



*Tuck into this winter
edition of The Bulletin.*

BULLETIN



545 December 1 – 31, 2015

Consumer/Survivor Information Resource Centre of Toronto, 1001 Queen St. West, Toronto M6J 1H4
Phone Hours: M–F from 9–5 / Drop-in Hours: M–F from 9–4
Tel: 416 595-2882 csinfo@camh.ca <http://www.csinfo.ca/>

The C/S Info Centre Presents you with...
A double issue for this holiday season!

The Christmas Edition: Holiday + Wellness Happenings Around Toronto!



Your 2015/2016 Guide to this Winter Season's Activities!



Navigate Your Events

ART + BAKE + CRAFT SALES.....	3 – 4
BAZAARS + FAIRS + MARKETS	5 – 6
CAMH EVENTS	6
CHANUKKAH	6
CHRISTMAS MOVIES	7
CAROLS	8 – 10
RELIGIOUS PAGEANTS + CHRISTMAS SERVICES.....	11
FLOWER SHOW	12
FOOD BANK FUNDRAISER	12
GAME	12
HOLIDAY SUPPORT	13
KID'S EVENTS	13 – 14
LETTERS	14
LINGO LESSON	14 – 16
NEW YEAR'S EVE	16
PARC	16
PARTIES	17
REMINDERS	17
SKATING	17 – 18
TREE LIGHTINGS + SIGHTINGS.....	18 – 19
WINTERFEST	19
WINTER WELLNESS.....	20

Things To Do, Places To Go, People To See This Holiday Season...

Free and Low-Cost Events around Toronto



For TTC information call 416-393-4636 (INFO) or visit the TTC website.
As changes to events happen from time to time, please call ahead to
confirm the time, place and date of the event you wish to attend. Thanks!

Art + Bake + Craft Sales



Wednesday, December 2, Thursday, December 3, Friday, December 4 and Saturday, December 5, Wednesday – Friday 10:00 am – 7:00 pm and Saturday 10:00 am – 4:00 pm. **Holiday Glass Show: The Toronto Antique and Vintage Glass Holiday Event.** You will see over 600 goblets, hundreds of pieces of tableware, Victorian coloured glass, Depression glass in clear and coloured, Flint and early blown glass, Heisey glass, vintage glass including jadeite, Pyrex and kitchenware, oil lamps, miniatures etc. www.pressedglassandgoblets.com. Lawrence Park Community Church, Bradford Room, 2180 Bayview Ave. (Just South of Lawrence). **Free Admission and Free Parking** (Please park in the Church parking lot adjoining the Church on Dawlish Ave.)

Friday, December 4, Saturday, December 5 and Sunday, December 6 from Noon – 5:00 pm each day. **Inspirations Studio Sale.** Biannual studio sale of stoneware pottery made by the members of Inspirations Studio. Inspirations Studio is a pottery based social enterprise for low-income women who have been impacted by poverty, homelessness, trauma and mental health issues. Members attend Inspirations to develop pottery for sale to generate additional income. Participation facilitates the recovery of self-esteem, self-confidence, respect and dignity, as well as creating a community of women with an entrepreneurial spirit. Inspirations Studio is a project of Sistering. inspirations@sistering.org or 416-367-2728. 2480 Dundas St. West at Glen Lake. **Free Admission**



Saturday, December 5 from 9:30 am – 11:00 am. **Annual Cookie Walk.** Homemade, delicious cookies for sale. Be sure to come early for the best selection. If possible, please bring along your own containers. richviewunited@yahoo.ca or 416-621-5030. Richview United Church, 149 Wellesworth Dr. All Ages. **Free Admission, cookies are \$4.50/dozen**

Saturday, December 5 from 9:30 am – 12:30 pm. **Christmas Bake Sale.** Baking of all kinds for your tasting pleasure. runnymedepc@bellnet.ca or phone: 416-767-2689. Runnymede Presbyterian Church, 680 Annette St. All Ages. **Free Admission**

Saturday, December 5 from 9:30 am – 2:30 pm. **Winter Craft Event.** Over 30 vendors, crafters and artisans will offer their unique gift items for sale. There will be plenty to choose from: jewelry, knitting, seasonal goodies. You're welcome to have a snoop around. lansancon@bell.net or 416-354-2883. Royal York Road United Church, 851 Royal York Road. All Ages. **Free Admission**



Saturday, December 5 from 10:00 am – 4:00 pm. **Native Canadian Centre of Toronto's (NCC) Christmas Craft Sale.** Are you looking for authentic Indigenous crafts this holiday season? Then come out and experience the food, fun and crafts at NCCT's annual Christmas Sale.

30+ local artisans: painters, beaders, sewers, wood-workers, etc. Door prizes, Indian tacos,

raffles and more. <http://ncct.on.ca/events/> or 416-964-9087.

Native Canadian Centre of Toronto, 16 Spadina Road (Bloor and Spadina).

Free Admission



NCCT
NATIVE CANADIAN CENTRE OF TORONTO

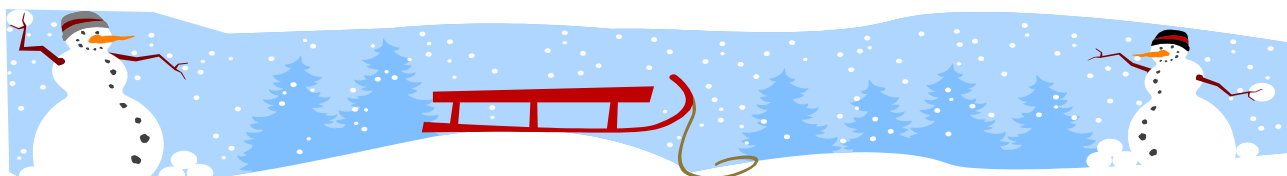
Wednesday, December 9 from 4:00 pm - 7:00 pm. **VanDuzer Art Show and Sale.** Christmas is coming and so is the VanDuzer Art Show and Sale. If you are an artist interested in participating in the show and sale, please let Tamara know by the end of November. Please have paintings and other artwork that hang on the wall in by December 5 so they can be hung in time. However, other items that can be placed onto tables, such as pottery, jewelry, etc., please bring it early on the day of the sale. Please call to reserve a spot Tamara knows how many tables to put out. Otherwise, if you are attending, just show up. Tamara: 647-280-4931. VanDuzer Art Studio, 196 Beverley Street (near the AGO). All Ages. **Free Admission**



