Explore Your Future: Career Expo in Cambridge

Date and Time: Wednesday, May 1 5:00 pm - 8:00 pm

Address: Tapestry Hall - 74 Grand Ave S, Cambridge, ON N1S 2L9

Caregivers: did you know that you are the most significant influencer of your children's career choices? When they start asking questions you can't answer, visit local experts who can, at Explore Your Future!

Explore Your Future helps caregivers, students and educators to better understand opportunities for work and learning here in Waterloo Region. Over 50 exhibitors will showcase careers and answer your questions, including:

- Post-secondary institutions in the Waterloo Region
- Local employers in sectors like construction, advanced manufacturing, health care, technology, business, arts, and more
- Community agencies with resources on how to get experience through employment, volunteering or starting a business
- Experts in Experiential Learning and Career/Life Planning from the Waterloo Region and Waterloo Catholic school boards

In addition to exhibitors, info sessions will be offered on high interest topics such as:
Apprenticeship: What it is and how students can try and start one for free through the Ontario Youth Apprenticeship Program

How students can focus on what interests them most while in high school (like arts, business, healthcare or technology) through the Specialist High Skills Major program

And more to come!

Thanks to the generosity of our sponsors and exhibitors, Explore Your Future is free to the public. To avoid lineups at the door and to be eligible to win prizes, register in advance! Registration is required so that we can communicate important details to attendees in advance, and track overall participation for our funders.

Thursday, May 2, 2024

EMC SW Ont In-Person Session & Member Networking - Ontario's Health & Safety Prevention Policy

Date and Time: Thursday, May 2 8:30 am - 12:00 pm

Address: 700 Hespeler Road, Cambridge Hotel and Suites

EMC Canada, in conjunction with the City of Cambridge, Economic Development is pleased bring you this event for Manufacturing Companies;

At this session we will be joined by Dr Joel Moody, Chief Prevention Office and Assistant Deputy Minister Ontario Ministry of Labour, Immigration, Training and Skills Development on May 2nd, 2024. Dr Moody will be speaking to the group about Ontario’s Health and Safety Prevention Strategy.

As the strategy unfolds over the next five years, it will offer Ontario workplaces these benefits and more:

- more actionable information on top safety risks by sector and how to control them
- more targeted, affordable and consistent training
- more effective joint health and safety committees (JHSCs)
- more support for small businesses; most recently, a COVID-19 workplace safety plan builder, particularly useful for small businesses
- CPO employer recognition under Supporting Ontario's Safe Employers program and rebates through the WSIB Ontario Safe Employers Rebate Program
- more help dealing with occupational disease, work-related mental health, and violence and harassment, partly through better access to resources being developed by system partners.

The event will include an opportunity to network with your peers and learn more about how EMC can provide support and resources to help you establish and maintain a healthy, safe and productive manufacturing facility.

Agenda

8:30 am – Networking and continental breakfast

9:00 am – Ontario’s Health and Safety Prevention Strategy Dr Joel Moody

10:30 am – EMC Health and Safety Support and Resources/Networking

12:00 – End

Use this link to RSVP!

https://emccanada.org/events/meeting-with-the-cpo
Saturday, May 4, 2024

**Cambridge Farmers' Market**

Date and Time: Saturday, May 4 7:00 am - 1:00 pm

Address: 40 Dickson Street

The Cambridge Farmers' Market is open year round 7am-1pm.

We have something for everyone! Hot-prepared foods, meats, seafood, cheese, chutneys, pies, confections, preserves and seasonal vegetables.

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**The Great Flood of ’74, Cambridge’s watershed moment**

Date and Time: Saturday, May 4 10:00 am - 2:00 pm

Address: Fire Hall Museum & Education Centre, 56 Dickson St, Old Post Office Idea Exchange, 12 Water Street

In May 1974 floodwaters ravaged the Galt core of the new City of Cambridge causing considerable damage. It was a watershed moment for the new city and shaped the community into what we see today. On May 4, the Fire Hall Museum & Education Centre will mark the 50th anniversary of the flood with an event featuring a new exhibit, fire trucks, the city's new water rescue boat, various kiosks and a walk flowing from Civic Square through the flood zone to the Old Post Office Idea Exchange, where there will be a presentation on the flood protection and parks that's been installed in the wake of the flood.

