the Seneca acceptance in the mail and threw out the one for teacher's college. Larissa was enthusiastic about the excitement of a career in publicity. Because of her background, it seemed like a natural fit for her to go the publishing direction, and she worked first at Random House, then Thomas Allen & Son, and then Simon & Schuster.

At Simon & Schuster, Larissa worked a lot of author tours and evening events, but when she got married and had a baby, she says, "I just knew I didn't want to go back into that." While she was on maternity leave, the current owners of Canadian Manda Group asked her to cover an impending maternity leave. That proved to be a catalyst to build her company, eleven05, and when the original publicist didn't return after her maternity leave, Larissa began to work freelance for the company, as well as other Canadian



Photo courtesy of Larissa Gaudet

publishers and freelance authors. She loves the flexibility of freelance, especially with now two young children. "I like it because it's not the same thing every day - it's different. And, for good or bad, I mean you're working with different authors' personalities," she says, "It's a variety, which I enjoy."

As a publishing industry publicist, Larissa plans four to five months in advance, promoting (mostly American) authors and their books to the Canadian media. She attends sales conferences, highlighting "A-list" titles, she approaches producers and editors, pitching for interviews and reviews. She also writes press materials and reads advance copies. "Once the books start to roll in is when I really get to work," she adds. As well, Larissa coordinates in-store events, like authors' book signings. And she is sometimes contacted by the authors themselves and finds, after all this time in the business, that she can read someone's writing and determine what has potential.

Larissa would like to continue to expand her business and pick up some Canadian and local clients. "I do enjoy meeting new people and helping out people in the community," she says, "It's nice to have people also in the neighbourhood to work with who are close by." She is also expanding beyond the publishing world, providing PR for other businesses.

And she hopes to hire employees in the future, as eleven05 grows. For now, Larissa is getting the word out to the local area about the "full service and results-focused public relations firm" in their midst.

For promotions needs and questions, contact Larissa Gaudet at 416-985-6036 or [lgaudet@eleven05.ca](mailto:lgaudet@eleven05.ca).

# Step Up To The Mic

If you're an aspiring musician, this neighbourhood is the perfect petri dish for your burgeoning talent. There are Open Mic nights (and days!) for almost every genre of music, whether you play an instrument, sing, or both. You could fill almost an entire week with an Open Mic event in the area.

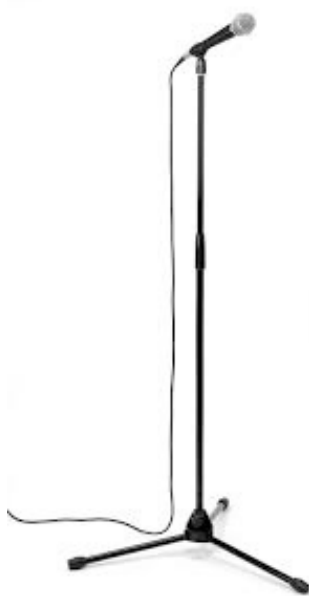
On Monday evenings at 9:30, [Annette Studios](#), at 566 Annette, hosts a Jazz Jam. Owner G. Mark Weston says that it "acts as a place for jazz students to play with others and work on their ability as players and improvisers." He also notes that it is open to the public and you do not have to be a musician or student to come and listen. There is an \$8 cover charge.

Monday also features [The Hole in The Wall's](#) (2867 Dundas St. W.) Open Mic night, starting at 10pm. Proprietor Ben Wilkinson says that they usually spotlight solo artists, "singer/songwriter stuff mostly," and they have a rotating schedule of "amazing" hosts who play sets in between the other acts.

Probably the most longstanding open mic night in the area happens at [Axis Gallery and Grill](#) (3048 Dundas St. W.) on Tuesdays at 9pm. Hosted by Derek Downham, local talent comes out in droves to show off their skills.

After a day of rest, Thursday night brings more opportunities

for musicians to practice their chops in front of a live audience. Kevin Roach hosts the Open Mic at On Cue



Billiards (349 Jane St.) at 8pm. And [La Revolucion](#) at 2348 Dundas St. W. feature Tinderbox, an open mic for all genres, at the same time.

[Baka Gallery Cafe](#) at Beresford just north of Bloor hosts an Open Mic night the first Friday of every month, from 8 - 11pm. General Manager Alexandra Marion says, "One of the beautiful things about our Open Mic is that there is such a large age range of local musicians, and most keep coming back each month (and even improving!)," she adds, "Sometimes the crowd even starts singing along, it is truly a fun night out with your neighbours." Baka Gallery Cafe also recently debuted a Kids Open Mic night for the 18 and

under crowd, working in conjunction with Lowe's School of Music. Alexandra says that it was a great success and they hope to do it again soon.

Saturday afternoons are the end of the week for local open mics, with [Mackenzie's](#) (1982 Bloor St. W.) and [Magic Oven](#) (347 Keele) both hosting Open Mic events from 2 - 6pm. Mackenzie's Operations Manager Jim Morrison encourages acts to perform a minimum of two songs promising those who do, "we will buy you one of what you are drinking." An incentive for thirsty local musicians!

The Magic Oven Keele team says that their Open Mic events "began as a way to continue our community engagement and, in our opinion, they've been a success!," they continue, "We have amazing regulars as well as brave newcomers each week. A sense of family develops at the Magic Oven every week thanks to the amazing performances."

As a way to practice your musicianship, gauge audience appreciation and face and conquer your fears, Open Mic events are invaluable. But there are also rewards for audiences; community engagement, catching a rising star, making a difference in someone's life or career with your support. So, step up to the mic or raise your voice in appreciation of your local musicians at the next Open Mic.

# July Listings

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Click the date to skip ahead!		<a href="#">Summer Camps!</a>	<a href="#">1</a>	<a href="#">2</a>	<a href="#">3</a>	<a href="#">4</a>
<a href="#">5</a>	<a href="#">6</a>	<a href="#">7</a>	<a href="#">8</a>	<a href="#">9</a>	<a href="#">10</a>	<a href="#">11</a>
<a href="#">12</a>	<a href="#">13</a>	<a href="#">14</a>	<a href="#">15</a>	<a href="#">16</a>	<a href="#">17</a>	<a href="#">18</a>
<a href="#">19</a>	<a href="#">20</a>	<a href="#">21</a>	<a href="#">22</a>	<a href="#">23</a>	<a href="#">24</a>	<a href="#">25</a>
<a href="#">26</a>	<a href="#">27</a>	<a href="#">28</a>	<a href="#">29</a>	<a href="#">30</a>	<a href="#">31</a>	<a href="#">Drop-ins</a>

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## Wednesday, July 1:

	<p><b>Kyrylo Lobach</b> Street photography exhibition. Until July 31. Free. <a href="#">Coffee Tree Roastery</a>, 2412 Bloor St. W.</p>
	<p><b>Bloor West Village Children's Festival</b> Hosted by the <a href="#">Bloor West Village BIA</a>. All day, Free. Bloor West Village.</p>
11am	<p><b><a href="#">Canada Day in High Park</a></b> Parkdale-High Park MP Peggy Nash hosts Canada Day celebrations. Citizenship ceremony, refreshments, music, and family activities. 11am - 2:30pm, Free. Picnic Area 1, Bloor Street entrance, High Park</p>
3pm	<p><b><a href="#">Annette Village Farmers' Market</a></b> Sponsored by Creme Fraiche Market Cafe, this market offers fresh fruits, vegetables, cheese, pasta, meats, fish preserves, baked goods, and other artisanal delights. 3 - 7pm, Free. Runnymede Presbyterian Church Parking Lot, 680 Annette St.</p>
6pm	<p><b>Magic Night</b> Magic: The Gathering sealed deck tourney. 6pm and 8pm, \$25. Register in advance at our <a href="#">Facebook page</a>. <a href="#">The Bar With No Name</a>, 1651 Bloor St. W.</p>

<b>8pm</b>	<b>Comedy Night</b> Shannon McIntyre hosts this open mic night. 8 - 10:30pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a> , 347 Keele St.
<b>8:30pm</b>	<b>Comedy Open Mic</b> 8:30pm, Free. <a href="#">Celt's Pub</a> , 2872 Dundas St. W.

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## Thursday, July 2:

<b>9:30am</b>	<b>Family Fun</b> Drop-in <a href="#">Ontario Early Years Centre</a> . 9:30 - 11:30am, Free. 100 High Park Ave. (Rec Room) Buzzer code: 550. Call 416-762-3700 for more information.
<b>10am</b>	<b><a href="#">Junction Seniors</a></b> All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a> . <a href="#">Lunch Box</a> , 1731 Bloor St. (corner of Keele St.).
<b>10:30am</b>	<b>West End Walking Group</b> Get out for some exercise and meet some great neighbourhood parents and kids. Bike, walk, or stroller along the Humber River. 10:30am, Free. Email Carolyn at <a href="mailto:info@fifty-seven.ca">info@fifty-seven.ca</a> for more information. Meet at Etienne Brule Park parking lot.
<b>12:30pm</b>	<b>Macaulay - Junction Family Resource Centre Drop-in Program</b> <a href="#">Ontario Early Years Centre</a> . 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.
<b>1pm</b> <b>1:30pm</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 1:30 - 2:30pm @ 50 Quebec Ave.)
<b>2pm</b>	<b>TD Summer REading Club Opening Ceremonies</b> Sign up, get swag, share a story, play a game, and have fun. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a> , 620 Jane St.
<b>2:30pm</b>	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 2:30 - 3:30pm, Free. 50 Quebec Ave.
<b>6pm</b>	<b><a href="#">Drop-In Family Nature Walks</a></b> Explore nature in High Park with your whole family! 6 - 7:30pm, PWYC. High Park Nature Centre, Forest School Building (south of Bloor Street entrance), High Park.

<b>6pm</b>	<p><b>Families in Gardens</b></p> <p>Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in Grade 1, and up. 6 - 8pm, Free. <a href="#">St. Olave's Anglican Church</a>, 360 Windermere Ave.</p>
<b>6pm</b>	<p><b><a href="#">High Park Speakers</a></b></p> <p>Practice impromptu public speaking at this toastmaster's club. 6 - 8pm, Free. Annette Library, 145 Annette St.</p>
<b>6:30pm</b>	<p><b>Iyengar Yoga</b></p> <p>This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 6:30 - 8pm, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
<b>7pm</b>	<p><b>Poker</b></p> <p>7pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
<b>7pm</b>	<p><b>Red Hot Poker Tour</b></p> <p>Thursdays are all-in. Sign up at 6pm. Play at 7pm, Free. <a href="#">The Yellow Griffin</a>, 2202 Bloor St. W.</p>
<b>7pm</b>	<p><b><a href="#">Shakespeare in the Park - Opening Night</a></b></p> <p>A sparkling cast performs two of Shakespeare's plays on alternating nights throughout the summer - <i>Comedy of Errors</i> and <i>Julius Caesar</i>. Tuesdays, Thursdays and Saturdays, July 2 - Sept. 6. 7 - 9pm, PWYC. High Park Amphitheatre, High Park.</p>
<b>8pm</b>	<p><b>Ladies' Night</b></p> <p>Ladies get free pool and free lessons with Canadian 10-ball champion Erik Hjorliefson. 8 - 11pm, Women: free, Men: \$10/lesson. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
<b>8pm</b>	<p><b>Open Mic</b></p> <p>With Kevin Roach. Join Kevin on stage or sing on your own. 8 - 11:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
<b>8pm</b>	<p><b>Tinderbox</b></p> <p>Open mic for all genres - from comedians to magicians, poets to musicians. 8 - 11pm, Free. <a href="#">La Revolucion</a>, 2848 Dundas St. W.</p>
<b>9pm</b>	<p><b><a href="#">TouchTunes Karaoke</a></b></p> <p>Hosted by Beth. 9pm - 12:30am, Free. Fiddler's Dell Bar &amp; Grill, 781 Annette St.</p>
<b>9:30pm</b>	<p><b>Live Jazz</b></p> <p>With The J Train. 9:30pm - 12:30am, Free. <a href="#">The Passenger</a>, 2968 Dundas St. W.</p>

## Friday, July 3:

10am	<p><b><a href="#">Watercolour Workshop</a></b></p> <p>Incorporate some fun and easy watercolour techniques into your landscape painting. Adult workshop. 10 - 11:30am, \$25. The Art Room, 514 Annette St.</p>
11am 12:30pm 3pm	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11 - 11:45am @ 100 High Park Ave., 12:30 - 1:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 3 - 4pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)</p>
1:30pm 4pm	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1:30 - 2:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 4 - 5pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)</p>
2pm	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 2 - 3pm, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Pascal's</a>, 2904 Dundas St. W.</p>
2pm	<p><b>Library Games</b></p> <p>Come and play fun library games with your friends. Prizes will be awarded! 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
5:45pm 6:30pm	<p><b>Aikido Children's Classes</b></p> <p>No martial arts experience is required. Ages 6 - 9: 5:45 - 6:30pm, Ages 10 - 13: 6:30 - 7:30pm, \$5+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.</p>
7:30pm	<p><b>Aikido Adult Classes</b></p> <p>No martial arts experience is required. 7:30 - 9pm, \$10+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.</p>
7:30pm	<p><b>Les Petits Nouveaux</b></p> <p>Gypsy jazz trio. 7:30 - 10pm, Free. <a href="#">La Revolucion</a>, 2848 Dundas St. W.</p>
8pm	<p><b>Acoustic Open Mic Night</b></p> <p>Whether you're new to the music scene, a seasoned musician tweaking material, or just coming to listen, all are welcome. Interested in performing? Email <a href="mailto:ernieg@royalpage.ca">ernieg@royalpage.ca</a>. 8 - 11pm, Free. <a href="#">Baka Gallery Cafe</a>, 2256 Bloor St. W..</p>



8pm	<b><a href="#">Joanna Reynolds</a></b> Jazz vocals/saxophone/piano. 8 - 10pm, Free. <a href="#">Humble Beginnings</a> , 3109 Dundas St. W.
8pm	<b>Live Music</b> And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a> , 2877 Dundas St. W.
9pm	<b>Funtastic Fridays</b> The A Team host a night of karaoke, dancing, videos, and fun! 9pm - 2am, Free. <a href="#">The Cat Pub and Eatery</a> , 3513 Dundas St. W..
9:30pm	<b>DJ and Live Music</b> 9:30pm, Free. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.

