

INSPIRED

by *Spring*

ALTIS PROFESSIONAL RESOURCES

EVENTS TO *Explore*

Now until Mar 23. **Canada Blooms.** Flower and garden festival. Direct Energy Centre. \$17. canadablooms.com

Now until Mar 23. **National Home Show.** Direct Energy Centre. \$20. nationalhomeshow.com

Now until Apr 6. **Maple Syrup Festival.** Bruce's Mill and Kortright. \$10. maplesyrupfest.com

Mar 21-23. **Megaspeed Custom Car & Truck Show** (Mississauga). International Centre. megaspeedcarshow.com

Mar 21-23. **Disney Live: Mickey's Rockin' Road Show.** \$25. sonycentre.ca

Mar 22. **Supercross.** rogerscentre.com

Mar 22-23. **Sweet Taste of Spring** (Halton Hills). Pancake breakfast. 10am to 3pm. \$8. creditvalleyca.ca

Mar 26. **Demi Lovato.** \$45+. theaircanadacentre.com

Mar 26-30. **Chicago.** Princess of Wales Theatre. \$32+. mirvish.com

Mar 26-30. **One of a Kind Spring Show and Sale.** Direct Energy Centre. \$12. oneofakindshow.com

Mar 27. **Hedley.** \$50+. theaircanadacentre.com

Mar 28. **Craig Ferguson.** Host of the Late Late Show. \$45.50. masseyhall.com

Mar 28-30. **Spring Cottage Life Show** (Mississauga). International Centre. \$18. cottagelife.com/shows

Mar 29. **Earth Hour.** 8:30pm to 9:30pm. earthhour.org

Mar 30. **Juno Awards.** Airing on CTV. junoawards.ca

Mar 31. **Miley Cyrus.** \$55+. theaircanadacentre.com

Apr 4-6. **Toronto Blue Jays Opening Weekend** vs. the New York Yankees. toronto.bluejays.mlb.com

Apr 3-6. **Good Food and Drink Festival.** Direct Energy Centre. \$15 plus sampling tickets. goodfoodfestival.com

Apr 4-6. **Spring Classic Car Auction** (Mississauga). International Centre. \$18. ccpauctions.com

Apr 5-7. **March Madness: Final Four Championship.** ncaa.com/final-four

Apr 7. **Cher** featuring Pat Benatar. \$41.25+. theaircanadacentre.com

Apr 10-13. **Toronto Art Expo.** Metro Toronto Convention Centre. \$15. torontoartexpo.com

Apr 11-13. **Toronto Spring Bridal Show.** New this year: Gentlemen's Hangout. Direct Energy Centre. \$20. torontosbridalshow.com

Apr 12. **Made by Hand Craft Show** (Mississauga). International Centre. \$5. madebyhandshow.ca

Apr 12-13. **National Motorcycle and Tattoo Show.** Better Living Centre. \$15. nmshow.dreamhosters.com

Apr 13. **Harlem Globetrotters** (Oshawa). \$19. generalmotorscentre.com

Apr 17-20. **Toronto Salsa Festival.** Dance performances, competitions and workshops. Sheraton Centre. \$25. torontosalsafest.com

Apr 18-20. **All About Pets Show** (Mississauga). International Centre. \$16. allaboutpetsshow.com

Apr 19. **The Backyardigans.** \$34+. sonycentre.ca

Apr 22. **Earth Day.** earthday.ca

Apr 25. **Wayne Brady.** \$35.50+. masseyhall.com

Apr 25. **Aretha Franklin.** \$59.50+. roythomsonhall.com

Apr 25-26. **Creativ Spring Festival** (Mississauga). International Centre. \$15. creativfestival.ca

Apr 25-27. **Green Living Show.** Direct Energy Centre. greenlivingonline.com

Apr 25-27. **The Babytime Show** (Mississauga). International Centre. \$16. babytimeshows.ca

Apr 28. **Jim Belushi** (Mississauga). \$30. livingartscentre.ca

Apr 30-Jun 15. **The Lion King.** Princess of Wales Theatre. \$50+. mirvish.com

May 2. **Stars on Ice.** \$19.25+. theaircanadacentre.com

May 3. **Spirit of Toronto.** Whisky, spirits, cocktails and jazz. \$149. roythomsonhall.com