Tuesday, May 7, 2024

**Let's Talk Newcomer Youth Program**

Date and Time: Tuesday, May 7 5:00 pm - 7:00 pm

Address: Idea Exchange Old Post Office - 12 Water St. South, Cambridge, ON N1R 3C5

Let's Talk is a free program from the Kitchener-Waterloo Multicultural Centre that is open to all newcomer youth ages 14-21. The program focuses on career guidance and is a great opportunity for youth to explore their future career options, meet new people, and gain volunteer hours while expressing themselves through art. **Our upcoming Spring session will be running weekly on Tuesdays from 5-7 PM at the Idea Exchange Old Post Office from April 30th to June 18th.** Bus tickets and food will also be provided.

Saturday, May 11, 2024

**Cambridge Farmers' Market**

Date and Time: Saturday, May 11 7:00 am - 1:00 pm
The Cambridge Farmers' Market is open year round 7am-1pm.
We have something for everyone! Hot-prepared foods, meats, seafood, cheese, chutneys, pies, confections, preserves and seasonal vegetables.

**Shoppers Drug Mart™ Run for Women**

**Date and Time:** Saturday, May 11 8:00 am - 1:00 pm

**Address:** Conestoga College - Doon Campus 299 Doon Valley Dr, Kitchener, ON, N2G 4M4

It’s not easy, but it’s easier together. When we put our hearts together and when we’re there for each other, we’re amazing. That’s what the Shoppers Drug Mart™ Run for Women is all about. CMHA Waterloo Wellington is fortunate to be the charitable partner for the Run for Women, over $174,521 was raised for our programs and services last year!

Join us for a 5km and 10km Walk / Run, 1km Little Steps for Children under 12

Be sure to enter code: CMHAWW24 to save an additional $5!

**Exhibition Opening: Shallows by Judy Major Girardin**

**Date and Time:** Saturday, May 11 1:00 pm - 4:00 pm

**Address:** Idea Exchange: 1 North Square, Cambridge, ON N1S 2K6

Join us at Cambridge Art Galleries Queen's Square location to celebrate the opening of local artist Judy Major Girardin's solo exhibition. All are welcome and always free. Light snacks and refreshments will be served.

**Shallows** is an exhibition that represents my current focus on imagery derived from wetland habitats. My first experiences with wetlands came early in life growing up on a farm near Point Pelee National Park and working in the Visitor Centre at the park for many summers. My love of these environments evolved over the years into a deeper concern for loss of these habitats and all that they support. Wetlands are unique places with environmental, spiritual, health, cultural, and social significance. They are rich biodiverse environments that team with life and provide an ever-changing and evolving source of beauty. In these times of water and climate crisis, they play a major role in water filtration, flood mitigation, soil stabilization, nutrient cycling, groundwater recharge, carbon sequestration, and habitat for a diverse range of species, and plants (including medicinal and food sources).

I research concepts and imagery for my work through environmental readings, on-site drawing, underwater photography, sound recordings in wetland areas, and through discussions with environmentally minded people. I am very grateful for artist friends such as Briana Palmer who helped to expand my print practice and my ideas of environmentally responsible approaches to art. I am also appreciative of McMaster University connections in biology, hydrology, English, and Cultural Studies, and many other disciplines that have informed and deepened my commitment to environmental concerns.

My studio practice embraces a poetic approach. The translucent flowing layers of fabric and play of light suggest a fluid ambiguous space that acts as a visual metaphor for water. Printed, collaged, and sewn additions reference plants and amphibians from local marshes either directly or in abstract ways. The large-scale work entitled **Reflections** includes a frog chorus sound component recorded in a Bruce Peninsula wetland providing a more immersive, sensory experience.

This body of work incorporates fabric and sewing practices celebrating tactile material engagement and a return to attention process. I am attracted to the slow pace of fibre-based work that is process oriented, measured, gentle, and purposeful.
Fabrics and sewing invite associations with concepts of mending, healing, and transformation, to reinforce ideas repair. References to patching and the piecing together of fragments welcomes ideas of connection and renewal that are coupled with wetland imagery to suggest preservation, restoration, and celebration of these important habitats. There has been a wealth of scientific data on environmental concerns throughout my lifetime with many different strategies for raising awareness. The message here is not saturated with scientific data, nor does it prescribe any specific environmental action. It presents a quiet, visual experience intended to envelop the viewer in a space conducive to personal reflection, and caring about a habitat that is rapidly and quietly disappearing, despite its significance to our own survival.

