Thursday, February 4, 2021

Paint Night with artist A. Decker

Date and Time: Thursday, February 4 07:00 p.m. - 9:00 p.m.

Event Location:

Paint along with artist A. Decker in this virtual event hosted on zoom and make your own masterpiece! She will break down each stroke of the brush into an easy to follow lesson that is suitable for beginners to more experienced artists. The painting you will be creating is the ‘Voyage of a Black Woman’ as seen in the picture. Please note each registrant is responsible for obtaining their own supplies. Please see the supply list below. You only need to register once per viewing device. Join us for an evening to celebrate Black history as we honour the ‘Voyage of a Black Woman’.

For more information and to register for this event please visit https://ideaexchange.org/programs/event/rhythm-blues-presents-paint-night-black-history-month-event.

Saturday, February 6, 2021

Cambridge Farmers’ Market

Date and Time: Saturday, February 6 07:00 a.m. - 1:00 p.m.

Event Location: 40 Dickson Street, Cambridge, ON

A farmers’ market is a place of:

- Excitement and anticipation around food
- A centre of commerce and socializing
- A venue for combining old with new
- A place for new ideas to be explored

We encourage you to take part in this tradition as a shopper or entrepreneur; everyone is welcome at the market.

Ask yourself a few simple questions….

- Do you have a favourite food?
- Is there a food you don’t like?
- Do you have a comfort food that gives you a warm fuzzy or good memory?
- Do you have a friend or colleague that has introduced you to a food you had never tried before?

My hope is that you answered, “Yes,” to all of the above questions, and that’s what we love about food: It is a common bond we all share, a single thread that when talked about, brings to mind all sorts of stories and experiences that we can share.

Farmers’ markets are a centre of commerce and socializing, a venue for combining old with new and a place for new ideas to be explored and celebrated.

The Cambridge Farmers’ Market (CFM) is our community food hub. It is where residents gather to talk about food and community happenings. It’s where awareness is built and the beginnings of change takes place.

The CFM dates back to the 1830s with the current market building holding its seat on Dickson Street since 1887. The presence of the market in conjunction with other civic structures, the Town Halls, is an English tradition that is as relevant today as it was when the market was built.

The CFM building’s continued use as a market is unique in Ontario. While other markets either remain outdoors only or have had their original buildings converted for other uses, the CFM has continued to flourish in its original location in its original building for its original intended use and this should be celebrated.

As you explore the market, the sweet and spicy aromas of hot prepared foods and snacks will tempt you, along with an extensive selection of cheeses, chutneys, pies, confections, specialty oils, preserves, and seasonal fruits and vegetables.

A wide range of local growers and food producers can supply you with all your needs from savoury appetizers to mouth-watering
Our market wouldn’t exist without those dedicated vendors, some of whom have been a part of our team for over 50 years. They arrive in the snow and in the rain, or in the heat of summer, often setting up as early as 3:30 in the morning and many don’t pack up until more than 12 hours later.

We have 26 year-round vendors and 30 seasonal vendors, averaging 56 vendors at the peak of the market season, who supply approximately 35,000 shopper visits each year.

You can learn more about our vendors by visiting the vendor directory on our website, cambridgefarmersmarket.ca.

The Cambridge Farmers’ Market is open Saturdays from 7 am to 1 pm, year-round. It is located at the corner of Ainslie Street and Dickson Street, in the heart of downtown Cambridge, and parking is available nearby.

For more information, visit cambridgefarmersmarket.ca

**Wednesday, February 10, 2021**

**Explore Your Future Speaker Series**

Date and Time: Wednesday, February 10 06:30 p.m. - 7:30 p.m.

Event Location:

The virtual event will feature local professionals from a range of industries sharing their career path and answering your questions. Join us virtually with your child for an hour of career insight, inspiration and fun!

**Afro Tribal Dancers Workshop**

Date and Time: Wednesday, February 10 06:30 p.m. - 8:30 p.m.

Event Location:

Get your body moving with the Afro Tribal Dancers! Shove aside your furniture, put on your comfy pants and join us from the comfort of your living room. Afro Tribal Dancers do traditional and modern West African dancing. Get ready to learn some basic steps and get energized! No previous dance experience necessary, this workshop is suitable for beginners and more advanced dancers.

For more information and to register, please visit [https://ideaexchange.org/programs/event/rhythm-blues-presents-afro-tribal-dancers-workshop-black-history-month-event](https://ideaexchange.org/programs/event/rhythm-blues-presents-afro-tribal-dancers-workshop-black-history-month-event).

**Saturday, February 13, 2021**

**Cambridge Farmers' Market**

Date and Time: Saturday, February 13 07:00 a.m. - 1:00 p.m.