Saturday, December 12 from 9:00 am – 4:00 pm. **Christmas Bake & Crafters' Sale.** Let Mimico Presbyterian Church bake for you this Christmas. They have shortbread, mincemeat items, homemade Christmas cake, Christmas cookies and much more. Bring your own tins and fill them for your Christmas entertaining. Visit vendor booths for that last minute gift. Stop and enjoy some refreshments in the café. blwallac@live.ca. Mimico Presbyterian Church, 119 Mimico Ave. All Ages. **Free Admission**



Friday, December 11 through Sunday, December, 13. Friday from 5:00 pm – 9:00 pm, Saturday and Sunday from 10:00 am – 5:00 pm. **The 2015 Woodlawn Pottery Show and Sale.** The show will feature pieces from the artists of the Woodlawn Pottery Studio. It is a wonderful occasion to see beautiful ceramic art, to buy one-of-a-kind handmade gifts, and to support local artists. The Woodlawn Studio is a women's co-operative which began as an adult education program of the YWCA. Unique ceramics ideal for gifting and home décor. www.woodlawnpottery.ca. Artscape YoungPlace, 180 Shaw Street (between Dundas and Queen). **Free Admission**



Bazaars + Fairs + Markets



Now through December 20 from Noon – 9:00 pm. **Toronto Christmas Market at the Distillery.** Rediscover the magic of Christmas at #TCM15. Ranked one of the best Christmas Markets in the world by Fodor's, USA TODAY 10Best, and Mashable among many others, the festival features hundreds of unique and locally handcrafted products, stunning light canopies, family friendly entertainment and Santa with his elves. Plus lots of photo opportunities. www.torontochristmasmarket.com. The Distillery District, 55 Mill St. **Free admission from Tuesday to Friday, \$5.00/person (tax incl.) on Saturday and Sunday, closed on Monday**



Friday, December 4 from 10:00 am – 2:00 pm. **Holiday Gift Fair - The original pop-up shop!** All are welcome; you do not need to be a member. Gifts and one-of-a-kind items. Plus a silent auction, snowflake café, bake sale, door prizes, book sale & more! 416-392-0511 ext. 0 or www.centraleglinton.com. Central Eglinton Community Centre, 160 Eglinton Avenue East at Redpath near Yonge St. **Free Admission**

Saturday, December 5 from 9:30 am – 2:30 pm. **Malvern Collegiate's The Other One Of A Kind Craft Show & Sale.** Malvern Collegiate Home and School Council Present their 6th Annual show and sale. 60 unique and inspiring crafters all in one place. Something for everyone. First 300 guests receive a free gift. 55 Malvern Ave., Malvern Collegiate Cafeteria. **Free Admission**



Saturday, December 12 from 11:00 am – 5:00 pm. **Toronto Etsy Street Team Christmas Marketplace.** After a year hiatus, the Toronto Etsy Street Team is pleased to announce their second Christmas Marketplace. Christmas time is prime time for craft shows so they want to let you know all about their cozy handmade show. They're planning an intimate show at this smaller, but central venue and Etsy will be accepting a juried group of handmade and vintage vendors. Church of Saint Stephen-in-the-Fields, 103 Bellevue Ave at College St, in the Kensington Market neighbourhood. **Free Admission**



Saturday, December 12 from 10:00 am - 3:00 pm. **Alternative Gift Fair.** Join our friends at the Downsview Library location of the Toronto Tool Library for their Third Annual Alternative Gift Fair. Bring 3 – 10 new or lightly used items and swap them for the same number of gifts for your family and friends. Gift items can be toys, books, electronics or anything in very good condition that you would be happy to receive as a gift. Rather than racking up that credit card bill this holiday season, share the abundance of the community and exchange with each other! All are welcome. ryan@irbe.org or Downsview Library at 416-395-5720. Downsview Library, 2793 Keele St. All Ages. **Free**

Saturday, December 19 and Sunday, December 20 from 10:00 am – 6:00 pm. **Roney Yule Market.** Two levels of Canadian-made goodness. A boutique holiday market weekend, showcasing artisans and artists of Toronto. Shop local this holiday season. market@camaraderie.ca. Camaraderie Artisan Market, 2241 Dundas St. West. All Ages. **Free**



Saturday, December 19 from 11:00 am - 3:30 pm. **30 Craft Market.** Present the people in your life with something meaningful or unique and made from the heart right here in Toronto. Explore 30 Craft Market's wide variety of artisans' offers. Half of all the gifts are \$30 or less, and everything has been handcrafted locally. ptbocrafts@gmail.com. United Steelworkers Hall, 25 Cecil St. All Ages. **Free**

CAMH Events

Wednesday, December 2 from 9:00 am – 2:00 pm. **Holiday Arts & Crafts Sale.** For great one-of-a-kind gift ideas: original art, greeting cards, jewelry, hand crafted pottery, scarves, homemade salsas & chutneys, handmade candles, cosmetic kits, and much, much more. All are welcome. CAMH, 1001 Queen Street West, Community Centre/'The Mall' across from Out of This World Grill/the cafeteria. **Free admission**

Monday, December 14 from 1:00 pm – 3:00 pm. **The Greek Orthodox Church Presents... The Annual Christmas Party.** An opportunity for the clients of CAMH to enjoy food, gifts and season's greetings! CAMH, 1001 Queen St. West, Community Centre/'The Mall' across from Out of This World Grill/the cafeteria. **Free**

Chanukkah

Saturday, December 5 from 8:45 am - 10:00 am. **A Temple Sinai Program — Chanukkah Learning with Rabbi Mikelberg.** Central to the Chanukkah narrative is Judah the Maccabee who countered the Greek message of assimilation. In more modern times, Theodore Herzl modeled the importance of being a visionary and assuring a Jewish homeland where we could practice our faith freely. Anat Hoffman is a strong present-day voice in Israel, demanding respect for women and progressive Jews. Looking towards the lights of Chanukkah, we'll immerse ourselves in these narratives and more and celebrate the values that keep us strong. To register, please call the Temple Office at 416-487-4161 or email programs@templesinai.net. Temple Sinai Congregation of Toronto, 210 Wilson Ave. Adults. **Free**



Christmas Movies



Saturdays: November 28, December 5 and December 12 at 11:00 am. **Cineplex Family Favourites.** Join in on Saturday mornings at 11:00 am for a family favourite film for only \$2.99. A portion of the proceeds goes towards supporting Free The Children. November 28 will be Arthur Christmas, December 5 The Polar Express (3D) and December 12 will show How The