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## Saturday, July 4:

9am	<b><a href="#">Junction Farmers Market</a></b> Local, sustainably produced fresh foods. 9am - 1pm, Free. Junction Train Platform, 2960 Dundas St. W.
9am	<b>Skirt Alert Workshop</b> Learn about shirring, working with linings, and using a serger to make your very own skirt. 9am - 4pm, \$125+HST. <a href="#">The Sewing Junction</a> , 2841 Dundas St. W.
9:30am	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 9:30 - 10:30am, Free. Ukrainian Canadian Social Services, 2445 Bloor St. W.
10:30am	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 10:30 - 11:30am, Free. Ukrainian Canadian Social Services, 2445 Bloor St. W.
12pm	<b>Weekend Brunch with Live Music</b> 12 - 3pm. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
1:30pm	<b><a href="#">Know Your Nature - Family Nature Walk</a></b> See High Park through the eyes of our young naturalists, the High Park Rangers. 1:30 - 3pm, Donate WYC. High Park Nature Centre, 440 Parkside Dr.
2pm	<b>Open Mic</b> 2 - 6pm, Free. <a href="#">Mackenzies Bar</a> , 1982 Bloor St. W.

<b>2pm</b>	<b>Your Magic Mic</b> Open mic. 2 - 6pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a> , 347 Keele St
<b>2:30pm</b>	<b>Michael Keith</b> Blues finger-style guitar. 2:30 - 4:30pm, Free. <a href="#">Humble Beginnings</a> , 3109 Dundas St. W.
<b>6pm</b>	<b>Live Acoustic Saturday Nights</b> Live music. 6 - 10pm, Free. <a href="#">Shakey's</a> , 2255 Bloor St. W.
<b>7pm</b>	<b>Silent Sanctuary</b> Two hours of open sanctuary with relaxing music for silent contemplation. Open to all the community. 7 - 9pm, Free. <a href="#">Runnymede Presbyterian Church</a> , 680 Annette St.
<b>8pm</b>	<b>Live Music</b> And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a> , 2877 Dundas St. W.
<b>9pm</b>	<b>Live Music</b> 9pm, Free. <a href="#">Celt's Pub</a> , 2872 Dundas St. W.
<b>9:30pm</b>	<b>Live Music</b> 9:30pm, Free. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
<b>10pm</b>	<b>Live DJ</b> 10pm, Free. <a href="#">The Cat Pub and Eatery</a> , 3513 Dundas St. W..
<b>10:30pm</b>	<b>Dracula's Daughter</b> DJ Darkness Visible plays gothic/dark/alternative/retro. 10:30pm, Free. <a href="#">Celt's Pub</a> , 2872 Dundas St. W.

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## Sunday, July 5:

<b>9:30am</b>	<b>Nembutsu</b> For world peace. 9:30 - 10:30am, Free. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.
<b>10:30am</b>	<b>Ki Meditation Workshop</b> Healing meditation for world peace. 10:30am - 12:45pm, Free. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.

10:30am	<p><b><a href="#">More Bees Please</a></b>  Urban bee researcher Scott McIvor shows how nature’s pollinators contribute to the park’s ecosystem. 10:30am - 12pm, Free. Meet at benches in front of Grenadier Restaurant, High Park.</p>
12pm	<p><b>Lambton House</b>  Free house tours of this historic public house. Refreshments available. 12 - 4pm, Free. <a href="#">Lambton House</a>, 4066 Old Dundas St.</p>
12pm	<p><b>Weekend Brunch with Live Music</b>  12 - 3pm. <a href="#">Axis Gallery and Grill</a>, 3048 Dundas St. W.</p>
1pm	<p><b>Zipper Workshop</b>  Learn how to sew zippers like a pro! This technique-based workshop will cover four types of zipper installations. 1 - 5pm, \$55+HST. <a href="#">The Sewing Junction</a>, 2841 Dundas St. W.</p>
5pm	<p><b>Classic Blues and Soul Live Music</b>  5 - 9pm, Free. <a href="#">Shoxs</a>, 2827 Dundas St. W.</p>
8pm	<p><b><a href="#">Michael Keith</a></b>  Toronto blues legend Michael Keith plays solo acoustic blues. 8 - 10:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
9pm	<p><b>Karaoke</b>  9pm, Free. <a href="#">The Bar With No Name</a> , 1651 Bloor St. W.</p>

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## Monday, July 6:

	<p><b><a href="#">Ruthia Pak Regis</a></b>  Art exhibition. To end of month, Free. Bending Spoons Gallery, Vesuvio, 3014 Dundas St. W.</p>
8:30am	<p><b><a href="#">Kids Safety First - At Home All By Myself &amp; Canadian Red Cross First Aid for Kids</a></b>  Children from grades 4 - 7 can take these combined workshops to learn basic first aid and how to deal with being home alone. To register, call Catherine at 905-877-4490. 8:30am - 1:30pm, \$35. Swansea Town Hall, 95 Lavinia Ave.</p>
9:30am	<p><b><a href="#">Painting With Dry Pastels</a></b>  Turn your pastel drawing into a painting, like magic. Children ages 6 and up. 9:30 - 11am, \$25. The Art Room, 514 Annette St.</p>
9:30am	<p><b>Swansea Family Drop-in Program</b>  <a href="#">Ontario Early Years Centre</a>. 9:30 - 11:30am, Free. Swansea Town hall, 95 Lavinia Ave., Second Floor. Call 416-762-3700 for more information.</p>

10am	<p><b>In the Studios of John Singer Sargeant</b></p> <p>This workshop focusses on the classic alla prima portraiture style used by 19th-century painter John Singer Sargeant. Five-day workshop, until Friday, July 10. 10am - 4pm, \$600. Register <a href="#">online</a> at The Academy of Realist Art, 2968 Dundas St. W.</p>
10am	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 10am - 1pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
10:45am 1pm 2pm	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (10:45 - 11:45am @ 100 High Park Ave., 1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 2 - 3pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W.)</p>
11:45am 3pm	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11:45am - 12:45pm @ 100 High Park Ave., 3 - 4pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W.)</p>
1pm	<p><b><a href="#">Make Your Own Adventure Map</a></b></p> <p>Stencils, stickers, bingo dabbers, glitter and glue all help to make your own imaginary map. Children of all ages. 1 - 2:30pm, \$15. The Art Room, 514 Annette St.</p>
1pm	<p><b><a href="#">Movie for Mommies</a></b></p> <p>See Hollywood movies in a baby-friendly environment. Change table, wipes, bottle warming, stroller parking, and amazing weekly door prize! 1pm (doors open at 12:30pm), \$11.50/person (babies free). Humber Cinema, 2442 Bloor St. W.</p>
1:30pm	<p><b>Toronto 2015 Pan Am/Parapan Am Games Torch Relay Crafts</b></p> <p>Face painting, sidewalk chalk drawings, button making, and make your own torch arts and craft to cheer on the torch relay. Recommended for ages 6 and up with caregiver. 1:30 - 3:30pm, Free. <a href="#">Runnymede Library</a>, 2178 Bloor St. W.</p>
2pm	<p><b><a href="#">Canadian Red Cross First Aid for Kids Course</a></b></p> <p>Children from grades 1 - 3 can take this workshop to learn basic first aid. To register, call Catherine at 905-877-4490. 2 - 4pm, \$20. Swansea Town Hall, 95 Lavinia Ave.</p>
2pm	<p><b>K'NEXathon!</b></p> <p>Build and learn with K'NEX. 2 - 3pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
2pm	<p><b>Listen! Watch! Make!</b></p> <p>Listen to some stories, watch a short movie, and make something fun. Inspired by Robert Munsch. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>

<b>6:30pm</b>	<b>Kundalini Yoga</b> Breathe, move, sing, relax, and meditate. Bring your own yoga mat. 6:30 - 7:30pm, Free. <a href="#">Annette Library</a> , 145 Annette St..
<b>7pm</b>	<b>Nembutsu Chanting</b> Heighten your spiritual awareness with this ancient Buddhist practice. 7 - 8pm, Free. <a href="#">Tao Sangha</a> , 375 Jane St.
<b>8pm</b>	<b>Japanese Classes</b> Intermediate level. With Taiko sensei. 8 - 9:30pm, \$20+tax. <a href="#">Tao Sangha</a> , 375 Jane St.
<b>9:30pm</b>	<b>Monday Night Jazz Jam</b> Jazz students and musicians come jam, and all public welcome to watch. 9:30pm, \$8. <a href="#">The Annette Studios</a> , 566 Annette St.
<b>10pm</b>	<b>Open Mic Night</b> 10pm, Free. Contact <a href="#">The Hole in Wall</a> at 647-350-3564 for more information. 2867A Dundas St. W.

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## Tuesday, July 7:

<b>9:30am</b>	<b>Iyengar Yoga</b> This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 9:30 - 11am, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a> , 375 Jane St.
<b>9:30am</b>	<b>Little Kids in Gardens</b> Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in preschool - SK, with caregiver. 9:30 - 11am, Free. <a href="#">St. Olave's Anglican Church</a> , 360 Windermere Ave.
<b>10am</b>	<b>Breastfeeding Cafe</b> Sleep! with Brandie Hadfield of <a href="#">Dream With Me</a> . Expectant mothers, new mothers, experienced mothers, and babies are all welcome. 10 - 11:30am, Free. Evymama Nursing & Maternity Boutique, 266 Jane St.
<b>10am</b>	<b><a href="#">Coaster Workshop</a></b> Personalize four hand-printed coasters however you wish. Acrylics, watercolours, pastels and markers provided. Children ages 10 and up. 10 - 11am, \$25. The Art Room, 514 Annette St.

10am	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Agora Cafe</a>, 3015 Dundas St. W.</p>
10:30am	<p><b><a href="#">Swansea Summer Reading Fun</a></b></p> <p>Program for children from birth to 5 years old, with caregiver. 10:30 - 11:30am, Free. Swansea Memorial Library &amp; Rousseau Room, Swansea Town Hall, 95 Lavinia Ave.</p>
11am	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 11 - 11:45am, Free. 100 High Park Ave.</p>
12:30pm	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
1pm	<p><b>Learn to Sew</b></p> <p>Learn how to sew while exploring the world of fabric, commercial patterns, alterations, and classic sewing techniques. July 7, 8, 9, and 14, 15, 16. 1 - 4:30pm, \$310+HST. <a href="#">The Sewing Junction</a>, 2841 Dundas St. W.</p>
2pm	<p><b>Afternoon at the Movies</b></p> <p>Toy Story. 2 - 3:30pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
6pm	<p><b>Tuesday Evening Stitch Night</b></p> <p>Bring your portable craft project and work on it in the company of other like-minded individuals. 6 - 10pm, Free. <a href="#">LadeeBee</a>, 3079B Dundas St. W. (entrance on Quebec).</p>
6:30pm	<p><b>Tuesday Tasting</b></p> <p>Chat with the brewers, taste our beer, tour the facilities and learn about the process and our history. Book at <a href="mailto:events@indiealhouse.com">events@indiealhouse.com</a>. 6:30 - 7:30pm, \$25. <a href="#">Indie Alehouse</a>, 2876 Dundas St. W.</p>
7pm	<p><b>Euchre</b></p> <p>7pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
7pm	<p><b>Paint Nite</b></p> <p>Paint instruction at a local bistro. Instruction by Julie Glaude. 7pm, \$45. 3030, 3030 Dundas St. W.. Register at <a href="http://Paintnite.com">Paintnite.com</a></p>
7pm	<p><b>Live Music</b></p> <p>Starting at 7pm, Free. <a href="#">Henry VIII Ale House</a>, 2469 Bloor St. W.</p>

<b>8:30pm</b>	<b>Live Music - Irish Session</b> 8:30pm - 12am, Free. <a href="#">Whelan's Gate</a> , 1663 Bloor St. W.
<b>9pm</b>	<b>The Junction Jam</b> Hosted by Derek Downham. 9pm - 1am, Free. <a href="#">Axis Gallery &amp; Grill</a> , 3048 Dundas St. W.
<b>10pm</b>	<b>Johnny Devil and the Screamin' Demons</b> A good ol' fashioned, crazy, fun power trio. 10pm, Free. <a href="#">The Yellow Griffin</a> , 2202 Bloor St. W.

