Monday, February 3, 2020

**Adult Gentle Yoga**

**Date and Time:** Monday, February 3 02:00 p.m. - 3:00 p.m.

**Event Location:** Waterloo Public Library - John M. Harper Branch, 500 Fisher-Hallman Road North, Waterloo, Ontario

Join us for an hour of relaxation, meditation and stretching. This free yoga class for adults is presented in partnership with Sarah Michelle Yoga. Registration is required.

**Music From Junk**

**Date and Time:** Monday, February 3 04:00 p.m. - 5:00 p.m.

**Event Location:** 35 Albert Street

Children in Grades 4 to 6 will learn how to make music with non-traditional instruments. Registration is required for this free program. http://bit.ly/2RIVIDF

**Research Talks: Designing smart and climate savvy cities**

**Date and Time:** Monday, February 3 06:30 p.m. - 8:15 p.m.

**Event Location:** THEMUSEUM, 10 King Street West, Kitchener

A public event and panel discussion examining smart infrastructure and sustainability featuring:

- Kathy Bardswick (Canadian Institute for Climate Choices): Planning and financing smart and sustainable cities
- Jeff Casello (University of Waterloo): Land use and how transit facilitates compact urban development
- John Cicuttin (Region of Waterloo): Building a strategic network of connected transit
- Elizabeth English (University of Waterloo): Amphibious housing for sustainable flood adaptation

Optional: Ride the ION with a researcher from the University to THEMUSEUM or view the ALARM exhibit following Research Talks

Register at uwaterloo.ca/research/research-talks as seating is limited.

Tuesday, February 4, 2020

**Lego Mindstorms Robotics**

**Date and Time:** Tuesday, February 4 06:30 p.m. - 8:00 p.m.

**Event Location:** John M. Harper Branch, 500 Fischer Hallman Road North, Waterloo, Ontario

Lego Mindstorms Robotics. Kids in Grades 4 to 6 will work in groups to build and code robots then have them compete in a series of face offs! Tuesdays (Jan 28 to Feb 18) at 6:30pm at the John M. Harper Branch. Registration required. http://bit.ly/2RnfTSV

Wednesday, February 5, 2020

**3rd Annual Oscars Trivia Party**

**Date and Time:** Wednesday, February 5 07:00 p.m. - 8:30 p.m.

**Event Location:** 35 Albert Street, Waterloo, Ontario

Enjoy snacks, green screen photos with your favourite celebs, prizes and of course an Oscars-themed trivia contest. Plus, come
dressed to impress and you could go home with a movie gift card. 
This free, drop-in program is for ages 16+.

**Friday, February 7, 2020**

**Men's Artistic Gymnastics Second Cup**

**Date and Time:** Friday, February 7 09:45 a.m. - 9:30 p.m.

**Event Location:** 805 Victoria St South

The road to the Provincial Championships and beyond will run through Kitchener-Waterloo when more than 350 male athletes representing clubs from all over Ontario will compete at the Men's Artistic Gymnastics 2nd Ontario Cup being hosted by the KW Gymnastics Club, February 7th to 9th.

Over the three-day event spectators will see competitors who are eight-years-old and up compete in six routines: floor exercises, pommel horse, rings, vault, parallel bars and the horizontal bar.

**Tickets at the door**

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(2 Adults and 2 Students/Children)

**The Art District Gallery Pop-up Exhibition at Gallery 52**

**Date and Time:** Friday, February 7 12:00 p.m. - 8:00 p.m.

**Event Location:** 52 Regina St. N. Waterloo, ON, N2J 3A3

The Art District Gallery is a co-operative of professional artists. In 2020 we will be exhibiting in various locations in Waterloo Region. Join us for our first Pop-up of the year at Gallery 52, Art Incubate in Waterloo. Come celebrate our Opening Reception on Friday February 7th 5-8pm with complimentary hors d'oeuvres.

Exhibit runs Feb 7-29, 2020. Hours open Thursdays, Fridays, Saturdays noon - 5:30pm. Follow us on Facebook @ArtDGallery and www.artdistrictgallery.org.

**Saturday, February 8, 2020**

**Multi-Game Board Game Tournament (Wingspan, Concordia, Viticulture)**

**Date and Time:** Saturday, February 8 09:00 a.m. - 6:00 p.m.

**Event Location:** 280 Lester Street, Unit 105
In this tournament, you will play 3 different board games, testing your overall board gaming abilities against other board game enthusiasts. The games for this tournament are:

1. Wingspan
2. Concordia
3. Viticulture

You will earn points based on your ranking in each game; the person with the highest tournament score wins. There will be lots of prizes, and HUGE bragging rights for the winner!

What do I get with my $25 tournament registration?

- $10 food & drink voucher at The Round Table in Waterloo
- play 3 games
- meet new board gamers, compete, and have a fun Saturday!

With the medieval theme, The Round Table Board Game Cafe is the perfect venue for this tournament. Plus, you'll be able to enjoy food and drink from their menu.

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*(2 Adults and 2 Students/Children)*

**K-W Symphony Kinderconcert - Sun and Moon, Way High Up**

**Date and Time:** Saturday, February 8 10:00 a.m. - 11:30 a.m.

**Event Location:** Ken Seiling Waterloo Region Museum, 10 Huron Road, Kitchener, Ontario N2P 2R7

Sun and Moon love to visit their friend Water. Do you love to visit your friends too?

What would happen if they never came to visit you? When Water finally comes to visit, look out, because he is bringing all of him and his wet and wild friends! This folktale has origins from both China and Nigeria, and it answers the burning question - how did Sun and Moon end up way up high?