Grinch Stole Christmas. **\$2.99 including tax, per person**

Printable schedule:

http://cineplexfiles.s3.amazonaws.com/Events/FamilyFavourites/2015/FamilyFavourites_q42015_EN.pdf

Here is the list of participating theatres:

- SilverCity Fairview Mall - 1800 Sheppard Avenue East, Unit Y007, Toronto
- SilverCity Yorkdale Cinemas - Yorkdale Shopping Centre, 3401 Dufferin Street, Toronto
- Cineplex Odeon Eglinton Town Centre - 22 Lebovic Avenue, Scarborough
- Cineplex Cinemas Scarborough - Scarborough Town Centre, 300 Borough Drive, Scarborough
- Cineplex Odeon Morningside Cinemas - 785 Milner Avenue, Scarborough
- Silvercity Yonge Eglinton – 2300 Yonge St., Toronto

<http://www.cineplex.com/Events/FamilyFavourites/ParticipatingTheatres>

Cineplex will be showing the following Family Favourites:



November 28



December 5



December 12



Carols + Concerts + Musicals + Performances



Saturday, November 28 at 6:00 pm.

Cavalcade of Lights. Mark the official start of the holiday season at the 49th annual Cavalcade of Lights celebration presented by Great Gulf. This holiday tradition at Nathan Phillips Square features the first illumination of Toronto's official Christmas Tree, performances by some of Canada's top musical talent, a spectacular fireworks show and skating parties. Skating at the Nathan Phillips Square ice rink continues all season long. Skate rentals are available on-site.

Highlights include a skating party featuring Disney® Frozen music at 6:00 pm, Performances by the *FireGuy* at 6:05 pm & 6:25 pm, a *Zero Gravity Circus* Aerial Act 6:20 pm, a 6:45 pm Audience sing-a-long with the Toronto Children's Chorus, a 7:00 pm Nathaniel Dett Chorale with guest appearance by

the Toronto Children's Chorus, 7:15 pm First lighting of Toronto's official Christmas Tree by Edward Jones, 7:25 pm music performances with special guests Crystal Shawanda, Beverley Mahood and Sean Jones, 8:15 pm fireworks sponsored by TekSavvy, 8:30 Canadian rock icons Sloan, 9:20 pm – 10:30 pm Skating party with DJ Serious under the glow of thousands of twinkling lights provided by Toronto Hydro, 9:30 pm & 10:15 pm performances by the *FireGuy* and 10:00 pm *Zero Gravity Circus* Aerial Act.

Full Event schedule: www.toronto.ca/cavalcade. Nathan Phillips Square, 100 Queen Street West and Bay St. **Free**

Websites of the Cavalcade of Lights acts to check out:

DJ Serious: <http://djserious.com/bio/>

Sean Jones: <http://seanjones.tv/>

Crystal Shawanda: <http://www.crystalshawanda.co/>

The Nathaniel Dett Chorale: <http://www.nathanieldettchorale.org/>

Toronto Children's Chorus: <http://torontochildrengchorus.com/>

Zero Gravity Circus: <http://www.zerogravitycircus.com/>

Beverley Mahood: <http://www.beverleymahood.com/>

Sloan: <http://sloanmusic.com/>

FireGuy: <http://fireguy.ca/>



Friday, December 4 from 5:30 am - 7:00 pm. **Sounds of the Season.** CBC Toronto invites you to Sounds of the Season. Hosted by CBC, this free annual event collects food and funds for local food banks in the GTA. Enjoy a full day of live radio and television broadcasts, musical performances, meet and greets with CBC celebrities, our one-of-a-kind silent auction, and more. Please consider bringing a monetary or food donation if you can - every donation counts. Full schedule here: www.cbc.ca/sotsto. CBC Toronto hopes to see you there. cbctorontocommunity@cbc.ca. CBC, 250 Front Street West. Adults. **Free**



Saturday, December 5 from 11:00 am – 2:00 pm. **Kimbourne Park Goodie Sale and All Ages Concert.** An annual seasonal sale of Christmas baking, jams, jellies and preserves with new attractions; an all ages concert "Colours of Christmas" with Sarrah Jerrom and her Ensemble at 11:00 am plus craft and gift tables. Then stay for the \$5 luncheon. office@kpuc.org or 416 461-7200. Kimbourne Park United Church, 200 Wolverleigh Blvd. (2 blocks north of Danforth just east of Coxwell). All Ages. **Free**

Monday, December 7 from 7:30 pm - 9:30 pm. **Handel's Foundling Hospital – A Baroque Concert for Advent.** The University of St. Michael's College presents an Advent concert of baroque music by Handel and his London contemporary, Francesco Geminiani. The performance features The Musicians In Ordinary led by baroque violinist Christopher Verrette, with soprano Hallie Fishel and the choir and soloists of St. Michael's Schola Cantorum directed by Michael O'Connor. The concert remembers the London institution for which Handel created the Foundling Hospital Anthem, which includes the Hallelujah Chorus and other excerpts from Messiah. Donations are welcome. musinord@sympatico.ca or 416-535-9956. St. Basil's Church, 50 St. Joseph Street. All Ages. **Free**

Saturday, December 12 from 2:00 pm - 4:00 pm. **It's a Wonderful Christmas, A New Christmas Musical for The Whole Family Toronto.** On December 12 & 13, an all-new Christmas musical is hitting the stage of the CPA Centre. The hilarious Musical Comedy It's a Wonderful Christmas is sure to delight audiences of all ages with its Broadway style dancing and singing in a magnificent Christmas spectacle. With a cast and crew of over 50 people featuring professional actors, singers and dancers, which includes Arthur Wachnik (Covenant Award nominee, singer/songwriter, actor and director in several CPA Centre productions including Joseph And The Amazing Technicolour Dream Coat and the longest running Toronto Passion Play) and JJ Gerber (singer/dancer for Sean Desmond, Psy, Carly Rae Jepsen, and cast member of Parade at the Lincoln Center on Broadway), It's a Wonderful Christmas is an original story that mixes the classics "It's a Wonderful Life" and "A Christmas Carol" into a Christmas adventure unlike any other. The production depicts the perfect life of Joe Jones, a man with a beautiful family, plenty of money, and success that borders on the Midas touch. Unexpectedly, his world collapses in every way, leaving him full of doubts, fears and questions. Joe concludes that Christmas is responsible for all his woes, but with the help of three mysterious figures, an unforgettable journey begins to recover the true meaning of Christmas and life itself. "Our last Christmas play was seen by over 45,000 people and I am certain audiences will be thrilled with this brand new production. It's a Wonderful Christmas is funny, touching and sure to delight!" - Arthur Wachnik. All shows will be held at The CPA Centre/Church on the Queensway, an auditorium featuring 3,200 theatre style seats with spectacular sound and lighting. General admission tickets are \$5 (additional service charges may apply) and can be purchased online <http://www.cpacentre.org> (available soon). Doors open one hour prior to the listed performance times. Church on the Queensway will offer free nursery service and parking at all performances. 416-255-0141 or info@cpacentre.org. CPA Centre/Church on the Queensway, 1533 The Queensway. All Ages. **\$5.00**