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## Wednesday, July 8:

<b>8:30am</b>	<b><a href="#">Canadian Red Cross Babysitting Course</a></b> Children from grades 6 - 8 can this workshop to become a skilled babysitter. To register, call Catherine at 905-877-4490. 8:30am - 3:30pm, \$50. Swansea Town Hall, 95 Lavinia Ave.
<b>9:30am</b> <b>10:30am</b>	<b>Family Time</b> Join us for stories, songs and rhymes for the whole family! For children up to 5 years and their caregivers. 9:30 - 10:15am, 10:30 - 11:15am, Free. <a href="#">Jane/Dundas Library</a> , 620 Jane St.
<b>10am</b> <b>1pm</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (10 - 11am @ 100 High Park Ave, 1 - 2pm @ 50 Quebec Ave.)
<b>10:30am</b>	<b>Summer Family Storytime</b> Stories, songs and rhymes for the entire family! 10:30 - 11am, Free. <a href="#">Annette Library</a> , 145 Annette St..
<b>11am</b> <b>2pm</b>	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11am - 12pm @ 100 High Park Ave, 2 - 3pm @ 50 Quebec Ave.)
<b>11:45am</b>	<b><a href="#">Walk This Way</a></b> Nordic pole walking group. Fun and effective for people of all ages and fitness levels. Poles available to borrow. To register contact Junko at 416-604-0640,ext. 6453. 11:45am - 12:45pm, Free. Meet at the Black Oak Cafe on West Road, High Park
<b>2pm</b>	<b>LEGO Mania!</b> Intense LEGO building. Each week there will be design challenges to engage your creativity. 2 - 3pm, Free. <a href="#">Annette Library</a> , 145 Annette St..

2pm	<p><b>TD Summer Reading Club Kick-Off!</b></p> <p>Register for the TD Summer Reading Club and read to win cool prizes throughout the summer. 2 - 3pm, Free. <a href="#">Runnymede Library</a>, 2178 Bloor St. W.</p>
2pm	<p><b>TD Summer Reading Club Meeting</b></p> <p>Fun activities about books, words, learning and play. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
3pm	<p><b><a href="#">Annette Village Farmers' Market</a></b></p> <p>Sponsored by Creme Fraiche Market Cafe, this market offers fresh fruits, vegetables, cheese, pasta, meats, fish preserves, baked goods, and other artisanal delights. 3 - 7pm, Free. Runnymede Presbyterian Church Parking Lot, 680 Annette St.</p>
6pm	<p><b>Infinity Scarves Workshop</b></p> <p>Learn to make the perfect accessory for summer. A great introduction to sewing, and the basics of working with knitwear. 6 - 9pm, \$65+HST. <a href="#">The Sewing Junction</a>, 2841 Dundas St. W.</p>
7pm	<p><b>Your Next Read Book Club</b></p> <p>Read and discuss an interesting book each month. Call 416-394-1014 to register. 7 - 8pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
8pm	<p><b>Comedy Night</b></p> <p>Shannon McIntyre hosts this open mic night. 8 - 10:30pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a>, 347 Keele St.</p>
8pm	<p><b>Tequila Tasting</b></p> <p>Taste five tequilas. With canapes. 8pm, \$60. <a href="#">Henry VIII Ale House</a>, 2469 Bloor St. W.</p>
8pm	<p><b>Trivia</b></p> <p>8pm, Free. <a href="#">3030</a>, 3030 Dundas St. W.</p>
8:30pm	<p><b>Comedy Open Mic</b></p> <p>8:30pm, Free. <a href="#">Celt's Pub</a>, 2872 Dundas St. W.</p>

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## Thursday, July 9:

7:30am	<p><b><a href="#">Rotary Club of Parkdale-High Park Meeting</a></b></p> <p>Speaker: District Governor Michael Bell. 7:30am, Free. The Grenadier Restaurant, 200 Parkside Dr., High Park</p>
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9:30am	<p><b>Family Fun</b></p> <p>Drop-in <a href="#">Ontario Early Years Centre</a>. 9:30 - 11:30am, Free. 100 High Park Ave. (Rec Room) Buzzer code: 550. Call 416-762-3700 for more information.</p>
10am	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Lunch Box</a>, 1731 Bloor St. (corner of Keele St.).</p>
10:30am	<p><b>Mireille Messier</b></p> <p>Discover the magic of anagrams with Franco-Ontarion author Mireille Messier. 10:30 - 11:15am, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
10:30am	<p><b>West End Walking Group</b></p> <p>Get out for some exercise and meet some great neighbourhood parents and kids. Bike, walk, or stroller along the Humber River. 10:30am, Free. Email Carolyn at <a href="mailto:info@fifty-seven.ca">info@fifty-seven.ca</a> for more information. Meet at Etienne Brule Park parking lot.</p>
12:30pm	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
1pm 1:30pm	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 1:30 - 2:30pm @ 50 Quebec Ave.)</p>
2pm	<p><b>Camp JD</b></p> <p>Camp songs, games and crafts. Tickets will be distributed 30 minutes before program. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
2pm	<p><b>Summer Book Club</b></p> <p>Join fellow book lovers for a special summertime book club. Delve into Mount Pleasant by Don Gilmour and The Sweet Girl by Annabel Lyon. 2 - 3pm, Free. <a href="#">Runnymede Library</a>, 2178 Bloor St. W.</p>
2:30pm	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 2:30 - 3:30pm, Free. 50 Quebec Ave.</p>
6pm	<p><b><a href="#">Drop-In Family Nature Walks</a></b></p> <p>Explore nature in High Park with your whole family! 6 - 7:30pm, PWYC. High Park Nature Centre, Forest School Building (south of Bloor Street entrance), High Park.</p>

6pm	<p><b><a href="#">Friend or Foe: The Intriguing World of Weeds</a></b></p> <p>Naturalist and educator Richard Aaron teaches this workshop. 6 - 9pm, \$30. High Park Nature Centre, High Park.</p>
6pm	<p><b>Families in Gardens</b></p> <p>Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in Grade 1, and up. 6 - 8pm, Free. <a href="#">St. Olave's Anglican Church</a>, 360 Windermere Ave.</p>
6pm	<p><b><a href="#">High Park Speakers</a></b></p> <p>Practice impromptu public speaking at this toastmaster's club. 6 - 8pm, Free. Annette Library, 145 Annette St.</p>
6:30pm	<p><b>Iyengar Yoga</b></p> <p>This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 6:30 - 8pm, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
7pm	<p><b>Paint Nite</b></p> <p>Paint instruction at a local bistro. Instruction by Kerry O'Meara. 7pm, \$45. Baka Gallery Cafe, 2256 Bloor St. W.. Register at <a href="#">Paintnite.com</a></p>
7pm	<p><b>Poker</b></p> <p>7pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
7pm	<p><b>Red Hot Poker Tour</b></p> <p>Thursdays are all-in. Sign up at 6pm. Play at 7pm, Free. <a href="#">The Yellow Griffin</a>, 2202 Bloor St. W.</p>
8pm	<p><b>Ladies' Night</b></p> <p>Ladies get free pool and free lessons with Canadian 10-ball champion Erik Hjorliefson. 8 - 11pm, Women: free, Men: \$10/lesson. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
8pm	<p><b>Open Mic</b></p> <p>With Kevin Roach. Join Kevin on stage or sing on your own. 8 - 11:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
8pm	<p><b>Tinderbox</b></p> <p>Open mic for all genres - from comedians to magicians, poets to musicians. 8 - 11pm, Free. <a href="#">La Revolucion</a>, 2848 Dundas St. W.</p>
9pm	<p><b><a href="#">TouchTunes Karaoke</a></b></p> <p>Hosted by Beth. 9pm - 12:30am, Free. Fiddler's Dell Bar &amp; Grill, 781 Annette St.</p>

<b>9:30pm</b>	<p><b>Live Jazz</b></p> <p>With The J Train. 9:30pm - 12:30am, Free. <a href="#">The Passenger</a>, 2968 Dundas St. W.</p>
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## Friday, July 10:

<b>11am 12:30pm 3pm</b>	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11 - 11:45am @ 100 High Park Ave., 12:30 - 1:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 3 - 4pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)</p>
<b>1:30pm 4pm</b>	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1:30 - 2:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 4 - 5pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)</p>
<b>2pm</b>	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 2 - 3pm, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Pascal's</a>, 2904 Dundas St. W.</p>
<b>2pm</b>	<p><b>Library Games</b></p> <p>Come and play fun library games with your friends. Prizes will be awarded! 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
<b>2pm</b>	<p><b>TD Summer Reading Club Launch with Vincent's Magic Show!</b></p> <p>Enjoy awesome tricks, fantastic jokes and thrilling magic! 2 - 3pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
<b>5:45pm 6:30pm</b>	<p><b>Aikido Children's Classes</b></p> <p>No martial arts experience is required. Ages 6 - 9: 5:45 - 6:30pm, Ages 10 - 13: 6:30 - 7:30pm, \$5+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.</p>
<b>6:30pm</b>	<p><b>Youth Group</b></p> <p>Eat snacks, make new friends, and play games. 6:30 - 9pm, Free. <a href="#">Bloor West Village Baptist Church</a> (formerly Farmer Memorial Baptist Church), 293 South Kingsway.</p>
<b>7:30pm</b>	<p><b>Aikido Adult Classes</b></p> <p>No martial arts experience is required. 7:30 - 9pm, \$10+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.</p>

<b>7:30pm</b>	<b>Les Petits Nouveaux</b> Gypsy jazz trio. 7:30 - 10pm, Free. <a href="#">La Revolucion</a> , 2848 Dundas St. W.
<b>8pm</b>	<b>Live Music</b> Act to be announced. 8 - 10pm, Free. <a href="#">Humble Beginnings</a> , 3109 Dundas St. W.
<b>8pm</b>	<b>Live Music</b> And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a> , 2877 Dundas St. W.
<b>9pm</b>	<b>Funtastic Fridays</b> The A Team host a night of karaoke, dancing, videos, and fun! 9pm - 2am, Free. <a href="#">The Cat Pub and Eatery</a> , 3513 Dundas St. W..
<b>9:30pm</b>	<b>DJ and Live Music</b> 9:30pm, Free. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
<b>10pm</b>	<b>The Blanks and The Jammed</b> A live tribute to CBGB's era punk bands and The Jam. 10pm, Free. <a href="#">3030</a> , 3030 Dundas St. W.

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## Saturday, July 11:

<b>8am</b>	<b>Jenny Craig Open House</b> Sample tasting and free consultations for everyone. 8am - 4pm, Free. <a href="#">Jenny Craig</a> , 2383 Bloor St. W.
<b>9am</b>	<b><a href="#">Junction Farmers Market</a></b> Local, sustainably produced fresh foods. 9am - 1pm, Free. Junction Train Platform, 2960 Dundas St. W.
<b>9:30am</b>	<b><a href="#">Blood Donation Clinic</a></b> Please donate blood. Bring your donor or i.d. card. 9:30am - 1:30pm, Free. Rousseau Room, Swansea Town Hall, 95 Lavinia Ave.
<b>9:30am</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 9:30 - 10:30m, Free. Ukrainian Canadian Social Services, 2445 Bloor St. W.
<b>10am</b>	<b>Build a Minions Scooter</b> Learn how to build a Minions Scooter with easy-to-follow, step-by-step instructions. Ages 4 - 12. 10am - 12pm, Free. <a href="#">RSVP</a> to Home Depot, 2121 St. Clair Ave. W.

<b>10:30am</b>	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 10:30 - 11:30am, Free. Ukrainian Canadian Social Services, 2445 Bloor St. W.</p>
<b>12pm</b>	<p><b>Weekend Brunch with Live Music</b></p> <p>12 - 3pm. <a href="#">Axis Gallery and Grill</a>, 3048 Dundas St. W.</p>
<b>2pm</b>	<p><b>Open Mic</b></p> <p>2 - 6pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
<b>2pm</b>	<p><b>Your Magic Mic</b></p> <p>Open mic. 2 - 6pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a>, 347 Keele St</p>
<b>2:30pm</b>	<p><b><a href="#">Jammer's Waffle House</a></b></p> <p>2:30 - 4:30pm, Free. <a href="#">Humble Beginnings</a>, 3109 Dundas St. W.</p>
<b>6pm</b>	<p><b>Live Acoustic Saturday Nights</b></p> <p>Live music. 6 - 10pm, Free. <a href="#">Shakey's</a>, 2255 Bloor St. W.</p>
<b>7pm</b>	<p><b><a href="#">The Night Junction Market</a></b></p> <p>Come and hang out, nibble on great local food, drink some tasty beverages, and listen to live music. All for a great cause. 7 - 11pm, Free. Junction Train Platform, 2960 Dundas St. W.</p>
<b>7pm</b>	<p><b>Silent Sanctuary</b></p> <p>Two hours of open sanctuary with relaxing music for silent contemplation. Open to all the community. 7 - 9pm, Free. <a href="#">Runnymede Presbyterian Church</a>, 680 Annette St.</p>
<b>8pm</b>	<p><b>Live Music</b></p> <p>And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a>, 2877 Dundas St. W.</p>
<b>9pm</b>	<p><b>Live Music</b></p> <p>9pm, Free. <a href="#">Celt's Pub</a>, 2872 Dundas St. W.</p>
<b>10pm</b>	<p><b>Open Mind with Corey Dawkins</b></p> <p>Reggae, soca, dance hall, hip hop, and more. 10pm, Free. <a href="#">3030</a>, 3030 Dundas St. W.</p>
<b>10:30pm</b>	<p><b>Dracula's Daughter</b></p> <p>DJ Darkness Visible plays gothic/dark/alternative/retro. 10:30pm, Free. <a href="#">Celt's Pub</a>, 2872 Dundas St. W.</p>

**Sunday, July 12:**

<b>12pm</b>	<b>Lambton House</b> Free house tours. Refreshments available. 12 - 4pm, Free. <a href="#">Lambton House</a> , 4066 Old Dundas St.
<b>12pm</b>	<b>Weekend Brunch with Live Music</b> 12 - 3pm. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
<b>5pm</b>	<b>Classic Blues and Soul Live Music</b> 5 - 9pm, Free. <a href="#">Shoxs</a> , 2827 Dundas St. W.
<b>8pm</b>	<b><a href="#">Michael Keith</a></b> Toronto blues legend Michael Keith plays solo acoustic blues. 8 - 10:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a> , 349 Jane St.
<b>9pm</b>	<b>Karaoke</b> 9pm, Free. <a href="#">The Bar With No Name</a> , 1651 Bloor St. W.