May 4. **Toronto Wing Festival.** Daniel's Spectrum. \$30. torontowingfestival.com

May 6-10. **Canadian Music Fest.** Featuring Ellie Goulding. \$75. cmw.net

May 14-15. **Forest of Reading Festival of Trees.** Children's literature festival. harbourfrontcentre.com

May 17. **Avicii.** \$48. rogerscentre.com

May 17-19. **Artfest at the Distillery.** thedistillerydistrict.com

May 21-25. **Cirque du Soleil Varekai** (Oshawa). generalmotorscentre.com

May 23-25. **Carassauga.** Mississauga's festival of cultures. Hershey Centre. carassauga.com

May 24-25. **Woofstock 2014.** Dog food, fashion and fun. Woodbine Park. woofstock.ca

May 27-Jun 8. **Flashdance** the musical. Ed Mirvish Theatre. \$45. mirvish.com



INSPIRED BY
Easter

Adopt or Foster a Bunny. Rabbits come sprayed or neutered and with a clean bill of health. \$150. rabbitrescue.ca

Mar 29. **Junior Chef Class: Easter Egg Decorating.** Free hour long class. Four locations: Eaton Centre, Bloor Street, Yorkdale and Sherway Gardens. williams-sonoma.com

Apr 12-13, 18-20. **Easterfest at Downey's Farm** (Brampton). Easter egg scramble, magic show and face painting. \$12. downeysfarm.com

Apr 18. **Easter Egg Hunt for Dogs** (Oakville) Dogs hunt for plastic eggs filled with Milk-Bones. Raising funds for National Service Dogs. nsd.on.ca

Apr 18-20. **Easter Festival at Springridge Farm** (Milton). Easter egg hunt, wagon rides and farm animals. springridgefarm.com

Apr 18-20. **Easter Eggstravaganza.** Help the Easter Bunny hunt for eggs. \$15. centreisland.ca

Apr 18-19. **Port Credit Easter Fair.** Carnival rides, face painting and performers. portcredit.com

Apr 19. **Easter Fun Day.** Easter egg hunt and colouring contest in support of the Children's Wish Foundation. sheridannurseries.com

Apr 20. **Easter Brunch at the Waterside Inn** (Mississauga). Seatings at 11am or 1:30pm. \$54.95. watersideinn.ca

Apr 20. **Easter Dinner at the Old Mill.** Buffet dinner and sweets table. Adults \$49.95, kids \$25. oldmilltoronto.com

FUN FOR ALL AGES!

Use Kool-Aid to dye your Easter eggs. Mix one flavour pack with 2/3 cup of water. koolaid.com

Make bird nest treats with Rice Krispies and mini eggs. Use a cupcake tray to mold the nests, then top with green icing and mini eggs. ricekrispies.com

CELEBRATE *Mom*

May 11. **Mother's Day Walk.** Walk to raise funds for the Canadian Breast Cancer Society of Canada. Locations: Mississauga, Brampton, Oakville and Oshawa. mothersdaywalk.ca

May 11. **Mother's Day Tea and Truffle Pairing.** Tips on tea selections, brewing and chocolate pairings from a certified Tea Sommelier. \$65. torontobotanicalgarden.ca

May 11. **Mother's Day Brunch at Glen Erin Inn** (Mississauga). From 11am to 6pm. Adults \$46.95, kids \$23.95. glenerininn.com

May 31. **Mother Daughter Yoga.** Learn partner poses and yoga games. For girls aged 8-12. \$25 for both. yogatherapytoronto.com

Gift Ideas for Mom:

Cooking Classes at Culinarium. Class options include: Risotto for all Seasons, Tasty Tapas, Backyard Beer Bash and more. \$99 each. culinarium.ca

Custom Phone or Tablet Cases. Printed with photos of the family or something else mom loves. gelaskins.com

Monthly Tea Subscription. Monthly delivery of mixed (or pre-selected) tea flavours. \$20 per month. teasparrow.com

TRY SOMETHING *New*

NEW IN TOWN!