Sunday, December 13 from 3:00 pm. **Parkwoods United Church Annual Christmas Concert 'Silent Night, Holy Night'.** You will hear new and familiar music plus have the opportunity to sing well-loved carols, performed by Parkwoods United Church Senior Choir and the "Dukes of Harmony" Barbershop Choir. Refreshments served after the concert. Everyone is welcome. Wheelchair accessible. Equipped for the hearing impaired. office@parkwoodsunitedchurch.ca or 416-447-5519. Parkwoods United Church, 85 Parkwoods Village Drive. All Ages. **Free-will offering**



Sunday, December 13 from 7:00 pm - 8:30 pm. **Candlelight Carol Sing-a-long Service & Tree Lighting at Presteign-Woodbine United.** Come to enjoy carols by candlelight. Connect with the season and your neighbours. At the end of this wonderful service the community Christmas tree is lit with blue and white lights. You have an opportunity to support the local food bank while also honouring or remembering loved ones. For a suggested donation of \$10 per name, you can light a white light to honour or a blue light to remember someone you love. Names will be placed on cards on the indoor tree and lights will be lit on the evening of the 13th on the outdoor tree. Names and donations need to be into the office by December 4 in order to ensure they appear on the tree and in the church's bulletin listing. Donations and names will be received up to and including the evening of the event. Enjoy, connect, and remember. presteignwoodbineunitedchu@bellnet.ca or 416-755-8352. Presteign-Woodbine United Church, 2538 St. Clair Avenue E. All Ages. **Free**

Sunday, December 13 from 7:00 pm - 8:30 pm. **Community Christmas Carol Service.** Traditional Christmas carols by candlelight, the Christmas story, hot apple cider and Christmas treats. Kid-friendly. Bring the whole family. 416-767-1401 or info@runnymedechurch.org. Runnymede Community Church, 60 Colbeck St. All Ages. **Free**



Sunday, December 13 7:30 pm - 9:00 pm. **Community Carol Sing.**

The annual Community Carol Sing is being held at St. Dunstan of Canterbury Anglican Church. Please join in a sing-a-long with their Senior Choir as they celebrate the season with a variety of carols and traditional Christmas songs. The free-will offering will be donated to The Kids for Peace organization. Refreshments will be served following the Carol Sing. 416-283-1844 or parishadmin@stdunstan.ca. St. Dunstan of Canterbury Anglican Church, 56 Lawson Road. All Ages. **Free**

Monday, December 14 from 2:00 pm to 3:30 pm. **Voice Yoga.** Come sing, make a sound, read a poem, do vocal noise, sing a song, tell a story. creativevocalizationstudio@hotmail.com. Secret Handshake Gallery, 170 Baldwin St. upper, (Kensington Market area). **Free**

Saturday, December 19 from 2:00 pm – 4:00 pm. **Introducing the first VanDuzer Christmas Music Recital.** Come join in the celebration. Seasonal goodies will be served! 647-280-4931 or twilen@edencommunityhomes.org. 196 Beverley St (near the AGO). **Free**

Tuesday, December 1 at 3:45 pm, Sunday, December 6 at 8:00 pm, Thursday, December 17 at 1:00 pm and 2:00 pm. **Glenn Gould School Student Recitals.** Please join in for these wonderful opportunities to hear the talents of The Glenn Gould School in concert. Phone: 416-408-2824. <http://learning.rcmusic.ca/glenn-gould-school/student-recitals-and-concerts>. 273 Bloor Street West. **Free**

Tuesday, December 1	Piano Students from the Studio of John O'Connor	Mazzoleni Hall	3:45 pm
Sunday, December 6	Daniel T., violin	Mazzoleni Hall	8:00 pm
Thursday, December 17	Madlen B., violin	Conservatory Theatre	1:00 pm
Thursday, December 17	Michaela K., viola	Mazzoleni Hall	2:00 pm



Religious Pageants + Christmas Services

Thursday, December 3 and Friday December 4 from 7:00 pm – 8:30 pm. **Christmas Pageant.**

"A Child Is Born" in its 79th year! The story of Christmas told by a musically talented cast surrounded by beautiful production quality. sherylmac@rogers.com. Kingsway-Lambton United Church, 85 The Kingsway. All Ages. **Free**

Sunday, December 6 from 6:00 pm – 8:00 pm. **Living Nativity.** 4th annual Advent on the Steps at Humber Valley United Church. Enter the Christmas season with the true meaning. Old fashioned caroling in the streets of Humber Valley at 6:00 pm and Living Nativity scene on the front steps at 7:00 pm. Hot chocolate and cookies for all. Dress for winter. Additional angels and shepherds are welcome. Costumes provided. cheryl@hvuc.ca or phone: 416-231-2263. Humber Valley United Church, 76 Anglesey Blvd. All Ages. **Free**



Sunday, December 6 from 7:00 pm – 8:30 pm. **Sunday Concert Series at Westview Presbyterian.** 'Twas The Night Before Christmas. Seasonal Poetry & Readings With Music Led by Choir Director Tony Mason. westview233@gmail.com or 416-823-0201. Westview Presbyterian Church, 233 Westview Avenue (just off Bermondsey), All Ages. **Free-will offering**

Sunday, December 13 from 4:00 pm – 6:00 pm. **Celebrating Christmas at City Revival Church.** City Revival is having a free Christmas Celebration event for everyone in the Parkdale community. The event activities include singing, sharing message, participating in games, giving out presents for everyone, and having a Turkey Dinner together. Please call to register at 416-919-6115. cityrevivalchurch.canada@gmail.com or 416-919-6115. City Revival Church, 171 Dunn Ave. All Ages. **Free**

Wednesday, December 16 from 7:30 pm – 8:30 pm. **Blue Christmas Service.** A quiet simple service for those who find this season a very difficult time. Prayers, blessings and togetherness. **Free**