Event Location: 40 Dickson Street, Cambridge, ON

A farmers’ market is a place of:

- Excitement and anticipation around food
- A centre of commerce and socializing
- A venue for combining old with new
- A place for new ideas to be explored

We encourage you to take part in this tradition as a shopper or entrepreneur; everyone is welcome at the market.

Ask yourself a few simple questions....
Do you have a favourite food?
Is there a food you don’t like?
Do you have a comfort food that gives you a warm fuzzy or good memory?
Do you have a friend or colleague that has introduced you to a food you had never tried before?

My hope is that you answered, “Yes,” to all of the above questions, and that’s what we love about food: It is a common bond we all share, a single thread that when talked about, brings to mind all sorts of stories and experiences that we can share.

Farmers’ markets are a centre of commerce and socializing, a venue for combining old with new and a place for new ideas to be explored and celebrated.

The Cambridge Farmers’ Market (CFM) is our community food hub. It is where residents gather to talk about food and community happenings. It’s where awareness is built and the beginnings of change takes place.

The CFM dates back to the 1830s with the current market building holding its seat on Dickson Street since 1887. The presence of the market in conjunction with other civic structures, the Town Halls, is an English tradition that is as relevant today as it was when the market was built.

The CFM building’s continued use as a market is unique in Ontario. While other markets either remain outdoors only or have had their original buildings converted for other uses, the CFM has continued to flourish in its original location in its original building for its original intended use and this should be celebrated.

As you explore the market, the sweet and spicy aromas of hot prepared foods and snacks will tempt you, along with an extensive selection of cheeses, chutneys, pies, confections, specialty oils, preserves, and seasonal fruits and vegetables.

A wide range of local growers and food producers can supply you with all your needs from savoury appetizers to mouth-watering desserts.

Our market wouldn’t exist without those dedicated vendors, some of whom have been a part of our team for over 50 years. They arrive in the snow and in the rain, or in the heat of summer, often setting up as early as 3:30 in the morning and many don’t pack up until more than 12 hours later.

We have 26 year-round vendors and 30 seasonal vendors, averaging 56 vendors at the peak of the market season, who supply approximately 35,000 shopper visits each year.

You can learn more about our vendors by visiting the vendor directory on our website, cambridgefarmersmarket.ca.

The Cambridge Farmers’ Market is open Saturdays from 7 am to 1 pm, year-round. It is located at the corner of Ainslie Street and Dickson Street, in the heart of downtown Cambridge, and parking is available nearby.

For more information, visit cambridgefarmersmarket.ca

---

**Black Girl Excellence Program (Ages 4-8)**

Date and Time: Saturday, February 13 11:00 a.m. - 1:00 p.m.

Event Location:

Calling all young Queens! Come have fun with us as we try dance, crafts and other activities that build self-awareness and self-esteem in a supportive environment with a professional facilitator. This program is offered on zoom and comes with a free kit of supplies.

For more information and to register for this event, please visit https://ideaexchange.org/programs/event/rhythm-blues-presents-black-girl-excellence-program-black-history-month-event.

---

**Black Girl Excellence Program (Ages 9+)**

Date and Time: Saturday, February 13 01:00 p.m. - 3:00 p.m.

Event Location:

YOU are a QUEEN! Join us for this program focusing on empowerment, self discovery and the journey through womanhood in a supportive environment with a professional facilitator. Together we’ll explore spoken word, music and more with our special surprise guests. This program is offered on zoom and comes with a free kit of supplies.
Saturday, February 20, 2021

Cambridge Farmers' Market

Date and Time: Saturday, February 20 07:00 a.m. - 1:00 p.m.

Event Location: 40 Dickson Street, Cambridge, ON

A farmers’ market is a place of:

- Excitement and anticipation around food
- A centre of commerce and socializing
- A venue for combining old with new
- A place for new ideas to be explored

We encourage you to take part in this tradition as a shopper or entrepreneur; everyone is welcome at the market.

Ask yourself a few simple questions….

- Do you have a favourite food?
- Is there a food you don’t like?
- Do you have a comfort food that gives you a warm fuzzy or good memory?
- Do you have a friend or colleague that has introduced you to a food you had never tried before?

My hope is that you answered, “Yes,” to all of the above questions, and that’s what we love about food: It is a common bond we all share, a single thread that when talked about, brings to mind all sorts of stories and experiences that we can share.

Farmers’ markets are a centre of commerce and socializing, a venue for combining old with new and a place for new ideas to be explored and celebrated.

The Cambridge Farmers’ Market (CFM) is our community food hub. It is where residents gather to talk about food and community happenings. It’s where awareness is built and the beginnings of change takes place.

The CFM dates back to the 1830s with the current market building holding its seat on Dickson Street since 1887. The presence of the market in conjunction with other civic structures, the Town Halls, is an English tradition that is as relevant today as it was when the market was built.

The CFM building’s continued use as a market is unique in Ontario. While other markets either remain outdoors only or have had their original buildings converted for other uses, the CFM has continued to flourish in its original location in its original building for its original intended use and this should be celebrated.