**Monday, July 13:**

<b>9:30am</b>	<b>Swansea Family Drop-in Program</b> <a href="#">Ontario Early Years Centre</a> . 9:30 - 11:30am, Free. Swansea Town hall, 95 Lavinia Ave., Second Floor. Call 416-762-3700 for more information.
<b>10am</b>	<b>Macaulay - Junction Family Resource Centre Drop-in Program</b> <a href="#">Ontario Early Years Centre</a> . 10am - 1pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.
<b>10:45am</b> <b>1pm</b> <b>2pm</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (10:45 - 11:45am @ 100 High Park Ave., 1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 2 - 3pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W.)
<b>11:45am</b> <b>3pm</b>	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11:45am - 12:45pm @ 100 High Park Ave., 3 - 4pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W.)

1pm	<p><b><a href="#">Movie for Mommies</a></b></p> <p>See Hollywood movies in a baby-friendly environment. Change table, wipes, bottle warming, stroller parking, and amazing weekly door prize! 1pm (doors open at 12:30pm), \$11.50/person (babies free). Humber Cinema, 2442 Bloor St. W.</p>
2pm	<p><b>K'NEXathon!</b></p> <p>Build and learn with K'NEX. 2 - 3pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
2pm	<p><b>Listen! Watch! Make!</b></p> <p>Listen to some stories, watch a short movie, and make something fun. Inspired by Down on the Farm. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
6:30pm	<p><b>Art Journal Night</b></p> <p>Theme: Summer. 6:30 - 9pm, Cost: 1 page for the Bizzy B Art Journal. For more information call <a href="#">Bizzy B's</a> at 416-203-0433. 2100 Bloor St. W.</p>
6:30pm	<p><b>Kundalini Yoga</b></p> <p>Breathe, move, sing, relax, and meditate. Bring your own yoga mat. 6:30 - 7:30pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
7pm	<p><b>Nembutsu Chanting</b></p> <p>Heighten your spiritual awareness with this ancient Buddhist practice. 7 - 8pm, Free. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
8pm	<p><b>Japanese Classes</b></p> <p>Intermediate level. With Taiko sensei. 8 - 9:30pm, \$20+tax. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
9:30pm	<p><b>Monday Night Jazz Jam</b></p> <p>Jazz students and musicians come jam, and all public welcome to watch. 9:30pm, \$8. <a href="#">The Annette Studios</a>, 566 Annette St.</p>
10pm	<p><b>Open Mic Night</b></p> <p>10pm, Free. Contact <a href="#">The Hole in Wall</a> at 647-350-3564 for more information. 2867A Dundas St. W.</p>

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## Tuesday, July 14:

9:30am	<p><b>Iyengar Yoga</b></p> <p>This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 9:30 - 11am, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
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<b>9:30am</b>	<p><b>Little Kids in Gardens</b></p> <p>Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in preschool - SK, with caregiver. 9:30 - 11am, Free. <a href="#">St. Olave's Anglican Church</a>, 360 Windermere Ave.</p>
<b>10am</b>	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Agora Cafe</a>, 3015 Dundas St. W.</p>
<b>10:30am</b>	<p><b><a href="#">Swansea Summer Reading Fun</a></b></p> <p>Program for children from birth to 5 years old, with caregiver. 10:30 - 11:30am, Free. Swansea Memorial Library &amp; Rousseau Room, Swansea Town Hall, 95 Lavinia Ave.</p>
<b>11am</b>	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 11 - 11:45am, Free. 100 High Park Ave.</p>
<b>12:30pm</b>	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
<b>2pm</b>	<p><b>Afternoon at the Movies</b></p> <p>Toy Story 2. 2 - 3:30pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
<b>6pm</b>	<p><b>Tuesday Evening Stitch Night</b></p> <p>Bring your portable craft project and work on it in the company of other like-minded individuals. 6 - 10pm, Free. <a href="#">LadeeBee</a>, 3079B Dundas St. W. (entrance on Quebec).</p>
<b>6:15pm</b>	<p><b><a href="#">The Strangest Dream</a></b></p> <p>Green 13 presents <i>The Strangest Dream</i>, a documentary of the history of nuclear weapons and nuclear scientist Joseph Rotblat. Discussion to follow. 6:15 - 8pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
<b>6:30pm</b>	<p><b>Tuesday Tasting</b></p> <p>Chat with the brewers, taste our beer, tour the facilities and learn about the process and our history. Book at <a href="mailto:events@indiealhouse.com">events@indiealhouse.com</a>. 6:30 - 7:30pm, \$25. <a href="#">Indie Alehouse</a>, 2876 Dundas St. W.</p>
<b>7pm</b>	<p><b>Euchre</b></p> <p>7pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
<b>7pm</b>	<p><b>Live Music</b></p> <p>Starting at 7pm, Free. <a href="#">Henry VIII Ale House</a>, 2469 Bloor St. W.</p>



<b>8:30pm</b>	<b>Live Music - Irish Session</b> 8:30pm - 12am, Free. <a href="#">Whelan's Gate</a> , 1663 Bloor St. W.
<b>9pm</b>	<b>The Junction Jam</b> Hosted by Derek Downham. 9pm - 1am, Free. <a href="#">Axis Gallery &amp; Grill</a> , 3048 Dundas St. W.
<b>10pm</b>	<b>Johnny Devil and the Screamin' Demons</b> A good ol' fashioned, crazy, fun power trio. 10pm, Free. <a href="#">The Yellow Griffin</a> , 2202 Bloor St. W.

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## Wednesday, July 15:

<b>9:30am</b> <b>10:30am</b>	<b>Family Time</b> Join us for stories, songs and rhymes for the whole family! For children up to 5 years and their caregivers. 9:30 - 10:15am, 10:30 - 11:15am, Free. <a href="#">Jane/Dundas Library</a> , 620 Jane St.
<b>10am</b>	<b><a href="#">Printmaking</a></b> Learn to make easy prints with a pencil as your engraving tool. Children of all ages. 10 - 11:30am, \$25. The Art Room, 514 Annette St.
<b>10am</b> <b>1pm</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (10 - 11am @ 100 High Park Ave, 1 - 2pm @ 50 Quebec Ave.)
<b>11am</b> <b>2pm</b>	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11am - 12pm @ 100 High Park Ave, 2 - 3pm @ 50 Quebec Ave.)
<b>11:45am</b>	<b><a href="#">Walk This Way</a></b> Nordic pole walking group. Fun and effective for people of all ages and fitness levels. Poles available to borrow. To register contact Junko at 416-604-0640, ext. 6453. 11:45am - 12:45pm, Free. Meet at the Black Oak Cafe on West Road, High Park
<b>1pm</b>	<b><a href="#">Watercolour</a></b> Incorporate some fun and easy watercolour techniques into your landscape painting. Children of all ages. 1 - 2:30pm, \$25. The Art Room, 514 Annette St.
<b>2pm</b>	<b>LEGO Mania!</b> Intense LEGO building. Each week there will be design challenges to engage your creativity. 2 - 3pm, Free. <a href="#">Annette Library</a> , 145 Annette St..

2pm	<p><b>Spin! Pop! Boom! with Mad Science</b></p> <p>This thrilling performance will explore a combination of chemistry and physics. Tickets will be handed out 30 minutes before show starts. 2 - 3pm, Free. Call <a href="#">Runnymede Library</a> at 416-393-7697 for more information. 2178 Bloor St. W.</p>
2pm	<p><b>TD Summer Reading Club Meeting</b></p> <p>Fun activities about books, words, learning and play. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
3pm	<p><b><a href="#">Annette Village Farmers' Market</a></b></p> <p>Sponsored by Creme Fraiche Market Cafe, this market offers fresh fruits, vegetables, cheese, pasta, meats, fish preserves, baked goods, and other artisanal delights. 3 - 7pm, Free. Runnymede Presbyterian Church Parking Lot, 680 Annette St.</p>
6pm 8pm	<p><b>Magic Night</b></p> <p>Magic: The Gathering sealed deck tourney. 6pm and 8pm, \$25. Register in advance at our <a href="#">Facebook page</a>. <a href="#">The Bar With No Name</a>, 1651 Bloor St. W.</p>
6:30pm	<p><b>ATC Night</b></p> <p>Theme: Journeys. 6:30 - 9pm, Cost: 1 ATC for the Bizzy B album/gallery. For more information call <a href="#">Bizzy B's</a> at 416-203-0433. 2100 Bloor St. W.</p>
7pm	<p><b>Build an Address Display</b></p> <p>Learn how to make an address display in this do-it-herself workshop. 7 - 8pm, Free. <a href="#">RSVP</a> to Home Depot, 2121 St. Clair Ave. W.</p>
8pm	<p><b>Comedy Night</b></p> <p>Shannon McIntyre hosts this open mic night. 8 - 10:30pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a>, 347 Keele St.</p>
8pm	<p><b>Trivia</b></p> <p>8pm, Free. <a href="#">3030</a>, 3030 Dundas St. W.</p>
8:30pm	<p><b>Comedy Open Mic</b></p> <p>8:30pm, Free. <a href="#">Celt's Pub</a>, 2872 Dundas St. W.</p>

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## Thursday, July 16:

9:30am	<p><b>Family Fun</b></p> <p>Drop-in <a href="#">Ontario Early Years Centre</a>. 9:30 - 11:30am, Free. 100 High Park Ave. (Rec Room) Buzzer code: 550. Call 416-762-3700 for more information.</p>
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10am	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Lunch Box</a>, 1731 Bloor St. (corner of Keele St.).</p>
10am	<p><b><a href="#">Printmaking</a></b></p> <p>Learn to make easy prints with a pencil as your engraving tool. Children of all ages. 10 - 11:30am, \$25. The Art Room, 514 Annette St.</p>
10:30am	<p><b>West End Walking Group</b></p> <p>Get out for some exercise and meet some great neighbourhood parents and kids. Bike, walk, or stroller along the Humber River. 10:30am, Free. Email Carolyn at <a href="mailto:info@fifty-seven.ca">info@fifty-seven.ca</a> for more information. Meet at Etienne Brule Park parking lot.</p>
12:30pm	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
1pm 1:30pm	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 1:30 - 2:30pm @ 50 Quebec Ave.)</p>
1pm	<p><b><a href="#">Watercolour</a></b></p> <p>Incorporate some fun and easy watercolour techniques into your landscape painting. Children of all ages. 1 - 2:30pm, \$25. The Art Room, 514 Annette St.</p>
2pm	<p><b>Be a Kite Flyer</b></p> <p>Design and build your very own kite. Tickets will be distributed 30 minutes before program. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
2:30pm	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 2:30 - 3:30pm, Free. 50 Quebec Ave.</p>
6pm	<p><b><a href="#">Drop-In Family Nature Walks</a></b></p> <p>Explore nature in High Park with your whole family! 6 - 7:30pm, PWYC. High Park Nature Centre, Forest School Building (south of Bloor Street entrance), High Park.</p>
6pm	<p><b>Families in Gardens</b></p> <p>Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in Grade 1, and up. 6 - 8pm, Free. <a href="#">St. Olave's Anglican Church</a>, 360 Windermere Ave.</p>

<b>6pm</b>	<p><b><a href="#">High Park Speakers</a></b> Practice impromptu public speaking at this toastmaster's club. 6 - 8pm, Free. Annette Library, 145 Annette St.</p>
<b>6:30pm</b>	<p><b>Iyengar Yoga</b> This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 6:30 - 8pm, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
<b>7pm</b>	<p><b>Poker</b> 7pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
<b>7pm</b>	<p><b>Red Hot Poker Tour</b> Thursdays are all-in. Sign up at 6pm. Play at 7pm, Free. <a href="#">The Yellow Griffin</a>, 2202 Bloor St. W.</p>
<b>7pm</b>	<p><b><a href="#">Toronto Fiddle Collective</a></b> Various fiddle-focused events. 7 - 10pm, \$35. Royal Canadian Legion, 3591 Dundas St. W.</p>
<b>7:30pm</b>	<p><b><a href="#">Coaster Workshop</a></b> Personalize four hand-printed coasters however you wish. Acrylics, watercolours, pastels and markers provided. Adult workshop. 7:30pm, \$25. The Art Room, 514 Annette St.</p>
<b>8pm</b>	<p><b>Ladies' Night</b> Ladies get free pool and free lessons with Canadian 10-ball champion Erik Hjordliefson. 8 - 11pm, Women: free, Men: \$10/lesson. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
<b>8pm</b>	<p><b>Open Mic</b> With Kevin Roach. Join Kevin on stage or sing on your own. 8 - 11:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
<b>8pm</b>	<p><b>Tinderbox</b> Open mic for all genres - from comedians to magicians, poets to musicians. 8 - 11pm, Free. <a href="#">La Revolucion</a>, 2848 Dundas St. W.</p>
<b>9pm</b>	<p><b><a href="#">TouchTunes Karaoke</a></b> Hosted by Beth. 9pm - 12:30am, Free. Fiddler's Dell Bar &amp; Grill, 781 Annette St.</p>
<b>9:30pm</b>	<p><b>Live Jazz</b> With The J Train. 9:30pm - 12:30am, Free. <a href="#">The Passenger</a>, 2968 Dundas St. W.</p>
<b>9:30pm</b>	<p><b>Live Music</b> Open mic and scheduled bands. 9:30- 11:45pm, Free. <a href="#">The Bar With No Name</a> , 1651 Bloor St. W.</p>