Thursday, December 24. **Christmas Eve Service.** 416-247-5181. St. Philip's Anglican Church, 25 St. Phillips Road. All Ages. **Free**

Thursday, December 24 7:00 pm – 8:00 pm **Presteign-Woodbine United Church** Connect with the true meaning of the season on Christmas Eve at Presteign-Woodbine United Church. Service starts at 7:00. All are welcome. presteignwoodbineunitedchu@bellnet.ca or 416-755-8352. 2538 St. Clair Ave. East. All Ages. **Free**

Thursday, December 24 at 7:30 pm. **Candlelight Christmas Eve Service & Communion.** Join us for a service of worship, song, celebration and Communion. Everyone is welcome. Wheelchair accessible. Equipped for the hearing impaired. Contact: Church Office Email: office@parkwoodsunitedchurch.ca. Phone: 416-447-5519 Parkwoods United Church 85 Parkwoods Village Drive, All Ages. **Free-will offering**

Thursday, December 24 from 7:30 pm – 9:00 pm. **Christmas Eve Communion & Candlelight** Please join us at Leaside Presbyterian Church. (Due to renovations in the Sanctuary our service will be held downstairs in Silverthorn Hall.) admin@leasidepresbyterianchurch.ca or 416-422-0510. Leaside Presbyterian Church, 670 Eglinton Avenue East (north-west corner of Hanna). All Ages. **Free**



Flower Show

All of December until mid-January. From 10:00 am - 5:00 pm: **Christmas at Allan Gardens.** The Christmas Flower Show is the highlight of the year. The entire conservatory is decorated and filled with thousands of flowering plants, over 30 varieties of poinsettia and amazing seasonal topiary masterpieces made entirely of plant material. On the 1st Sunday in December, the show's grand opening features horse and wagon rides, carolers, hot apple cider and a visit from Santa. The conservatory can also be enjoyed by candlelight on several weekends. This great annual show was recognized as the "Garden Event of the Year" at the 2015 Canadian Garden Tourism Awards. Allan Gardens Conservatory, 19 Horticulture Avenue, off the park on the south side of Carlton Street, between Jarvis and Sherbourne Streets. Wheelchair Accessible. Open 365 days a year, from 10:00 am to 5:00 pm. **Free**

Food Bank Fund Raiser

Saturday, December 19 from 12:00 noon – 3:00 pm. Also Sunday, Dec 20, same times. **BeaverTails® Pastry-Eating Contest.** Brings Fun to Queens Quay for a Good Cause. Stop by Pier 6 at the foot of York Street during Winterfest on Toronto's Waterfront for guaranteed fun for a good cause! The BeaverTails mascot, Beav, will be on-site all weekend to pose for pictures and will also host pastry-eating contests throughout the weekend. Photos and contest entry are free! BeaverTails will also be collecting non-perishable food and monetary donations for the Daily Bread Food Bank throughout the event. Call 416-203-7786 for more information. Outdoors at York St. and Queen's Quay West, 145 Queens Quay West. All Ages. **Free** (suggested: non-perishable food item or monetary donation for Daily Bread Food Bank)

Game



Christmas Mind Exercises

Guess the Christmas Carol from the clues provided
Answers in the next issue of The Bulletin

1. Bleached Yule.
2. Singular Yearning for the Twin Anterior Incisors
3. Array the Corridors
4. Bantam Male Percussionist
5. Give Attention to the Melodious Celestial Beings
6. Red Man / Enroute to Borough
7. Frozen Precipitation Commence
8. The Quadruped with the Vermilion Proboscis
9. Delight for this Planet
10. Monarchial Triad



Holiday (and beyond) Support

Progress Place Warm Line is here to help. Are you feeling lonely? Distressed? Isolated? Did you have a bad day and need someone to speak to? Chat online, text or call a Warm Line Peer Support Worker. There are 3 ways to speak to a Peer Support Worker on the Progress Place Warm Line:

1. You can text: 647-557-5882 Friday, Saturday and Sunday, 8:00 pm – Midnight
2. You can call: 476-960-9276 (WARM) Every Night, 8:00 pm - Midnight
3. You can chat online: <http://www.warmline.ca/> Friday, Saturday and Sunday, 8:00 pm – Midnight

Wednesday, December 2 at 7:00 pm. **Holidays and Hope Candlelight Service.**

Christmas is a time of happiness and excitement but it is also a time to remember loved ones who have passed away. Ridley Funeral Home invites you to a free memorial service in honour of those who cannot be with us this holiday season. www.ridleyfuneralhome.com. Please call ahead to let them know you are coming so they know how many beverages to have on hand: 416-259-3705. The Assembly Hall, 1 Colonel Samuel Smith Park Drive. **Free**



Saturday, January 2 from 11:30 am – 1:00 pm. **Pet Loss Support Group.**

If you have experienced the loss of your animal or are anticipating the loss of your animal, know that you are not alone in the grief that you are feeling. The purpose of this group is to create a safe and supportive environment where everyone's grief matters. Participants will have an opportunity to express their loss and share memories of their companions. The group meets the first Saturday of each month. Free, but please RSVP to pawswaypetlossgroup@gmail.com. For more info. visit: <http://www.pawsway.ca/programming/seminars/pet-loss-support-group/>

Kids' Events



Saturday, December 5 from 10:00 am – 10:45 am. **Tree Decorating and Storytime**

Help us decorate the Tree in the Children's Department! Join us for a Holiday Storytime, and make a decoration for our tree, plus another one to take for your tree at home. Drop in. For kids 0-5 years old. Phone: 416-394-5120 Richview Library 1806 Islington Ave Children. **Free**

Saturday, December 5 2015 11:00 am – 12:00 am **Munsch Puppet Show!** Calling all Robert Munsch fans! Join us Saturday, December 5 from 11-noon for a puppet show performance of Munsch's classic Jonathan Cleaned Up, Then He Heard a Sound. Holiday stories and a craft to follow. Ideal for ages 2-7. Drop in, no registration required. Please call 416-393-7697 for further information. Runnymede Public Library 2178 Bloor St. W., egrisola@torontopubliclibrary.ca Children. **Free**

Saturday, December 12, from 2:00 pm – 3:00 pm. **The Penguin Holiday Show – Puppet Show.**