Judy Major-Girardin received a BFA from the University of Windsor and an MFA from the University of Alabama in Tuscaloosa. She is Professor Emerita from the School of the Arts at McMaster University where she taught for thirty-nine years. She lives in Cambridge Ontario and has served as Co-Chair of the Cambridge Sculpture Garden since 2005. Her studio work includes an integrated practise of painting, printmaking, drawing, artist books, and hanging fiber-based works that raise awareness for the preservation and celebration of wetland environments. Employing environmentally responsible studio practices is central to her work. Judy has exhibited in Canada, USA, and internationally and has attended artist residencies in British Columbia, Newfoundland, Quebec, Massachusetts, Pennsylvania, Alabama, Portugal, New Zealand, and most recently in France.

Tuesday, May 14, 2024

Mother's Day and Music Jam

Date and Time: Tuesday, May 14 2:00 pm - 4:00 pm
Address: 31 Krubs St.

The Ted Wake 50+ Centre will be hosting a Mother's Day & Music Jam. Everyone is welcome.
Enjoy desserts "Fit for a Queen", and sing a tune your mother loved with the music jam guitar palyers and musicians.

Let's Talk Newcomer Youth Program

Date and Time: Tuesday, May 14 5:00 pm - 7:00 pm
Address: Idea Exchange Old Post Office - 12 Water St. South, Cambridge, ON N1R 3C5

Let's Talk is a free program from the Kitchener-Waterloo Multicultural Centre that is open to all newcomer youth ages 14-21. The program focuses on career guidance and is a great opportunity for youth to explore their future career options, meet new people, and gain volunteer hours while expressing themselves through art. Our upcoming Spring session will be running weekly on Tuesdays from 5-7 PM at the Idea Exchange Old Post Office from April 30th to June 18th. Bus tickets and food will also be provided.

She Talks: Stories of Tenacity & Grit

Date and Time: Tuesday, May 14 7:30 pm - 9:00 pm
Address: The Underwing, 64 Grand Ave, Cambridge

She Talks brings you the stories of remarkable women and their personal journeys
in this intimate night of conversation, laughter and inspiration.

In their own words, they will share the authentic stories of how their life’s journey has unfolded. Sometimes emotional, sometimes hilarious and always empowering, She Talks takes the audience behind the lives of some of the most inspirational women you will ever meet.

**Join us for this unforgettable fundraising event in support of YWCA Cambridge’s work with women, girls and gender diverse individuals.**

Complimentary Snacks included, cash bar.

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**Friday, May 17, 2024**

**NMTO Halal Food Tour**

Date and Time: Friday, May 17 4:00 pm - 10:00 pm

Address: Gaslight District - 64 Grand Ave. S, Cambridge, ONT

**THIS WEEKEND: FREE FOOD FESTIVAL**

**THE OG FOOD TOUR IS COMING**

**FREE ENTRY**

For the FIRST TIME EVER in Region of Waterloo

**LOCATION:** Gaslight District - 64 Grand Ave. S, Cambridge, ONT

**When:** May 17 - 19 (*Victoria Day Long weekend.*)

- Fridays 4:00pm – 10:00 pm
- Saturdays 3:00pm – 10:00 pm
- Sundays 3:00pm – 10:00 pm

**SIX CITIES**

**17 DAYS**

**15+ TRUCKS**

**10+ PERFORMANCES**

**GAMES**

**RIDES**

**PRIZES and more**

*Meat and poultry will strictly be halal. There will be no pork or alcohol served on any of the food trucks.*

Get ready because our annual halal food tour is definitely coming to you with WAY MORE than ever before.

**May 3-May 5: Mississauga - Square One Shopping Centre**

**May 10-12: Ajax - Ajax Go Station**
Saturday, May 18, 2024

Cambridge Farmers' Market

Date and Time: Saturday, May 18 7:00 am - 1:00 pm
Address: 40 Dickson Street

The Cambridge Farmers' Market is open year round 7am-1pm.
We have something for everyone! Hot-prepared foods, meats, seafood, cheese, chutneys, pies, confections, preserves and seasonal vegetables.