## Friday, July 17:

10am	<p><a href="#">Watercolour</a></p> <p>Incorporate some fun and easy watercolour techniques into your landscape painting. Children of all ages. 10 - 11:30am, \$25. The Art Room, 514 Annette St.</p>
11am 12:30pm 3pm	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11 - 11:45am @ 100 High Park Ave., 12:30 - 1:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 3 - 4pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)</p>
1pm	<p><a href="#">Printmaking</a></p> <p>Learn to make easy prints with a pencil as your engraving tool. Children of all ages. 1 - 2:30pm, \$25. The Art Room, 514 Annette St.</p>
1:30pm 4pm	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1:30 - 2:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 4 - 5pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)</p>
2pm	<p><a href="#">Junction Seniors</a></p> <p>All seniors are welcome to meet up for friendly conversation. 2 - 3pm, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Pascal's</a>, 2904 Dundas St. W.</p>
2pm	<p><b>Library Games</b></p> <p>Come and play fun library games with your friends. Prizes will be awarded! 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
5:45pm 6:30pm	<p><b>Aikido Children's Classes</b></p> <p>No martial arts experience is required. Ages 6 - 9: 5:45 - 6:30pm, Ages 10 - 13: 6:30 - 7:30pm, \$5+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.</p>
6pm	<p><b>Makeup Bags Workshop</b></p> <p>Sew yourself this cute makeup bag and travel in style. 6 - 9pm, \$65+HST. <a href="#">The Sewing Junction</a>, 2841 Dundas St. W.</p>
7:30pm	<p><b>Aikido Adult Classes</b></p> <p>No martial arts experience is required. 7:30 - 9pm, \$10+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.</p>

<b>7:30pm</b>	<b>High School Group.</b> Grades 9 - 12; games, snacks, and a movie. 7:30 - 10pm, Free. <a href="#">Runnymede Community Church</a> , 60 Colbeck St.
<b>7:30pm</b>	<b>Les Petits Nouveaux</b> Gypsy jazz trio. 7:30 - 10pm, Free. <a href="#">La Revolucion</a> , 2848 Dundas St. W.
<b>8pm</b>	<b>Live Music</b> And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a> , 2877 Dundas St. W.
<b>8pm</b>	<b><a href="#">Sue &amp; Dwight</a></b> Folk duo. 8 - 10pm, Free. <a href="#">Humble Beginnings</a> , 3109 Dundas St. W.
<b>9pm</b>	<b>Funtastic Fridays</b> The A Team host a night of karaoke, dancing, videos, and fun! 9pm - 2am, Free. <a href="#">The Cat Pub and Eatery</a> , 3513 Dundas St. W..
<b>9:30pm</b>	<b>DJ and Live Music</b> 9:30pm, Free. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
<b>10pm</b>	<b>DJ Nova</b> '80s and '90s dance party. 10pm, Free. <a href="#">3030</a> , 3030 Dundas St. W.

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## Saturday, July 18:

<b>All Day</b>	<b><a href="#">Pan Am/ParaPan Am Games</a></b> High Park will be closed to vehicular traffic with no access to parking lots, but open for regular business for foot traffic. July 18, 24, and 25. All day. High Park
<b>9am</b>	<b><a href="#">Junction Farmers Market</a></b> Local, sustainably produced fresh foods. 9am - 1pm, Free. Junction Train Platform, 2960 Dundas St. W.
<b>9:30am</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 9:30 - 10:30m, Free. Ukrainian Canadian Social Services, 2445 Bloor St. W.
<b>10am</b>	<b>In the Studios of Jean Auguste Dominique Ingres</b> Students are taken through the stages of the Ingres approach to oil painting. Seven-day workshop, until Friday, July 24. 10am - 4pm, \$750. Register <a href="#">online</a> at The Academy of Realist Art, 2968 Dundas St. W.

<b>10am</b>	<p><b>Maintain a Deck</b></p> <p>Learn and have the opportunity to gain the skill and confidence in cleaning your deck and preparing it for a new finish. 10 - 11am, Free. <a href="#">RSVP</a> to Home Depot, 2121 St. Clair Ave. W.</p>
<b>10:30am</b>	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 10:30 - 11:30am, Free. Ukrainian Canadian Social Services, 2445 Bloor St. W.</p>
<b>12pm</b>	<p><b>Weekend Brunch with Live Music</b></p> <p>12 - 3pm. <a href="#">Axis Gallery and Grill</a>, 3048 Dundas St. W.</p>
<b>2pm</b>	<p><b>Open Mic</b></p> <p>2 - 6pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
<b>2pm</b>	<p><b>Your Magic Mic</b></p> <p>Open mic. 2 - 6pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a>, 347 Keele St</p>
<b>2:30pm</b>	<p><b><a href="#">Mark Sanders</a></b></p> <p>Singer/songwriter. 2:30 - 4:30pm, Free. <a href="#">Humble Beginnings</a>, 3109 Dundas St. W.</p>
<b>4pm</b>	<p><b>Gaia Symphony No. 3</b></p> <p>A documentary of the late Michio Hoshino, wildlife photographer, and people surrounding him, who chose to live their lives in the rhythms of nature. 4pm, Free (donations welcome). <a href="#">Tao Sangha Toronto Healing Centre</a>, 375 Jane St.</p>
<b>6pm</b>	<p><b>Live Acoustic Saturday Nights</b></p> <p>Live music. 6 - 10pm, Free. <a href="#">Shakey's</a>, 2255 Bloor St. W.</p>
<b>7pm</b>	<p><b>Silent Sanctuary</b></p> <p>Two hours of open sanctuary with relaxing music for silent contemplation. Open to all the community. 7 - 9pm, Free. <a href="#">Runnymede Presbyterian Church</a>, 680 Annette St.</p>
<b>8pm</b>	<p><b>Live Music</b></p> <p>And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a>, 2877 Dundas St. W.</p>
<b>9pm</b>	<p><b>Live Music</b></p> <p>9pm, Free. <a href="#">Celt's Pub</a>, 2872 Dundas St. W.</p>
<b>9:30pm</b>	<p><b>Live Music</b></p> <p>9:30pm, Free. <a href="#">Axis Gallery and Grill</a>, 3048 Dundas St. W.</p>

<b>10pm</b>	<b>Live DJ</b> 10pm, Free. <a href="#">The Cat Pub and Eatery</a> , 3513 Dundas St. W..
<b>10:30pm</b>	<b>Dracula's Daughter</b> DJ Darkness Visible plays gothic/dark/alternative/retro. 10:30pm, Free. <a href="#">Celt's Pub</a> , 2872 Dundas St. W.

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## Sunday, July 19:

<b>10:30am</b>	<b><a href="#">Exploring Spring Creek Ravine</a></b> Arborist Steve Smith investigates the uplands of the defining feature of High Park's east side. 10:30am - 12pm, Free. Meet at benches in front of Grenadier Restaurant, High Park.
<b>12pm</b>	<b><a href="#">How to Eat for Exercise</a></b> Registered Dietitian Michelle Evans Apostol discusses how to maximize your workout with the right food. Email <a href="mailto:physiotherapy@rpmstudio.ca">physiotherapy@rpmstudio.ca</a> to register. 12 - 1pm, \$10. RPM Total Fitness, 2968 Dundas St. W.
<b>12pm</b>	<b>Lambton House</b> Free house tours. Refreshments available. 12 - 4pm, Free. <a href="#">Lambton House</a> , 4066 Old Dundas St.
<b>12pm</b>	<b>Weekend Brunch with Live Music</b> 12 - 3pm. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
<b>5pm</b>	<b>Classic Blues and Soul Live Music</b> 5 - 9pm, Free. <a href="#">Shoxs</a> , 2827 Dundas St. W.
<b>8pm</b>	<b><a href="#">Michael Keith</a></b> Toronto blues legend Michael Keith plays solo acoustic blues. 8 - 10:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a> , 349 Jane St.
<b>9pm</b>	<b>Karaoke</b> 9pm, Free. <a href="#">The Bar With No Name</a> , 1651 Bloor St. W.

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## Monday, July 20:

<b>9:30am</b>	<b>Swansea Family Drop-in Program</b> <a href="#">Ontario Early Years Centre</a> . 9:30 - 11:30am, Free. Swansea Town hall, 95 Lavinia Ave., Second Floor. Call 416-762-3700 for more information.
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<b>10am</b>	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 10am - 1pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
<b>10:45am</b> <b>1pm</b> <b>2pm</b>	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (10:45 - 11:45am @ 100 High Park Ave. , 1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 2 - 3pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W.)</p>
<b>11:45am</b> <b>3pm</b>	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11:45am - 12:45pm @ 100 High Park Ave., 3 - 4pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W.)</p>
<b>1pm</b>	<p><b><a href="#">Movie for Mommies</a></b></p> <p>See Hollywood movies in a baby-friendly environment. Change table, wipes, bottle warming, stroller parking, and amazing weekly door prize! 1pm (doors open at 12:30pm), \$11.50/person (babies free). Humber Cinema, 2442 Bloor St. W.</p>
<b>2pm</b>	<p><b>K'NEXathon!</b></p> <p>Build and learn with K'NEX. 2 - 3pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
<b>2pm</b>	<p><b>Listen! Watch! Make!</b></p> <p>Listen to some stories, watch a short movie, and make something fun. Inspired by Feathered Friends. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
<b>6:30pm</b>	<p><b>Kundalini Yoga</b></p> <p>Breathe, move, sing, relax, and meditate. Bring your own yoga mat. 6:30 - 7:30pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
<b>7pm</b>	<p><b>Nembutsu Chanting</b></p> <p>Heighten your spiritual awareness with this ancient Buddhist practice. 7 - 8pm, Free. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
<b>8pm</b>	<p><b>Japanese Classes</b></p> <p>Intermediate level. With Taiko sensei. 8 - 9:30pm, \$20+tax. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
<b>9:30pm</b>	<p><b>Monday Night Jazz Jam</b></p> <p>Jazz students and musicians come jam, and all public welcome to watch. 9:30pm, \$8. <a href="#">The Annette Studios</a>, 566 Annette St.</p>
<b>10pm</b>	<p><b>Open Mic Night</b></p> <p>10pm, Free. Contact <a href="#">The Hole in Wall</a> at 647-350-3564 for more information. 2867A Dundas St. W.</p>

## Tuesday, July 21:

9:30am	<p><b>Iyengar Yoga</b></p> <p>This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 9:30 - 11am, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
9:30am	<p><b>Little Kids in Gardens</b></p> <p>Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in preschool - SK, with caregiver. 9:30 - 11am, Free. <a href="#">St. Olave's Anglican Church</a>, 360 Windermere Ave.</p>
10am	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Agora Cafe</a>, 3015 Dundas St. W.</p>
10:30am	<p><b><a href="#">Swansea Summer Reading Fun</a></b></p> <p>Program for children from birth to 5 years old, with caregiver. 10:30 - 11:30am, Free. Swansea Memorial Library &amp; Rousseau Room, Swansea Town Hall, 95 Lavinia Ave.</p>
11am	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 11 - 11:45am, Free. 100 High Park Ave.</p>
12:30pm	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
2pm	<p><b>Afternoon at the Movies</b></p> <p>Toy Story 3. 2 - 3:30pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
6pm	<p><b>Tuesday Evening Stitch Night</b></p> <p>Bring your portable craft project and work on it in the company of other like-minded individuals. 6 - 10pm, Free. <a href="#">LadecBee</a>, 3079B Dundas St. W. (entrance on Quebec).</p>
6:30pm	<p><b><a href="#">Real Estate Mixer</a></b></p> <p>How to Pay Off Your Mortgage in Half the Time! Seminar with networking. 6:30 - 10pm, Free. Baka Gallery Cafe, 2256 Bloor St. W.</p>

<b>6:30pm</b>	<b>Tuesday Tasting</b> Chat with the brewers, taste our beer, tour the facilities and learn about the process and our history. Book at <a href="mailto:events@indiealhouse.com">events@indiealhouse.com</a> . 6:30 - 7:30pm, \$25. <a href="#">Indie Alehouse</a> , 2876 Dundas St. W.
<b>7pm</b>	<b>Euchre</b> 7pm, Free. <a href="#">Mackenzies Bar</a> , 1982 Bloor St. W.
<b>7pm</b>	<b>Live Music</b> Starting at 7pm, Free. <a href="#">Henry VIII Ale House</a> , 2469 Bloor St. W.
<b>7pm</b>	<b>Paint Nite</b> Paint instruction at a local bistro. Instruction by Julie Glaude. 7pm, \$45. 3030, 3030 Dundas St. W.. Register at <a href="http://Paintnite.com">Paintnite.com</a>
<b>8:30pm</b>	<b>Live Music - Irish Session</b> 8:30pm - 12am, Free. <a href="#">Whelan's Gate</a> , 1663 Bloor St. W.
<b>9pm</b>	<b>The Junction Jam</b> Hosted by Derek Downham. 9pm - 1am, Free. <a href="#">Axis Gallery &amp; Grill</a> , 3048 Dundas St. W.
<b>10pm</b>	<b>Johnny Devil and the Screamin' Demons</b> A good ol' fashioned, crazy, fun power trio. 10pm, Free. <a href="#">The Yellow Griffin</a> , 2202 Bloor St. W.