There's a penguin at the puppet show! How do we get him to stay? Come laugh along with Mike Harding of Applefun Puppetry. 45-minutes of holiday singing and silliness! Afterwards, everyone learns how to make a paper puppet to take home. Space is limited. Contact: Lucy Szczesniak at:

Iszczesniak@torontopubliclibrary.ca. Annette Street Library, 145 Annette Street. Children. **Free**



Thursday, December 31, 11:00am – noon. **New Year's at Noon.** Can't stay up till midnight to ring in the New Year? Join us for a countdown in the library and we'll celebrate New Year's at Noon! Activities will be available for kids 0-5 years old, and for kids 6-12. Drop in. Phone: 416-394-5120. Richview Library, 1806 Islington Avenue. Children. **Free**



Letters to Friends & Family



The C/S Info Centre Provides you with info for your Canada Post letters and parcels:

Holiday Cards	Send as late as	Holiday Packages	Send as late as
Local Delivery	December 21	Priority™	December 23
Within Province	December 18	Xpresspost™	December 22
Outside Province	December 17	Regular Parcel™	December 11

*Subject to change without notice. Between major urban centres and are dependent on origin and destination. Some restrictions apply. Consult the [Postal Guide](#) for details or your local [post office](#).

Lingo Lesson

Afrikaans: 'n Geseende Kersfees en 'n voorspoedige Nuwejaar

Afrikander: Een Plesierige Kerfees

Albanian: Gezuar Krishtlindje

Arabic: I'D MIILAD SAID OUA SANA SAIDA

Armenian: Shenoraavor Nor Dari yev Pari Gaghand

Azeri: Tezze Iliniz Yahsi Olsun

Basque: Zoriontsu Eguberri. Zoriontsu Urte Berri On

Bengali: Bodo Din Shubh Lamona

Bohemian: Vesele Vanoce

Breton: Nedeleg laouen na bloavezh mat

Bulgarian: Tchestita Koleda; Tchestito Rojdestvo Hristovo

Celtic: Nadolig Llawen a Blwyddyn Newydd Dda

Chinese (Mandarin): Kung His Hsin Nien bing
Chu Shen Tan

Chinese (Cantonese): Gun Tso Sun Tan'Gung
Haw Sun

Chinese (Hong Kong): Kung Ho Hsin I. Ching Chi
Shen Tan

Cornish: Nadelik looan na looan blethen noweth

Cree: Mitho Makosi Kesikansi

Croatian: Sretan Bozic

Czech: Prejeme Vam Vesele Vanoce a stastny
Novy Rok

Danish: Gladelig Jul

Dutch: Vrolijk Kerstfeest en een Gelukkig
Nieuwjaar!

English: Merry Christmas

Esperanto: Gajan Kristnaskon

Estonian: Roomsaid Joulu Puhi

Farsi: Cristmas-e-shoma mobarak bashad

Finnish: Hyvaa joulua

French: Joyeux Noël

Frisian: Noflike Krystdagen en in protte o ken
Seine yn it Nije Jier!

Gaelic: Nollaig chridheil agus Bliadhna mhath ùr!

German: Froehliche Weihnachten

Greek: Kala Christouyenna!

Hawaiian: Mele Kalikimaka

Hebrew: Mo'adim Lesimkha. Chena tova

Hindi: Bada Din Mubarak Ho

Hungarian: Kellemes Karacsonyi unnepeket

Icelandic: Gledileg Jol

Indonesian: Selamat Hari Natal

Iraqi: Idah Saidan Wa Sanah Jadidah

Irish: Nollaig Shona Dhuit

Italian: Buone Feste Natalizie

Japanese: Shinnen omedeto. Kurisumasu
Omedeto

Kala: Khristougena kai Eftikhes to Neon Etos

Korean: Sung Tan Chuk Ha

Latvian: Priecigus Ziemas Svetkus un Laimigu
Jauno Gadu

Lettish: Priecigus Ziemassvetkus

Lithuanian: Linksmu Kaledu

Manx: Nolllick ghennal as blein vie noa

Maori: Meri Kirihihi

Marathi: Shub Naya Varsh

Navajo: Merry Keshmish

Northern Sotho: Matlhatse le matlhogonolo mo
ngwageng o moswa

Norwegian: God Jul Og Godt Nytt Aar

Papiamentu: Bon Pasku I Felis Anja Nobo

Polish: Wesolych Swiat Bozego Narodzenia

Portuguese: Feliz Natal

Rapa-Nui: Mata-Ki-Te-Rangi. Te-Pito-O-Te-
Henua

Romanian: Craciun Fericit

Russian Pozdrevlyayu s prazdnikom Rozhdestva
Is Novim Godom

Serbian Hristos se rodi

Slovakian Sretan Bozic or Vesele vianoce

Samoan La Maunia Le Kilisimasi Ma Le Tausaga
Fou

Scottish Nollaig Chridheil agus Bliadhna Mhath Ur

Serbian Hristos se rodi!

Singhalese Subha nath thalak Vewa. Subha Aluth
Awrudhak Vewa

Slovak Vesele Vianoce. A stastlivi Novy Rok

Slovene Vesele Bozicne. Screcno Novo Leto

Spanish Feliz Navidad!

Swedish God Jul and (Och) Ett Gott Nytt Ar

Tagalog: Maligayamg Pasko. Masaganang
Bagong Taon

Tamil: Nathar Puthu Varuda Valthukkal

Thai: Sawadee Pee Mai

Turkish: Noeliniz Ve Yeni Yiliniz Kutlu Olsun

Ukrainian: Srozhdestvom Kristovym

Urdu: Naya Saal Mubarak Ho

Vietnamese: Chung Mung Giang Sinh

Waray: Maupay nga Pasko ngan Mainuswagon
nga Bag-o nga Tu-ig

Welsh: Nadolig Llawen

Zulu: Nginifisela inhlanhla ne mpumelelo e
nyakeni

Lingo Lesson Credit: Charmaine Spencer, LL.M. Research Associate, Gerontology Research Centre & Adjunct Professor,
Dept. of Gerontology Simon Fraser University 2800-515 West Hastings Street
Vancouver, BC, Canada V6B 5K3 Phone: 604-291-5047 or cspencer@shaw.ca

New Year's Eve

Thursday, December 31, 11:00 am – noon. **New Year's at Noon.** Can't stay up till midnight to ring in the New Year? Join us for a countdown in the library and we'll celebrate New Year's at Noon! Activities will be available for kids 0-5 years old, and for kids 6-12. Drop in. Phone: 416-394-5120. Richview Library, 1806 Islington Avenue. Children. **Free**