Tuesday, May 21, 2024

Let's Talk Newcomer Youth Program

Date and Time: Tuesday, May 21 5:00 pm - 7:00 pm
Address: Idea Exchange Old Post Office - 12 Water St. South, Cambridge, ON N1R 3C5

Let's Talk is a free program from the Kitchener-Waterloo Multicultural Centre that is open to all newcomer youth ages 14-21. The program focuses on career guidance and is a great opportunity for youth to explore their future career options, meet new people, and gain volunteer hours while expressing themselves through art. Our upcoming Spring session will be running weekly on Tuesdays from 5-7 PM at the Idea Exchange Old Post Office from April 30th to June 18th. Bus tickets and food will also be provided.

Thursday, May 23, 2024

Bernice Adams Annual Awards Night

Date and Time: Thursday, May 23 7:00 pm - 10:00 pm
Address: The IV Loft, at Four Fathers Brewing Co., 125 Guelph Ave, Cambridge, ON N3C 1A5
The City of Cambridge's Cultural Awards Committee will announce the recipients of the 41st Annual Bernice Adams Award at the annual awards night, on Thursday, May 23, at The IV Loft, at Four Fathers Brewing Co., 125 Guelph Ave, Cambridge, ON N3C 1A5.

Doors open at 7 pm. Event at 7:20 pm. Dress code: Business elegant.

Appetizers, cash bar, entertainment, and a silent auction (payment accepted in cash or cheque) are part of this special evening. Funds from the ticket sales and silent auction go to the Memorial Fund to support the Bursary and Secondary School Scholarships.

The awards recognize individuals and groups for their contributions to artistic and cultural life in Cambridge. Finalists for this year's awards are listed on the City's website.

Each year, nominations are received from the community and winners are chosen by the Cambridge Cultural Awards Trustees, a volunteer committee who work to recognize those who contribute to the development of arts and culture in the city.

Tickets are on sale now at the early bird rate of $40, plus tax and $50, plus tax after May 8th. Tickets can be purchased online or in person at City Hall, visit the Service Cambridge desk.

The Bernice Adams Awards were established in 1982 to honour former City Councillor Bernice Adams and her efforts to advance the creative community in Cambridge.

Nominations for 2025 are already being accepted. Fill out a form by February 28, 2025 to get your nomination in!

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**Saturday, May 25, 2024**

**Cambridge Farmers' Market**

Date and Time: Saturday, May 25 7:00 am - 1:00 pm

Address: 40 Dickson Street

The Cambridge Farmers' Market is open year round 7am-1pm.

We have something for everyone! Hot-prepared foods, meats, seafood, cheese, chutneys, pies, confections, preserves and seasonal vegetables.

**Cambridge Cat Show**

Date and Time: Saturday, May 25 9:00 am - 4:30 pm

Address: Dickson Centre Arena - 30 Park Hill Road West Cambridge, ON N1S 1C9

Saturday 9-4:30pm
Sunday 9-4:30pm

Come out and see the world of cat showing! Many purebred cats, domestics and rescues will be competing to be the best of the best. Different vendors will be on site selling some amazing products. Come for an hour, or for the day! We will be happy to have you there.
Découvrez le monde des expositions félines ! De nombreux chats de race, domestiques ainsi que des chats de refuges seront en compétition pour gagner. Différents vendeurs seront sur place pour vendre des produits uniques. Venez pour une heure, ou pour la journée !

Planting Day Extravaganza

Date and Time: Saturday, May 25 10:00 am - 1:00 pm

Address: Idea Exchange, Preston - 435 King St. East

Our Preston location will be filled with creative activities, gardening fun, music, and more as we invite our community to celebrate the building’s newly renovated exterior.

The event will feature face painting, bubbles, games, and yummy treats. Everyone will be singing and moving to the music with a concert by fan-favourite, Erick Traplin at 11:30 am.

Dig in the dirt and help us plant our community garden before taking home seeds for your garden or planters from the Seed Library. Create a living sculpture using soil and water while learning about the Life in Soil with Cambridge Art Galleries.

National AccessAbility Week Cambridge Kick Off

Date and Time: Saturday, May 25 11:00 am - 3:00 pm

Address: Cambridge City Hall

Join the Cambridge Accessibility Advisory Committee for its first in-person networking and information event. This event aims to connect residents to local organizations, to learn more about programs and services. The event also aims to facilitate meaningful connections and social networking by encouraging residents to engage with one another to establish a supportive and inclusive community.