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## Wednesday, July 22:

<b>9:30am</b> <b>10:30am</b>	<b>Family Time</b> Join us for stories, songs and rhymes for the whole family! For children up to 5 years and their caregivers. 9:30 - 10:15am, 10:30 - 11:15am, Free. <a href="#">Jane/Dundas Library</a> , 620 Jane St.
<b>10am</b> <b>1pm</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (10 - 11am @ 100 High Park Ave, 1 - 2pm @ 50 Quebec Ave.)
<b>10:30am</b>	<b>Summer Family Storytime</b> Stories, songs and rhymes for the entire family! 10:30 - 11am, Free. <a href="#">Annette Library</a> , 145 Annette St..
<b>11am</b> <b>2pm</b>	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11am - 12pm @ 100 High Park Ave, 2 - 3pm @ 50 Quebec Ave.)

11:45am	<p><a href="#">Walk This Way</a></p> <p>Nordic pole walking group. Fun and effective for people of all ages and fitness levels. Poles available to borrow. To register contact Junko at 416-604-0640,ext. 6453. 11:45am - 12:45pm, Free. Meet at the Black Oak Cafe on West Road, High Park</p>
2pm	<p><b>Draw Along with a Comics Artist!</b></p> <p>Join our comics artist and create some of your own comics and characters. Ages 6 - 12. 2 - 3pm, Free. Call <a href="#">Runnymede Library</a> at 416-393-7600 to register. 2178 Bloor St. W.</p>
2pm	<p><b>LEGO Mania!</b></p> <p>Intense LEGO building. Each week there will be design challenges to engage your creativity. 2 - 3pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
2pm	<p><b>TD Summer Reading Club Meeting</b></p> <p>Fun activities about books, words, learning and play. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
3pm	<p><a href="#">Annette Village Farmers' Market</a></p> <p>Sponsored by Creme Fraiche Market Cafe, this market offers fresh fruits, vegetables, cheese, pasta, meats, fish preserves, baked goods, and other artisanal delights. 3 - 7pm, Free. Runnymede Presbyterian Church Parking Lot, 680 Annette St.</p>
7:30pm	<p><a href="#">The Still Life: Symbolism and Significance</a></p> <p>Butterflies, fruites, skulls, flowers...learn the symbolism of these objects while learning about the history of still life in art. 7:30 - 9pm, \$25. The Art Room, 514 Annette St.</p>
8pm	<p><b>Comedy Night</b></p> <p>Shannon McIntyre hosts this open mic night. 8 - 10:30pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a>, 347 Keele St.</p>
8pm	<p><b>Trivia</b></p> <p>8pm, Free. <a href="#">3030</a>, 3030 Dundas St. W.</p>
8:30pm	<p><b>Comedy Open Mic</b></p> <p>8:30pm, Free. <a href="#">Celt's Pub</a>, 2872 Dundas St. W.</p>

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## Thursday, July 23:

7:30am	<p><a href="#">Rotary Club of Parkdale-High Park Meeting</a></p> <p>Speaker: Michael Kelly, Artistic Director, Shakespeare in Action. 7:30am, Free. The Grenadier Restaurant, 200 Parkside Dr., High Park</p>
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9:30am	<p><b>Family Fun</b></p> <p>Drop-in <a href="#">Ontario Early Years Centre</a>. 9:30 - 11:30am, Free. 100 High Park Ave. (Rec Room) Buzzer code: 550. Call 416-762-3700 for more information.</p>
10am	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Lunch Box</a>, 1731 Bloor St. (corner of Keele St.).</p>
10:30am	<p><b>West End Walking Group</b></p> <p>Get out for some exercise and meet some great neighbourhood parents and kids. Bike, walk, or stroller along the Humber River. 10:30am, Free. Email Carolyn at <a href="mailto:info@fifty-seven.ca">info@fifty-seven.ca</a> for more information. Meet at Etienne Brule Park parking lot.</p>
12:30pm	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
1pm 1:30pm	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 1:30 - 2:30pm @ 50 Quebec Ave.)</p>
2pm	<p><b>Be a Skull Detective!</b></p> <p>Using artifacts from the ROM, you will learn how to be a skull detective. Tickets will be distributed 30 minutes before program. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
2:30pm	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 2:30 - 3:30pm, Free. 50 Quebec Ave.</p>
6pm	<p><b><a href="#">Drop-In Family Nature Walks</a></b></p> <p>Explore nature in High Park with your whole family! 6 - 7:30pm, PWYC. High Park Nature Centre, Forest School Building (south of Bloor Street entrance), High Park.</p>
6pm	<p><b>Families in Gardens</b></p> <p>Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in Grade 1, and up. 6 - 8pm, Free. <a href="#">St. Olave's Anglican Church</a>, 360 Windermere Ave.</p>
6pm	<p><b><a href="#">High Park Speakers</a></b></p> <p>Practice impromptu public speaking at this toastmaster's club. 6 - 8pm, Free. Annette Library, 145 Annette St.</p>

<b>6:30pm</b>	<p><b>Iyengar Yoga</b></p> <p>This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 6:30 - 8pm, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
<b>7pm</b>	<p><b>Paint Nite</b></p> <p>Paint instruction at a local bistro. Instruction by Ashley Devereux. 7pm, \$45. Baka Gallery Cafe, 2256 Bloor St. W.. Register at <a href="#">Paintnite.com</a></p>
<b>7pm</b>	<p><b>Poker</b></p> <p>7pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
<b>7pm</b>	<p><b>Red Hot Poker Tour</b></p> <p>Thursdays are all-in. Sign up at 6pm. Play at 7pm, Free. <a href="#">The Yellow Griffin</a>, 2202 Bloor St. W.</p>
<b>8pm</b>	<p><b>Ladies' Night</b></p> <p>Ladies get free pool and free lessons with Canadian 10-ball champion Erik Hjorliefson. 8 - 11pm, Women: free, Men: \$10/lesson. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
<b>8pm</b>	<p><b>Open Mic</b></p> <p>With Kevin Roach. Join Kevin on stage or sing on your own. 8 - 11:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>
<b>8pm</b>	<p><b>Tinderbox</b></p> <p>Open mic for all genres - from comedians to magicians, poets to musicians. 8 - 11pm, Free. <a href="#">La Revolucion</a>, 2848 Dundas St. W.</p>
<b>9pm</b>	<p><b><a href="#">TouchTunes Karaoke</a></b></p> <p>Hosted by Beth. 9pm - 12:30am, Free. Fiddler's Dell Bar &amp; Grill, 781 Annette St.</p>
<b>9:30pm</b>	<p><b>Live Jazz</b></p> <p>With The J Train. 9:30pm - 12:30am, Free. <a href="#">The Passenger</a>, 2968 Dundas St. W.</p>

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## Friday, July 24:

<p><b>11am</b> <b>12:30pm</b> <b>3pm</b></p>	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11 - 11:45am @ 100 High Park Ave., 12:30 - 1:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 3 - 4pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)</p>
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1:30pm 4pm	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1:30 - 2:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 4 - 5pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)</p>
2pm	<p><b><a href="#">Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 2 - 3pm, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Pascal's</a>, 2904 Dundas St. W.</p>
2pm	<p><b>Library Games</b></p> <p>Come and play fun library games with your friends. Prizes will be awarded! 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
5:45pm 6:30pm	<p><b>Aikido Children's Classes</b></p> <p>No martial arts experience is required. Ages 6 - 9: 5:45 - 6:30pm, Ages 10 - 13: 6:30 - 7:30pm, \$5+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.</p>
6:30pm	<p><b>Youth Group</b></p> <p>Eat snacks, make new friends, and play games. 6:30 - 9pm, Free. <a href="#">Bloor West Village Baptist Church</a> (formerly Farmer Memorial Baptist Church), 293 South Kingsway.</p>
7:30pm	<p><b>Aikido Adult Classes</b></p> <p>No martial arts experience is required. 7:30 - 9pm, \$10+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.</p>
7:30pm	<p><b>High School Group.</b></p> <p>Grades 9 - 12; games, snacks, and a movie. 7:30 - 10pm, Free. <a href="#">Runnymede Community Church</a>, 60 Colbeck St.</p>
7:30pm	<p><b>Les Petits Nouveaux</b></p> <p>Gypsy jazz trio. 7:30 - 10pm, Free. <a href="#">La Revolucion</a>, 2848 Dundas St. W.</p>
8pm	<p><b>Live Music</b></p> <p>And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a>, 2877 Dundas St. W.</p>
8pm	<p><b><a href="#">Lowell Friesen</a></b></p> <p>Folk/Alternative Country. Singer/songwriter from B.C.. 8 - 10pm, Free. <a href="#">Humble Beginnings</a>, 3109 Dundas St. W.</p>
8pm	<p><b>Noche Cubana</b></p> <p>Party Cuban style! Live music featuring Sonido Cubano. Door Prizes, great music, great dancing. 8pm, \$5/person or \$8/couple. <a href="#">Baka Gallery Cafe</a>, 2256 Bloor St. W.</p>

<b>9pm</b>	<b>Funtastic Fridays</b> The A Team host a night of karaoke, dancing, videos, and fun! 9pm - 2am, Free. <a href="#">The Cat Pub and Eatery</a> , 3513 Dundas St. W..
<b>9:30pm</b>	<b>DJ and Live Music</b> 9:30pm, Free. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
<b>10pm</b>	<b>Earthbound Trio</b> And Whitney Pea. 10pm, Free. <a href="#">3030</a> , 3030 Dundas St. W.

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## Saturday, July 25:

<b>9am</b>	<b><a href="#">Junction Farmers Market</a></b> Local, sustainably produced fresh foods. 9am - 1pm, Free. Junction Train Platform, 2960 Dundas St. W.
<b>9:30am</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 9:30 - 10:30am, Free. Ukrainian Canadian Social Services, 2445 Bloor St. W.
<b>10:30am</b>	<b>Christmas Club</b> Don't procrastinate! Join us for an informal day of Christmas/holiday project. Bring what you want to work on – we are here to keep you on track. 10:30am - 5:30pm, Free. To RSVP call <a href="#">Bizzy B's</a> at 416-203-0433. 2100 Bloor St. W.
<b>10:30am</b>	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 10:30 - 11:30am, Free. Ukrainian Canadian Social Services, 2445 Bloor St. W.
<b>12pm</b>	<b>Weekend Brunch with Live Music</b> 12 - 3pm. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
<b>2pm</b>	<b>Open Mic</b> 2 - 6pm, Free. <a href="#">Mackenzies Bar</a> , 1982 Bloor St. W.
<b>2pm</b>	<b>Recycling Rules with Liz Rice</b> An enlightening environmental workshop, where your recycling skills are put to the test. Make a recyclable craft to take home. For school-aged children. 2 - 3pm, Free. <a href="#">Annette Library</a> , 145 Annette St..



2pm	<b>Your Magic Mic</b> Open mic. 2 - 6pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a> , 347 Keele St
2:30pm	<b><a href="#">Marcus Walker</a></b> Singer/songwriter. 2:30 - 4:30pm, Free. <a href="#">Humble Beginnings</a> , 3109 Dundas St. W.
6pm	<b>Live Acoustic Saturday Nights</b> Live music. 6 - 10pm, Free. <a href="#">Shakey's</a> , 2255 Bloor St. W.
7pm	<b>Silent Sanctuary</b> Two hours of open sanctuary with relaxing music for silent contemplation. Open to all the community. 7 - 9pm, Free. <a href="#">Runnymede Presbyterian Church</a> , 680 Annette St.
8pm	<b>Live Music</b> And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a> , 2877 Dundas St. W.
9pm	<b>Live Music</b> 9pm, Free. <a href="#">Celt's Pub</a> , 2872 Dundas St. W.
9:30pm	<b>Live Music</b> 9:30pm, Free. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
10pm	<b>Dead Penny</b> Live funk, hip hop, pop & reggae. 10pm, Free. <a href="#">3030</a> , 3030 Dundas St. W.
10pm	<b>Live DJ</b> 10pm, Free. <a href="#">The Cat Pub and Eatery</a> , 3513 Dundas St. W..
10:30pm	<b>Dracula's Daughter</b> DJ Darkness Visible plays gothic/dark/alternative/retro. 10:30pm, Free. <a href="#">Celt's Pub</a> , 2872 Dundas St. W.

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## Sunday, July 26:

10am	<b>Lambton House</b> Free house tours. Refreshments available. 10am - 4pm, Free. <a href="#">Lambton House</a> , 4066 Old Dundas St.
12pm	<b>Weekend Brunch with Live Music</b> 12 - 3pm. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.

1pm	<b>Install Laminate Flooring</b> Add beauty to your home with this easy-to-install project. Laminate flooring can be used in almost every room in your home for a quick, inexpensive update. 1 - 2pm, Free. <a href="#">RSVP</a> to Home Depot, 2121 St. Clair Ave. W.
5pm	<b>Classic Blues and Soul Live Music</b> 5 - 9pm, Free. <a href="#">Shoxs</a> , 2827 Dundas St. W.
8pm	<a href="#">Michael Keith</a> Toronto blues legend Michael Keith plays solo acoustic blues. 8 - 10:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a> , 349 Jane St.
9pm	<b>Karaoke</b> 9pm, Free. <a href="#">The Bar With No Name</a> , 1651 Bloor St. W.