As you explore the market, the sweet and spicy aromas of hot prepared foods and snacks will tempt you, along with an extensive selection of cheeses, chutneys, pies, confections, specialty oils, preserves, and seasonal fruits and vegetables.

A wide range of local growers and food producers can supply you with all your needs from savoury appetizers to mouth-watering desserts.

Our market wouldn’t exist without those dedicated vendors, some of whom have been a part of our team for over 50 years. They arrive in the snow and in the rain, or in the heat of summer, often setting up as early as 3:30 in the morning and many don’t pack up until more than 12 hours later.

We have 26 year-round vendors and 30 seasonal vendors, averaging 56 vendors at the peak of the market season, who supply approximately 35,000 shopper visits each year.

You can learn more about our vendors by visiting the vendor directory on our website, cambridgefarmersmarket.ca.

The Cambridge Farmers’ Market is open Saturdays from 7 am to 1 pm, year-round. It is located at the corner of Ainslie Street and Dickson Street, in the heart of downtown Cambridge, and parking is available nearby.

For more information, visit cambridgefarmersmarket.ca
Panel Discussion

Date and Time: Saturday, February 20 02:00 p.m. - 4:00 p.m.

Event Location:

Join moderator Colleen James as she talks with panelists Marjorie-Ann Knight, Fiona Jimenez and Tim Sargeant in a follow up discussion to our 2020 Rhythm and Blues Black History Month event. We’ll take a look into what has changed and what has stayed the same for members of our Black community. Our panelists will discuss where our community is now in 2021 after a historic year full of opportunities and challenges. The discussion will be followed by an open Q&A session. Everyone is welcome!

For more information and to register for this event, please visit https://ideaexchange.org/programs/event/rhythm-blues-presents-panel-discussion-black-history-month-event.

Wednesday, February 24, 2021

Explore Your Future Speaker Series

Date and Time: Wednesday, February 24 06:30 p.m. - 7:30 p.m.

Event Location:

The virtual event will feature local professionals from a range of industries sharing their career path and answering your questions. Join us virtually with your child for an hour of career insight, inspiration and fun!

Saturday, February 27, 2021

Cambridge Farmers’ Market

Date and Time: Saturday, February 27 07:00 a.m. - 1:00 p.m.

Event Location: 40 Dickson Street, Cambridge, ON

A farmers’ market is a place of:

- Excitement and anticipation around food
- A centre of commerce and socializing
- A venue for combining old with new
- A place for new ideas to be explored

We encourage you to take part in this tradition as a shopper or entrepreneur; everyone is welcome at the market.

Ask yourself a few simple questions…..

- Do you have a favourite food?
- Is there a food you don’t like?
- Do you have a comfort food that gives you a warm fuzzy or good memory?
- Do you have a friend or colleague that has introduced you to a food you had never tried before?

My hope is that you answered, “Yes,” to all of the above questions, and that’s what we love about food: It is a common bond we all share, a single thread that when talked about, brings to mind all sorts of stories and experiences that we can share.

Farmers’ markets are a centre of commerce and socializing, a venue for combining old with new and a place for new ideas to be explored and celebrated.

The Cambridge Farmers’ Market (CFM) is our community food hub. It is where residents gather to talk about food and community happenings. It’s where awareness is built and the beginnings of change takes place.

The CFM dates back to the 1830s with the current market building holding its seat on Dickson Street since 1887. The presence of the market in conjunction with other civic structures, the Town Halls, is an English tradition that is as relevant today as it was when the market was built.

The CFM building’s continued use as a market is unique in Ontario. While other markets either remain outdoors only or have had their original buildings converted for other uses, the CFM has continued to flourish in its original location in its original building for its original intended use and this should be celebrated.
As you explore the market, the sweet and spicy aromas of hot prepared foods and snacks will tempt you, along with an extensive selection of cheeses, chutneys, pies, confections, specialty oils, preserves, and seasonal fruits and vegetables.

A wide range of local growers and food producers can supply you with all your needs from savoury appetizers to mouth-watering desserts.

Our market wouldn’t exist without those dedicated vendors, some of whom have been a part of our team for over 50 years. They arrive in the snow and in the rain, or in the heat of summer, often setting up as early as 3:30 in the morning and many don’t pack up until more than 12 hours later.

We have 26 year-round vendors and 30 seasonal vendors, averaging 56 vendors at the peak of the market season, who supply approximately 35,000 shopper visits each year.

You can learn more about our vendors by visiting the vendor directory on our website, cambridgefarmersmarket.ca.

The Cambridge Farmers’ Market is open Saturdays from 7 am to 1 pm, year-round. It is located at the corner of Ainslie Street and Dickson Street, in the heart of downtown Cambridge, and parking is available nearby.

For more information, visit cambridgefarmersmarket.ca