Date: Saturday, May 25, 2024

Time: 11:00am to 3:00pm

Location: Cambridge City Hall, 50 Dickson Street.

Free parking is available onsite at the Civic Parking Lot (behind City Hall) or at the Beverly parking lot, located directly across from the David Durward Centre.

If using public transportation, visit grt.ca to plan your trip.

For questions, or to request accessibility accommodations, please contact accessibility@cambridge.ca.

Sunday, May 26, 2024

Cambridge Cat Show

Date and Time: Sunday, May 26 9:00 am - 4:30 pm
Come out and see the world of cat showing! Many purebred cats, domestics and rescues will be competing to be the best of the best. Different vendors will be on site selling some amazing products. Come for an hour, or for the day! We will be happy to have you there.

Samedi 9:00H - 16:30J
Dimanche 9:00H - 16:30 H

Découvrez le monde des expositions félines ! De nombreux chats de race, domestiques ainsi que des chats de refuges seront en compétition pour gagner. Différents vendeurs seront sur place pour vendre des produits uniques. Venez pour une heure, ou pour la journée !

Galt Jazz Event

Date and Time: Sunday, May 26 2:00 pm - 5:00 pm

Address: Downtown Galt's Pedestrian Main Street Block

Galt Jazz returns to downtown's pedestrian Main Street block for their third season of free live music on Sunday, May 26 from 2-5pm.

...bring a chair, relax, enjoy!!!

Monday, May 27, 2024

Games Afternoon

Date and Time: Monday, May 27 1:30 pm - 4:30 pm

Address: 31 Kribs St.

The Ted Wake 50+ Centre will be hosting a Games Afternoon. Everyone is welcome.

Many games will be available: euchre, bridge, scrabble, crokinole, chess, dominoes, cribbage, checkers, backgammon & more. The selection of games should provide everyone with a fun afternoon.

Enjoy a social afternoon with old and new friends. Please register early as there are a limited number of seats.

There will be light snacks and door prizes too!

Fee: $5 per person

At the Johnson Centre – 31 Kribs St

Info: 519-740-4681 ext. 4460 and www.cambridge.ca/50news
**Tuesday, May 28, 2024**

**Spotlight on Seniors Health and Information Event**

Date and Time: Tuesday, May 28 3:00 pm - 7:00 pm

Address: 1500 Dunbar Rd, Cambridge

The 'Spotlight on Seniors Health and Information Event' is a free annual event focusing on providing information and connection with our local senior community members and their families. Come and enjoy 35+ vendors, stage presentations, giveaways, refreshments and door prizes!

**Let's Talk Newcomer Youth Program**

Date and Time: Tuesday, May 28 5:00 pm - 7:00 pm

Address: Idea Exchange Old Post Office - 12 Water St. South, Cambridge, ON N1R 3C5

Let's Talk is a free program from the Kitchener-Waterloo Multicultural Centre that is open to all newcomer youth ages 14-21. The program focuses on career guidance and is a great opportunity for youth to explore their future career options, meet new people, and gain volunteer hours while expressing themselves through art. **Our upcoming Spring session will be running weekly on Tuesdays from 5-7 PM at the Idea Exchange Old Post Office from April 30th to June 18th.** Bus tickets and food will also be provided.

**Friday, May 31, 2024**

**Cambridge Symphony Orchestra in Concert**

Date and Time: Friday, May 31 7:30 pm

Address: St Peter's Lutheran Church, 810 King Street East (April 13) and Tapestry Hall (May 31) 74 Grand Ave South, in Cambridge

**Youthful Exuberance**

SATURDAY APRIL 13, 2024, 7 pm
St. Peter’s Evangelical Lutheran Church
810 King St. East, Preston

The spotlight will be on up and coming local young talent:
Featuring Wilfrid Laurier University Concerto Competition Winners Lydia Lei and Sam Domzella and the Cambridge Youth Orchestra. **Featured work: Tchaikovsky Symphony Number 4.**

**Movie Magic**

FRIDAY MAY 31, 2024, 7:30 pm
Tapestry Hall
74 Grand Ave. S.

Old Hollywood Glamour meets Cambridge Symphony Magic with music and wonder with another incredible night out at Tapestry Hall.

https://calendar.cambridge.ca