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## Monday, July 27:

9:30am	<a href="#">Reiki Level II Training</a> Level II further integrates symbols and methods to heal one's mental, emotional and spiritual level. 9:30am - 5:30pm, \$50+HST. Hypno Healing Institute, 355 Keele St.
9:30am	<b>Swansea Family Drop-in Program</b> <a href="#">Ontario Early Years Centre</a> . 9:30 - 11:30am, Free. Swansea Town hall, 95 Lavinia Ave., Second Floor. Call 416-762-3700 for more information.
10am	<b>Macaulay - Junction Family Resource Centre Drop-in Program</b> <a href="#">Ontario Early Years Centre</a> . 10am - 1pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.
10:45am 1pm 2pm	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (10:45 - 11:45am @ 100 High Park Ave. , 1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 2 - 3pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W.)
11:45am 3pm	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11:45am - 12:45pm @ 100 High Park Ave., 3 - 4pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W.)

1pm	<p><b><a href="#">Movie for Mommies</a></b></p> <p>See Hollywood movies in a baby-friendly environment. Change table, wipes, bottle warming, stroller parking, and amazing weekly door prize! 1pm (doors open at 12:30pm), \$11.50/person (babies free). Humber Cinema, 2442 Bloor St. W.</p>
2pm	<p><b>K'NEXathon!</b></p> <p>Build and learn with K'NEX. 2 - 3pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
2pm	<p><b>Listen! Watch! Make!</b></p> <p>Listen to some stories, watch a short movie, and make something fun. Inspired by Winter Fun. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
6:30pm	<p><b>Kundalini Yoga</b></p> <p>Breathe, move, sing, relax, and meditate. Bring your own yoga mat. 6:30 - 7:30pm, Free. <a href="#">Annette Library</a>, 145 Annette St..</p>
7pm	<p><b>Nembutsu Chanting</b></p> <p>Heighten your spiritual awareness with this ancient Buddhist practice. 7 - 8pm, Free. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
8pm	<p><b>Japanese Classes</b></p> <p>Intermediate level. With Taiko sensei. 8 - 9:30pm, \$20+tax. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
9:30pm	<p><b>Monday Night Jazz Jam</b></p> <p>Jazz students and musicians come jam, and all public welcome to watch. 9:30pm, \$8. <a href="#">The Annette Studios</a>, 566 Annette St.</p>
10pm	<p><b>Open Mic Night</b></p> <p>10pm, Free. Contact <a href="#">The Hole in Wall</a> at 647-350-3564 for more information. 2867A Dundas St. W.</p>

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## Tuesday, July 28:

9:30am	<p><b>Iyengar Yoga</b></p> <p>This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 9:30 - 11am, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
9:30am	<p><b>Little Kids in Gardens</b></p> <p>Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in preschool - SK, with caregiver. 9:30 - 11am, Free. <a href="#">St. Olave's Anglican Church</a>, 360 Windermere Ave.</p>

<b>10am</b>	<p><b><a href="#">The Junction Seniors</a></b></p> <p>All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a>. <a href="#">Agora Cafe</a>, 3015 Dundas St. W.</p>
<b>10:30am</b>	<p><b><a href="#">Swansea Summer Reading Fun</a></b></p> <p>Program for children from birth to 5 years old, with caregiver. 10:30 - 11:30am, Free. Swansea Memorial Library &amp; Rousseau Room, Swansea Town Hall, 95 Lavinia Ave.</p>
<b>11am</b>	<p><b>Seniors' Exercise Classes: Group Exercise</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 11 - 11:45am, Free. 100 High Park Ave.</p>
<b>11am</b>	<p><b>Sweet Flour Story Time</b></p> <p>Join us for fun stories and crafts, brought to you by Talking Together, and fresh baked treats from Sweet Flour. 11 - 11:30am, Free. <a href="#">Sweet Flour Bake Shop</a>, 2352 Bloor St. W.</p>
<b>12:30pm</b>	<p><b>Macaulay - Junction Family Resource Centre Drop-in Program</b></p> <p><a href="#">Ontario Early Years Centre</a>. 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.</p>
<b>2pm</b>	<p><b>Afternoon at the Movies</b></p> <p>Frozen. 2 - 3:30pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
<b>6pm</b>	<p><b>Tuesday Evening Stitch Night</b></p> <p>Bring your portable craft project and work on it in the company of other like-minded individuals. 6 - 10pm, Free. <a href="#">LadeeBee</a>, 3079B Dundas St. W. (entrance on Quebec).</p>
<b>6:30pm</b>	<p><b>Tuesday Tasting</b></p> <p>Chat with the brewers, taste our beer, tour the facilities and learn about the process and our history. Book at <a href="mailto:events@indiealhouse.com">events@indiealhouse.com</a>. 6:30 - 7:30pm, \$25. <a href="#">Indie Alehouse</a>, 2876 Dundas St. W.</p>
<b>7pm</b>	<p><b>Euchre</b></p> <p>7pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
<b>7pm</b>	<p><b>Live Music</b></p> <p>Starting at 7pm, Free. <a href="#">Henry VIII Ale House</a>, 2469 Bloor St. W.</p>
<b>8:30pm</b>	<p><b>Live Music - Irish Session</b></p> <p>8:30pm - 12am, Free. <a href="#">Whelan's Gate</a>, 1663 Bloor St. W.</p>
<b>9pm</b>	<p><b>The Junction Jam</b></p> <p>Hosted by Derek Downham. 9pm - 1am, Free. <a href="#">Axis Gallery &amp; Grill</a>, 3048 Dundas St. W.</p>

<b>10pm</b>	<b>Johnny Devil and the Screamin' Demons</b> A good ol' fashioned, crazy, fun power trio. 10pm, Free. <a href="#">The Yellow Griffin</a> , 2202 Bloor St. W.
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## Wednesday, July 29:

<b>9:30am</b> <b>10:30am</b>	<b>Family Time</b> Join us for stories, songs and rhymes for the whole family! For children up to 5 years and their caregivers. 9:30 - 10:15am, 10:30 - 11:15am, Free. <a href="#">Jane/Dundas Library</a> , 620 Jane St.
<b>10am</b> <b>1pm</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (10 - 11am @ 100 High Park Ave, 1 - 2pm @ 50 Quebec Ave.)
<b>11am</b> <b>2pm</b>	<b>Seniors' Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11am - 12pm @ 100 High Park Ave, 2 - 3pm @ 50 Quebec Ave.)
<b>11:45am</b>	<b><a href="#">Walk This Way</a></b> Nordic pole walking group. Fun and effective for people of all ages and fitness levels. Poles available to borrow. To register contact Junko at 416-604-0640,ext. 6453. 11:45am - 12:45pm, Free. Meet at the Black Oak Cafe on West Road, High Park
<b>2pm</b>	<b>LEGO Mania!</b> Intense LEGO building. Each week there will be design challenges to engage your creativity. 2 - 3pm, Free. <a href="#">Annette Library</a> , 145 Annette St..
<b>2pm</b> <b>2:30pm</b>	<b>Puppet Show: Strega Nona</b> Join us for this quirky retelling of a classic tale. Tickets will be available 30 minutes before the start of each show. 2 - 2:30pm, 2:30 - 3pm, Free. <a href="#">Runnymede Library</a> , 2178 Bloor St. W.
<b>2pm</b>	<b>TD Summer Reading Club Meeting</b> Fun activities about books, words, learning and play. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a> , 620 Jane St.
<b>3pm</b>	<b><a href="#">Annette Village Farmers' Market</a></b> Sponsored by Creme Fraiche Market Cafe, this market offers fresh fruits, vegetables, cheese, pasta, meats, fish preserves, baked goods, and other artisanal delights. 3 - 7pm, Free. Runnymede Presbyterian Church Parking Lot, 680 Annette St.
<b>6pm</b>	<b>Fashion Headbands Workshop</b> A fabulous "up-do" for hot summer days. Learn the basics of sewing with knits and stitch up two headbands. 6 - 9pm, \$65+HST. <a href="#">The Sewing Junction</a> , 2841 Dundas St. W.

<b>6pm</b>	<b>Patronal Festival</b> Evensong at 6pm, BBQ at 6:30pm. Free. <a href="#">St. Olave's Anglican Church</a> , 360 Windermere Ave.
<b>6:30pm</b>	<b><a href="#">Infant/Family CPR &amp; Safety Workshop</a></b> This course focusses on accident prevent, basic family first aid, relief of choking, and infant and child CPR. 6:30 - 9pm, \$50+HST. Fifty-Seven, 2489 Bloor St. W.
<b>8pm</b>	<b>Comedy Night</b> Shannon McIntyre hosts this open mic night. 8 - 10:30pm, Free. For more information call 416-604-0202. <a href="#">Magic Oven</a> , 347 Keele St.
<b>8pm</b>	<b>Trivia</b> 8pm, Free. <a href="#">3030</a> , 3030 Dundas St. W.
<b>8:30pm</b>	<b>Comedy Open Mic</b> 8:30pm, Free. <a href="#">Celt's Pub</a> , 2872 Dundas St. W.

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## Thursday, July 30:

<b>9:30am</b>	<b>Family Fun</b> Drop-in <a href="#">Ontario Early Years Centre</a> . 9:30 - 11:30am, Free. 100 High Park Ave. (Rec Room) Buzzer code: 550. Call 416-762-3700 for more information.
<b>10am</b>	<b><a href="#">Junction Seniors</a></b> All seniors are welcome to meet up for friendly conversation. 10 - 11am, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a> . <a href="#">Lunch Box</a> , 1731 Bloor St. (corner of Keele St.).
<b>10:30am</b>	<b>West End Walking Group</b> Get out for some exercise and meet some great neighbourhood parents and kids. Bike, walk, or stroller along the Humber River. 10:30am, Free. Email Carolyn at <a href="mailto:info@fifty-seven.ca">info@fifty-seven.ca</a> for more information. Meet at Etienne Brule Park parking lot.
<b>12:30pm</b>	<b>Macaulay - Junction Family Resource Centre Drop-in Program</b> <a href="#">Ontario Early Years Centre</a> . 12:30 - 4pm, Free. Annette Library, 145 Annette St., downstairs. Call 416-789-7445 for more information.
<b>1pm</b> <b>1:30pm</b>	<b>Seniors' Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1 - 3pm @ 4 Villages Community Health Care, 3446 Dundas St. W., 1:30 - 2:30pm @ 50 Quebec Ave.)

2pm	<p><b>Let's Play With Paper!</b></p> <p>With a few folds, a couple of snips and a little glue, we will transform a simple piece of paper into something amazing. Tickets will be distributed 30 minutes before program. 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a>, 620 Jane St.</p>
2:30pm	<p><b>Seniors' Exercise Classes: Therapeutic Prevention</b></p> <p>Facilitated by <a href="#">Etobicoke Services for Seniors</a>. Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. 2:30 - 3:30pm, Free. 50 Quebec Ave.</p>
5:30pm	<p><b>Throw Pillows Workshop</b></p> <p>Sew an accent pillow - the perfect way to update your home decor. 5:30 - 9pm, \$75+HST. <a href="#">The Sewing Junction</a>, 2841 Dundas St. W.</p>
6pm	<p><b><a href="#">Drop-In Family Nature Walks</a></b></p> <p>Explore nature in High Park with your whole family! 6 - 7:30pm, PWYC. High Park Nature Centre, Forest School Building (south of Bloor Street entrance), High Park.</p>
6pm	<p><b>Families in Gardens</b></p> <p>Learn about plants, composting, recycling, preserving food, and gain hands-on gardening experience. Activities designed for children in Grade 1, and up. 6 - 8pm, Free. <a href="#">St. Olave's Anglican Church</a>, 360 Windermere Ave.</p>
6pm	<p><b><a href="#">High Park Speakers</a></b></p> <p>Practice impromptu public speaking at this toastmaster's club. 6 - 8pm, Free. Annette Library, 145 Annette St.</p>
6:30pm	<p><b>Iyengar Yoga</b></p> <p>This class is about feeling and understanding your self, and adjusting alignment. Class size is limited to 8 people. 6:30 - 8pm, \$18. Call 416-925-7575 for more information. <a href="#">Tao Sangha</a>, 375 Jane St.</p>
7pm	<p><b>Eliana Cuevas</b></p> <p>Latin Canadian diva. Featuring Jeremy Ledbetter on Keyboard and Daniel Stone on percussion. Includes dinner. \$45, 7pm. Reserve <a href="#">online</a> at Bloom Restaurant, 2315 Bloor St. W.</p>
7pm	<p><b>Poker</b></p> <p>7pm, Free. <a href="#">Mackenzies Bar</a>, 1982 Bloor St. W.</p>
7pm	<p><b>Red Hot Poker Tour</b></p> <p>Thursdays are all-in. Sign up at 6pm. Play at 7pm, Free. <a href="#">The Yellow Griffin</a>, 2202 Bloor St. W.</p>
8pm	<p><b>Ladies' Night</b></p> <p>Ladies get free pool and free lessons with Canadian 10-ball champion Erik Hjorliefson. 8 - 11pm, Women: free, Men: \$10/lesson. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a>, 349 Jane St.</p>

<b>8pm</b>	<b>Open Mic</b> With Kevin Roach. Join Kevin on stage or sing on your own. 8 - 11:30pm, Free. For more information, call 647-763-0417. <a href="#">On Cue Billiards</a> , 349 Jane St.
<b>8pm</b>	<b>Tinderbox</b> Open mic for all genres - from comedians to magicians, poets to musicians. 8 - 11pm, Free. <a href="#">La Revolucion</a> , 2848 Dundas St. W.
<b>8:15pm</b>	<b><a href="#">Moth Night - Family Nature Walk</a></b> Discover the “butterflies of the night” at the annual High Park Moth Night. For all ages. 8:15 - 10pm, Donate WYC. Meet at square of benches just south of The Grenadier Cafe, 11 Colborne Lodge, High Park
<b>9pm</b>	<b><a href="#">TouchTunes Karaoke</a></b> Hosted by Beth. 9pm - 12:30am, Free. Fiddler’s Dell Bar & Grill, 781 Annette St.
<b>9:30pm</b>	<b>Live Jazz</b> With The J Train. 9:30pm - 12:30am, Free. <a href="#">The Passenger</a> , 2968 Dundas St. W.