Thursday, 31 December and Friday, January 1 2016 at 1:00 pm. **New Year's Eve Skating Party.** Sharpen your skates and skills as Toronto's best outdoor winter party returns to the Natrel Rink. Harbourfront Centre, 235 Queens Quay West. All Ages. **Free**

Parkdale Activity-Recreation Centre (PARC) Events

Friday, December 18 from 9:00 am – 9:00 pm. **Winter Solstice.** Come celebrate the shortest day and the longest night of the year with friends and community at PARC drop-in. Food, live music, gifts and more. PARC, 1499 Queen Street West. **Free**

Friday, December 25 at 1:00 pm. **Christmas Dinner at PARC.** Dinner served at 1:00 pm. Parkdale Activity-Recreation Centre, 1499 Queen St. West. **Free**



Parties & Open Houses

Krasman Centre Winter Feast. Location and date not yet decided upon when the C/S Info Centre's Bulletin was printed please call or visit the website for more info: www.krasmancentre.com or 905-780-0491.

Friday, December 25 from 1:00 pm to 4:00 pm. **Gerstein Centre Christmas Open House.** We will have a turkey dinner and Christmas gifts. Everyone is welcome. 100 Charles Street East. **Free**

Reminders from Cassandra & Helen

- Remember that there are a lot of expectations to be perfect and have things go perfectly around Christmas and the holidays. Remember we are all people and we all have flaws and make errors. Things will never go perfectly so just try your best.
- For those of us taking medication and seeing a doctor, just a friendly reminder that your doc may go on vacation and it's important to ensure you have enough meds to carry you through the holiday season.
- For those that need additional support while their care team is away, remember to utilize the warm lines and hotlines available.
- If you are reaching out to family or friends over the holidays for support try starting the conversation by saying, "I need some additional support in this area."
- If you're making a list of goals or tasks to do, ensure your Christmas/holiday goals are realistic and achievable.
- Overspending is easy to do. Remember to spend within your means some of the best gifts don't cost any money.

Skating on Outdoor Rinks

Grab your skates and hit the ice. **There are over 50 City of Toronto outdoor artificial ice rink locations + dozens of community-run natural ice rinks.** Natural rinks are built across the city with help from Parks staff. So lace up those skates, pull out the woolies and grab the hot cocoa.

Four City rink locations feature skating trails. Greenwood Park has a 215-metre trail that winds around a beautiful landscaped area, Colonel Sam Smith Park has a 250-metre trail in the shape of a figure eight that offers great views of Lake Ontario, and Dieppe Park and Rennie Park both feature landscaped skating paths.

General hours of operation for City-run outdoor rinks are 9:00 am to 10:00 pm, seven days a week. Hours vary at each location so to help plan for your skating visit, please click on the facility name in the table below for program information. For a complete listing at all facilities please use this list of drop-in skating programs.

Where available, washroom and change rooms are open during regular operating hours. The seasonal open and close dates are weather permitting and may change.

General hours of operation for the City's outdoor rinks are 9:00 am – 10:00 pm, seven days a week. Hours vary at each location so to help plan for your skating visit, visit the website: <http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=fe20dada600f0410VgnVCM10000071d60f89RCRD> or call 311. Wondering if your rink is closed after a big storm? Following a storm, it may take time to remove the snow and resurface the ice. Call 311 and ask for the status information for your local rink. **Free**

Every Tuesday in December from 9:30 am – 11:30 am, excluding Tuesday, December 22. **Adult Ice Skating.** Adults are invited to come out every Tuesday morning for pleasure skating. Must have your own skates. There will be music. Meet new friends and get some exercise. For more info phone: 416-241-0502. Weston Recreation Arena, 2125 Lawrence Avenue West. Adults. Please bring your own helmet as they must be worn. **Free Rink Admission**

Tree Lighting Ceremonies

Saturday, November 28 from 5:00 pm – 6:30 pm. **Light Up Riverside.** Tree lighting, treats, and more. Mustard Seed, 791 Queen St. East. **Free**

Wednesday, December 2 from 8:00 pm – 11:00 pm. **Experience the Beauty of the Spectacle of Lights on Toronto's Waterfront.** Witness four stunning illuminated sights come alive this holiday season during the Spectacle of Lights on Toronto's Waterfront from Saturday, November 28, 2015 through Friday, January 1, 2016. Visit www.waterfrontbia.com for more information. The spiral tree at The Westin Harbour Castle Hotel, the fire truck and snowflake motif at the Fire Hall, NEW fully animated music notes, harps and canopy at the Toronto Music Garden and the Tall Ship on the Amsterdam Bridge at Harbourfront Centre will all be shining with super bright energy efficient LED lights. Spectacle of Lights on Toronto's Waterfront uses 39,250 energy efficient lights throughout four locations: • NEW for 2015: Toronto Music Garden will showcase expanded décor with super bright, energy saving LED lights attached to sculpted music-themed displays. Phone: 416-596-9821. Queen's Quay Terminal, 207 Queen's Quay West. All Ages. **Free**

Sunday, December 6 from 6:00 pm – 8:00 pm. **Joy of Lights – Lighting of the Christmas Tree.** Join us for an evening of musical entertainment, blessing and lighting of the tree, traditional Ukrainian treats, door prizes and much more. Admission is FREE so bring your family and friends. To RSVP or for more details please call Anna at 647-725-0874 or Email: ado@stdemetrius.ca. Ukrainian Canadian Care Centre, 60 Richview Road. **Free**

Tree Sightings + Community Lights + Christmas Displays

- ❖ Lit Tree and decorations in the parkette as well as street lighting and decorations. Alexander the Great Parkette, 484 Danforth Ave. at Logan.
- ❖ CAMH has a tree on 'The Great Lawn' facing Queen St. West at Lower Ossington Ave.
- ❖ Beaches Tree and Menorah Lighting. Kew Gardens, 2075 Queen Street E. Lit tree and the eight days of Hanukkah menorah lighting. <http://www.lightupthebeach.com/>
- ❖ Bloor/Yorkville- Holiday Magic Village of Yorkville Park(Cumberland Street & Bellair Street)
Lights throughout. Animated store front windows, light displays and charming decorations are yours to discover throughout the neighbourhood. http://www.bloor-yorkville.com/holiday_magic/
- ❖ Christmas Tree Lighting at Guild Park, Guildwood Park, 201 Guildwood Parkway, Scarborough, Annual Christmas Tree Lighting.
- ❖ Rosedale Calvacade of Lights
Taking place along Yonge St. between Woodlawn Ave. and Crescent Rd.