Doors open 30 minutes before each concert for children and parents to participate in music activities provided by Music for Young Children. Stay after the concert to meet the performers and their instruments!

To purchase tickets, call K-W Symphony at 519-745-4711, 1-888-745-4717, or visit https://kwsymphony.ca. Pre-concert activities are included with ticket purchase.

Note admission to the Museum is not included in the price. Please note, the Village is closed for the season.

**Sun And Moon, Way High Up**
Sun and Moon love to visit their friend Water. Do you love to visit your friends too? What would happen if they never came to visit you? When Water finally comes to visit, look out, because he is bringing ALL of him and his wet and wild friends! This folktale has origins from both China and Nigeria, and it answers the burning question — how did Sun and Moon end up way up high?

Doors open 30 minutes before each concert for children and parents can participate in music activities provided by Music for Young Children. Stay after the concert to meet the performers and their instruments!

Tickets: Child - $11, Adult - $13, available at kwsymphony.ca, 519-745-4711 or 1-888-745-4717

Valentine's Craft Days

Date and Time: Saturday, February 8 11:00 a.m. - 5:00 p.m.

Event Location: Ken Seiling Waterloo Region Museum, 10 Huron Road, Kitchener, Ontario N2P 2R7

Bring the family by and make an out-of-this-world Valentine. Craft sessions will take place throughout the day; parents must accompany their children while making crafts. Activities included with regular admission or membership.

The Art District Gallery Pop-up Exhibition at Gallery 52

Date and Time: Saturday, February 8 12:00 p.m. - 5:30 p.m.

Event Location: 52 Regina St. N. Waterloo, ON, N2J 3A3

The Art District Gallery is a co-operative of professional artists. In 2020 we will be exhibiting in various locations in Waterloo Region. Join us for our first Pop-up of the year at Gallery 52, Art Incubate in Waterloo. Come celebrate our Opening Reception on Friday February 7th 5-8pm with complimentary hors d'oeuvres.

Exhibit runs Feb 7-29, 2020. Hours open Thursdays, Fridays, Saturdays noon - 5:30pm. Follow us on Facebook @ArtDGallery and www.artdistrictgallery.org.

Braided Heart Challah Adult Workshop

Date and Time: Saturday, February 8 12:30 p.m. - 4:00 p.m.

Event Location: 466 Queen Street South

Create a delicious artisan bread made with a natural leaven! Learn about the benefits of using a sourdough starter as an alternative to commercial yeast. You will be guided through the steps to create your own Valentine Challah, including learning how to braid with four strands! Learn how to maintain your starter, along with the recipe for future bread baking at home. Take home a baked, braided loaf, as well as additional dough to bake your own braid at home. Don't forget your apron and a large mixing bowl!

$40 per person plus HST. Pre registration required. Call 519-742-7752 to sign up.

All About Hearts - Valentine's Day Event

Date and Time: Saturday, February 8 01:00 p.m. - 4:00 p.m.

Event Location: 466 Queen Street South

Celebrate Valentine's Day with a heart filled weekend! Come bake and sample delicious sandheart cookies in the historic Haus, learn how to create a braided heart out of straw, and make a Valentine craft to take home. Included with general admission.

Block Printed Valentine Cards (Ages 13+)

Date and Time: Saturday, February 8 01:00 p.m. - 3:30 p.m.
Event Location: 466 Queen Street South

Carve your own heart stamp and create a hand-printed card for your loved ones! This workshop will also cover how to select the correct ink and paper to print your design. $30 per person plus HST. Advance registration required. Call 519-742-7752 to sign up.

**Polar Plunge Waterloo**

**Date and Time:** Saturday, February 8 01:00 p.m. - 3:00 p.m.

**Event Location:** 81 Seagram Drive, Waterloo, ON N2L 3B7

Join us for our second annual Polar Plunge in support of Special Olympics Ontario.

Presented by the Ontario Law Enforcement Torch Run, the annual Polar Plunge is a fun opportunity to support Special Olympics Ontario athletes by taking a flying leap – a leap into very cold water! Register, dare a friend, donate, fundraise…every little bit supports an amazing cause.

Plunge Time
The plunge will take place February 8, 2020 at Wilfrid Laurier University Stadium (81 Seagram Dr) from 1pm until 3pm.

**Registration**
- Adults: $50 OR fundraise $100 to waive the registration fee
- Registered SOO Athletes & Volunteers: $25 or fundraise $75 to waive the registration fee
- Students: $25 or fundraise $75 to waive the registration fee

**Wildflower Restoration with GRCA & WPL**

**Date and Time:** Saturday, February 8 02:00 p.m. - 5:00 p.m.

**Event Location:** 525 Beaver Creek Road, Waterloo

Teens, get your volunteer hours while helping to preserve the ecology of our community. Participants will pot wildflowers including cleaning seed, filling pots with soil, planting seeds and labeling pots. This program is presented by WPL in partnership with GRCA (Grand River Conservation Authority) and takes place at the Laurel Creek Nature Centre. The program is open to students 13 to 18 years of age. Registration is required.

**RCI Talks: the story of ice + free ice skating**

**Date and Time:** Saturday, February 8 03:00 p.m. - 5:00 p.m.

**Event Location:** 500 Parkside Drive

Winter is full of science! Join us with our friends from RCI Science in this family fun exploration of ice, snow and everything frozen. Featuring a family-friendly science talk, exciting hands on experiments and a free community skate there will be lots of fun for everyone.

**Saturday, February 8**
McCormick Branch
3:00pm to 4:00pm - Talk and experiments
4:00pm to 5:00pm - Free ice skating

Registration is required.

Everyone welcome.