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## Friday, July 31:

<b>11am 12:30pm 3pm</b>	<b>Seniors’ Exercise Classes: Group Exercise</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (11 - 11:45am @ 100 High Park Ave., 12:30 - 1:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 3 - 4pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)
<b>1:30pm 4pm</b>	<b>Seniors’ Exercise Classes: Therapeutic Prevention</b> Facilitated by <a href="#">Etobicoke Services for Seniors</a> . Must register with the Intake Co-ordinator at 416-243-0127 ext. 237. Free. (1:30 - 2:30pm @ Loyola Arrupe Centre for Seniors, 1709 Bloor St. W., 4 - 5pm @ Ukrainian Canadian Social Services, 2445 Bloor St. W.)
<b>2pm</b>	<b>Infinity Scarves Workshop</b> Learn to make the perfect accessory for summer. A great introduction to sewing, and the basics of working with knitwear. 2 - 5pm, \$65+HST. <a href="#">The Sewing Junction</a> , 2841 Dundas St. W.
<b>2pm</b>	<b><a href="#">Junction Seniors</a></b> All seniors are welcome to meet up for friendly conversation. 2 - 3pm, Free. For more information, contact Eleanor at 647-235-0843 or <a href="mailto:seniors@junctionra.ca">seniors@junctionra.ca</a> . <a href="#">Pascal’s</a> , 2904 Dundas St. W.



<b>2pm</b>	<b>Library Games</b> Come and play fun library games with your friends. Prizes will be awarded! 2 - 3pm, Free. <a href="#">Jane/Dundas Library</a> , 620 Jane St.
<b>5:45pm</b> <b>6:30pm</b>	<b>Aikido Children's Classes</b> No martial arts experience is required. Ages 6 - 9: 5:45 - 6:30pm, Ages 10 - 13: 6:30 - 7:30pm, \$5+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.
<b>6:30pm</b>	<b>End of Month 2-hour Restorative</b> With Tracey Currie. 6:30 - 8:30pm, \$40+HST. Register <a href="#">online</a> at Breathe Yoga Studio, 3rd Floor, 2968 Dundas St. W., (entrance on Pacific Ave.).
<b>7:30pm</b>	<b>Aikido Adult Classes</b> No martial arts experience is required. 7:30 - 9pm, \$10+HST/class + \$20 annual club fee. Contact <a href="#">Tao Sangha Toronto Healing Centre</a> at 416-925-7575 for more information. 375 Jane St.
<b>7:30pm</b>	<b>High School Group.</b> Grades 9 - 12; games, snacks, and a movie. 7:30 - 10pm, Free. <a href="#">Runnymede Community Church</a> , 60 Colbeck St.
<b>7:30pm</b>	<b>Les Petits Nouveaux</b> Gypsy jazz trio. 7:30 - 10pm, Free. <a href="#">La Revolucion</a> , 2848 Dundas St. W.
<b>8pm</b>	<b><a href="#">Jeff &amp; Debbie Currie</a></b> Folk/Alternative Country. Singer/songwriter from B.C.. 8 - 10pm, Free. <a href="#">Humble Beginnings</a> , 3109 Dundas St. W.
<b>8pm</b>	<b>Live Music</b> And fully licensed bar. 8pm, Free. <a href="#">Rod, Gun &amp; Barbers</a> , 2877 Dundas St. W.
<b>9pm</b>	<b>Funtastic Fridays</b> The A Team host a night of karaoke, dancing, videos, and fun! 9pm - 2am, Free. <a href="#">The Cat Pub and Eatery</a> , 3513 Dundas St. W..
<b>9:30pm</b>	<b>DJ and Live Music</b> 9:30pm, Free. <a href="#">Axis Gallery and Grill</a> , 3048 Dundas St. W.
<b>10pm</b>	<b>DJ Fase</b> Funk, soul, hip hop, old school, and other classics. 10pm, Free. <a href="#">3030</a> , 3030 Dundas St. W.

## Summer Camps

### [ActingWorks Day Camp](#)

An intensive 10-day program focused on theatre training for those interested in entering the professional acting world. Open to youth and adults with special needs. 9am - 3pm, \$773+HST. August 17 - 21 and 24 - 28. Swansea Town Hall, 95 Lavinia Ave.

### [Art Works Art School Summer Camp](#)

Themed weeks, art-related. 3 - 16YO. AM: 9:30 - 12pm, PM: 1 - 3:30pm, (\$226/week) and Full Day: 8:30am - 4pm (\$393/week) camp options. Four-day weeks: \$182/half day, \$331/full day. Register [online](#) at [Art Works Art School](#), 238 Jane St.

### [Articulations Summer Camp](#)

Art camp, with themed weeks. 8 - 13YO. 9:30am - 4:30pm. July 6 - 10, July 20 - 24, and August 17 - 21: \$335/week. August 4 - 7: \$265. Register online at Articulations, 2928 Dundas St. W.

### [Bloor West Village Baptist Church Day Camp](#)

For kids in SK - Grade 6. 9am - 3pm, \$70/child or \$100/family. July 27 - 31. Register [online](#). Bloor West Village Baptist Church, 293 South Kingsway.

### [Creative Children's Dance Centre Summer Camp](#)

A variety of dance camps throughout the summer for children 3 and up, ranging in price from \$200 - \$350/week. Call 416-762-9200 to register. Creative Children's Dance Centre, 2968 Dundas St. W.

### [Go! Project Summer Camp](#)

The environment, social justice, fun and food! 6 - 12YO. 9am - 4pm. \$100. July 20 - 24. Lunch and snacks provided. Register [online](#). Runnymede United Church, 432 Runnymede Rd.

### [Gotta Dance Summer Camp](#)

A variety of dance camps throughout the summer for children 3 and up, ranging in price from \$250 - \$410/week. 9am - 1:15pm or 9am - 5pm. Call 416-604-3566 or email [info@gottadance.ca](mailto:info@gottadance.ca) to register. Gotta Dance, 3581 Dundas St. W.

### [Junction Daycare Summer Camp](#)

Every themed week includes either a special guest or a special trip! 6 - 8 (lunch and snack included), 9 - 12 (snacks only included). Junior: \$245, Senior: \$220/full week or register monthly for less. Register [online](#). Annette Street Public School, 265 Annette St.

### [Kidz360 Summer Camp](#)

The ultimate experience in fun and learning! 3 1/2 - 12YO. 8am - 6pm. Programming 9am - 4:30pm. Sign up for 1 week: \$250, 4 weeks: \$200/wk, 8 weeks: \$175/week. Register and find more information [online](#). [Kidz360](#), 3431 Dundas St. W., Suite 200.

	<p><b>Ladeebie Summer Craft Camp</b></p> <p>Camps for 6 - 10YO and 11 - 15YO. 6 - 10YO: July 6 - 10 and July 20 - 24. 9am - 4pm, \$325/week or \$75/day. 11 - 15YO: July 13 - 17 and July 27 - 31. 10am - 2pm, \$225/week or \$50/day. Register <a href="#">online</a> at <a href="#">LadeeBee</a>, 3079B Dundas St. W. (entrance on Quebec).</p>
	<p><b><a href="#">Neighbour Note</a></b></p> <p>A variety of music camps throughout the summer for children 5 - 12YO, ranging in price from \$275 - \$350/week. 9am - 4pm. Register <a href="#">online</a>. Neighbour Note, 43 Dorval Rd., Lower Unit.</p>
	<p><b><a href="#">Oxford Learning Adventure Camps</a></b></p> <p>Themed camps with an abridged academic assessment included. 4 - 10YO, 9:30am - 3:30pm. \$350/1 week, \$600/2 weeks, \$1,150/4 weeks. Register <a href="#">online</a>. Oxford Learning High Park, 406 Pacific Ave.</p>
	<p><b><a href="#">Pawsitively Pets Kids Camp</a></b></p> <p>A variety of animal-oriented camps throughout the summer for children 3 - 15YO, ranging in price from \$185 - \$525/week. Register <a href="#">online</a>. High Park and Swansea Town Hall locations.</p>
	<p><b><a href="#">Power4Teens</a></b></p> <p>Working the mind and body! Girls 8 - 13YO, 9:30am - 4pm, \$325/week. Call 416-697-8748 to register. St. Olave's Church, 360 Windermere Ave.</p>
	<p><b><a href="#">Raising Artists</a></b></p> <p>Innovative, educational, artistic summer camp. 4 - 6YO, 9am - 4pm, \$300+tax/1 week, \$560+tax/2 weeks. July 6 - 10 &amp; 13 - 17. Swansea Town Hall, 95 Lavinia Ave.</p>
	<p><b><a href="#">Runnymede Adventure Club</a></b></p> <p>Arts and crafts, cooking, games and sports! Grade 1 this Sept. - age 12, 8am - 5:30pm. Programming begins at 10am. \$240/full week, \$210/4 day week. Lunch and snacks provided. Call 416-766-5599 to register. Runnymede Public School, 357 Runnymede Rd.</p>
	<p><b><a href="#">Spirit of Math</a></b></p> <p>Basic Skills &amp; Problem Solving I (Grades 2/3) and Basic Skills &amp; Problem Solving II (Grades 4 - 6). 9am - 12pm, \$150/week. August 11 - 15. Swansea Town Hall, 95 Lavinia Ave.</p>
	<p><b><a href="#">Sportplay Summer Camp</a></b></p> <p>Every child learns, every child plays, and every child has fun! 3 - 7YO. Half day: \$145/week, Full Day: \$250/week. Register online. Runnymede Presbyterian Church, 680 Annette St.</p>
	<p><b><a href="#">St John's Discovery Camp</a></b></p> <p>Discovery Music Camp – learn together by creating: July 13 - 17. Discovery Science Camp – together we will explore the world around us: August 24 - 28. 4 - 12YO. 9am - 4pm, \$125/week. To register call 416-763-2393 or email <a href="mailto:pastor@sjwt.ca">pastor@sjwt.ca</a>. St. John's West Anglican Church of Toronto, 288 Humberside Ave.</p>
	<p><b><a href="#">Summer Musical Theatre Camp: Adult Bootcamp</a></b></p> <p><i>Poetry in Motion</i> - A Staged Original Collective. 6:30 - 10pm, July 6 - 17, \$650. Email <a href="mailto:thestorefrontstudio@gmail.com">thestorefrontstudio@gmail.com</a> to register. The Storefront Studio, 3293 Dundas St. W.</p>

	<p><b><a href="#">Summer Musical Theatre Camp</a></b> Audition for your chance to train for, and perform in, the musical <i>Babies</i>. For students 10 - 16YO. 11am - 5pm, August 3 - 21, \$950. Email <a href="mailto:thestorefrontstudio@gmail.com">thestorefrontstudio@gmail.com</a> to register. The Storefront Studio, 3293 Dundas St. W.</p>
	<p><b>SuperKids Create Summer Camp</b> Budding minds will build an original musical theatre piece! 6 - 12YO. 9am - 4pm, \$300, July 13 - 17. Email <a href="mailto:superkidscreate@gmail.com">superkidscreate@gmail.com</a> to register. Royal Canadian Legion - Maple Leaf Branch, 3591 Dundas St. W.</p>
	<p><b><a href="#">Swansea School of Dance</a></b> 3 - 10YO, 9am - 4pm. Half day (9am - 12pm): \$200/week, full day: \$325/week. Register <a href="#">online</a>. Swansea School of Dance, 356 Windermere Ave. (Mayfield Ave. entrance of Windermere United Church).</p>
	<p><b>System Fitness Summer Camp</b> Indoor and outdoor camp, with yoga, kickboxing, arts and crafts, theme days, and visits to the splash pad. 3 - 12YO. 9am - 4pm, \$?, July 6 - August 7. Email <a href="mailto:info@systemfitness.ca">info@systemfitness.ca</a> or contact Alicia Dorey at 416-762-6262 to register. System Fitness, 2100 Bloor St. W.</p>
	<p><b><a href="#">Westside Fun Summer Camp</a></b> Our program instills self-confidence and collaborative thinking in each participant. Open to kids entering JK - Grade 8, 9am - 4pm. \$325/1 week, \$585/2 weeks, \$828.75/3 weeks, \$988/4 weeks. Discounts for short weeks and 2 or more campers. Register <a href="#">online</a>. King George Public School, 25 Rexford Rd.</p>

Drop-ins

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## Almost Daily Drop-ins for Caregivers and Children

	<p><b><a href="#">Parkdale-High Park Ontario Early Years Centre.</a></b> Programs and activities for children 0 - 6 with parent or caregiver. Refer to online <a href="#">calendar</a> for days and times. Free. 2918 Dundas St. W.</p>
	<p><b><a href="#">Parenting and Literacy Centre</a></b> Play-based programs for children 0 - 6 with parent or caregiver. Free. Call 416-393-8129 for days and times. Indian Road Crescent Jr. Public School, 285 Indian Rd. Cresc.</p>