House Lights (donation to charity appreciated) – (Usually happens every year, go to the location to check it out to see if they are on for 2015.)

- ❖ At 188 Brock in Parkdale, Mike and Giustina D'Elia festoon their home with a lavish display that includes snowmen, candy canes, reindeer, bells, bears, angels, nutcrackers, a gingerbread man, a teddy bear, a Christmas tree, a Nativity scene, swans, flamingoes and a penguin.
- ❖ At 473 Clinton, Albino Carreira has used over 200,000 screw and wooden discs, along with thousands of tiny plastic toys, to decorate his home. At Christmas, he adds about 5,000 lights to celebrate the season.

Toronto Waterfront - **Spectacle of Lights**

Saturday, November 28, 2015 through Friday, January 1, 2016.

Spectacle of Lights on Toronto's Waterfront: The Spiral Tree at The Westin Harbour Castle Hotel, the fire truck and snowflake motif at the Fire Hall, NEW fully animated music notes, harps and canopy at the Toronto Music Garden and the Tall Ship on the Amsterdam Bridge at Harbourfront Centre will all be shining with super bright energy efficient LED lights. <http://www.waterfrontbia.com>

Yonge/Dundas - **Winter Magic**

A magical celebration of the holiday season in the Downtown Yonge BIA neighbourhood!

Winter Magic continues, transforming the Downtown Yonge neighbourhood into a winter playground with dazzling holiday installations and a series of unique signature events.

The holiday lights will continue will be great backdrops for photographs particularly the 40-foot sculptural light tree located at Yonge –Dundas Square; the 3D polar bears, 3-D sleigh and reindeers and the cross-street displays suspended above Yonge Street. Don't forget to visit Elm Street, where the trees are lit year-round.

<http://wintermagic.ca/holiday-decor/>

WinterFest on Toronto's Waterfront

Friday, December 18 from 1:00 pm – 4:00 pm (this event repeats). **Ultimutts Stunt Dog Show**

during Winterfest on Toronto's Waterfront. The Ultimutts Stunt Dog Show is coming to Purina PawsWay during Winterfest on Toronto's Waterfront! Featured on Family Channel, Animal Planet and The Pet Network, the Ultimutts Stunt Dog Show is a one-of-a-kind comedy stunt dog show showcasing more than 50 incredible and hilarious stunts and tricks. The highly trained dogs demonstrate some amazing circus style tricks including: tightrope walking, bike riding, piano playing, skipping and more! Visit www.pawsway.ca for more details. Contact: Purina PawsWay Email: info@pawsway.ca Purina PawsWay Event Space 245 Queens Quay W All Ages. **Free**

Saturday, December 19 and Sunday, December 20 from 11:00 am – 5:00 pm. **Meet a Real Dog**

Sledding Team during Winterfest on Toronto's Waterfront. This is your chance to meet and have your picture taken with a real dog sledding team. Visitors will be able to have a quick 'pat and chat' with Tanya Hawley and her authentic sled dogs and see various equipment used in dog sledding! www.pawsway.ca. Purina PawsWay, Outdoor Front Patio (245 Queens Quay West) COST: FREE Purina PawsWay info@pawsway.ca 4163607297 Purina PawsWay Event Space 245 Queens Quay W Toronto All Ages. **Free**

Saturday, December 19 and Sunday, December 20 from Noon – 4:00 pm, (this event repeats). **Discover the Arctic at the Museum of Inuit Art** during Winterfest on Toronto's Waterfront. Bundle up and prepare for winter at the Museum of Inuit Art (MIA) with some Arctic inspired activities during Winterfest on Toronto's Waterfront! Play a true/false game to learn some fun facts about one of the Arctic's largest land mammals, the polar bear, and how they handle their Northern climate. Take a self-guided tour of the museum's art collection, and learn how other animals in the North get ready for the changing seasons and how artists depict these animals. contact@miamuseum.ca. Museum of Inuit Art, 207 Queens Quay West, 1st Floor at the South-West corner facing Lake Ontario. All Ages. **\$5 Adults, \$3 Seniors/Students**

Winter Wellness and Beyond

All Year Round. **Street to Trail Association.** Street to Trail provides day away hikes to the homeless and marginally housed – meals and transportation included – throughout the year. If interested in joining us on a hike, please contact Terry, Program Manager at terryterror98@gmail.com or 647-687-8559 (this is Terry's cell so please no middle of the night calls). If you are an organization or agency, such as peer support, providing services to people living in vulnerable housing situations and would like to organize a hike for your program group, please feel free to email Street To Trail: terryterror98@gmail.com. If your concern is not having appropriate gear, please discuss this with Terry as there are bins with gear. There are also a limited supply of hiking shoes and boots. Please contact Terry to let him know that you want to join in so he can inform you of location, speak to you about gear, and get a sense of numbers, etc. Thank you. www.street-to-trail.ca.
Free

On Behalf of The C/S Info Centre and our Board of Directors:
Anne, Dean, Donna, Elizabeth, Farjad, Loucia, Melissa, Paul and Phaedra;
and our staff: Helen, Cassandra and Ian;
and our computer volunteer: Martha;
and our mailing volunteers: Jacqueline and Moira;
and our tax clinic volunteers: Doug and Kirby;
We would like to wish everyone a safe, joyful and healthy holiday season.
Merry Christmas and Happy New Year!!

To subscribe to The Bulletin: call the Consumer/Survivor Information Resource Centre of Toronto at: 416-595-2882 or email us at: csinfo@camh.ca.

The Bulletin is published on the 1st and 16th of every month by the C/S Info Centre. Funding for this Consumer/Survivor initiative has been provided by the Toronto Central Local Health Integration Network (LHIN). It's free to receive. If you don't have email you may receive it by regular mail through the generous support of the Centre for Addiction & Mental Health.

Disclaimer: The views expressed do not necessarily reflect those of the Toronto Central LHIN or the Government of Ontario, C/S Info Staff, Volunteers or Board Members. Mailing Address: C/S Info Centre, c/o CAMH, The Mall, 1001 Queen Street West, Toronto, ON M6J 1H4. www.csinfo.ca

Supported by:



How about converting to email and doing a favour for our planet? Call the C/S Info Centre at 416 595-2882 or email us at. csinfo@camh.ca.
Your Mother Earth will thank you.

From Your Bulletin Team,

Merry Christmas to all and to all a good night!