Mar 28-29. **Spring Festival of Beer.** Evergreen Brick Works. \$30. beerfestival.ca

APieCalypse Now (589 Markham St). Vegan bakery. face-book.com/apiecalypsenow

Erin Mills Pump (1900 Dundas St. West). theerinmillspump.com

Food Trucks Around Town. Frankie'Fettucine, Let's Be Frank, West Coast Poutine, Bestia and Yogurty's. torontofoodtrucks.ca

Cut the Cheese (2901 Dundas St. West). Gourmet grilled cheese and mac'n'cheese. cutthecheese.ca

Bodyshred Class at Goodlife. Based on Jillian Michael's 30-Day Shred video. goodlifefitness.com

Hard Candy Fitness (382 Yonge St). 42,000 square foot gym launched by Madonna. hardcandyfitnesstoronto.com

COMING SOON!

Bier Markt Mississauga (55 City Centre Dr) Opening April 2014. thebiermarkt.com

Kleinfeld Bridal (7th floor of Hudson's Bay on Queen St). As seen on TLC's Say Yes to the Dress. Opening May 1. kleinfeld.ca

IN THE NEWS!

Yorkdale Shopping Centre announces a \$331 million expansion in Fall 2016. Nordstrom is among the list of new stores being added. yorkdale.com

Saks Fifth Avenue is heading to the Eaton Centre. The 150,000 square foot store will open in Fall 2015 (and another at Sherway Gardens in 2016). torontoeatoncentre.com

Apple CarPlay. Linking iPhones with in-dash car displays using voice control commands through Siri. apple.com/ios/carplay/

INSPIRED

to get active



Mar 27-30. **Yoga Conference and Show.** Over 70 classes and 250 exhibitors. Metro Toronto Convention Centre. \$15. theyogaconference.com

Mar 30. **Zumbathon** (Vaughn). Benefiting the Princess Margaret Cancer Foundation. thepmcf.ca

Apr 6. **Lovely Spring Run Walk.** 5km and 1km walk or run. Ontario Place. events.runningroom.com

Apr 13. **Toronto Yonge Street 10k.** 10km run, walk or hand-cycle. canadarunningseries.com/toronto10k

Apr 27. **Bio-K Bum Run.** 5km run raising awareness for colorectal cancer. Queen's Park. bumrun.com

Apr 27. **Toronto Spring Sprint.** 5km and 2.5km run in support of the Brain Tumour Foundation of Canada. Downsview Park. springsprint.ca

Apr 27. **Oakville 10K.** 10km, 5km run and 1km junior jog. Appleby College. mercedesbenz10k.ca

Apr 27. **Cadillac Fairview 5km Run/Walk.** Benefiting the Pediatric Oncology Group of Ont. Sunnybrook Park. cadillacfairviewrun.com

May 3. **Spring into Action Walk or Run for Diabetes.** 10km, 5km and 2km run or walk. Sunnybrook Park. insideoutstudio.ca

May 3. **CN Tower Climb.** Climb stairs to the top of the CN Tower in support of WWF-Canada. wwf.ca

May 3-4. **Mississauga Marathon.** Full and half marathon, 10km and 5km run. mississaugamarathon.com

May 4. **Toronto Marathon.** Full and half marathon and 5km run. Mel Lastman Square. torontomarathon.com

May 4. **MS Walk** (Toronto and Oakville). 10km, 5km and 3km run. Mississauga event on May 25. mswalks.ca/ontario

May 4. **Walk So Kids Can Talk.** 5km walk for the Kids Help Phone. Strollers and pets are welcome. Woodbine Park. walksokidscantalk.ca

May 10. **Ride for Rouge.** 50km and 25km bike ride. Rouge Valley Conservation Centre. rvcc.ca

May 25. **Toronto Women's Half Marathon.** Half marathon and 5km. Sunnybrook Park. towomensruns.com

May 25. **Walk of Life.** Walk, run or dance in support of the Cardiac Health Foundation of Canada. Evergreen Brick Works. walkoflife.ca

May 25. **Great Strides Walk.** Toronto Zoo and Erindale Park (Mississauga). cysticfibrosis.ca

Jun 1. **Try-A-Tri** (Milton). 375m swim, 10km bike and 2.5km run. trisportcanada.com

Jun 7-8. **Spartan Race.** 5km course with 15 obstacles. Brimacombe. \$85. spartanrace.com

Jun 14. **Met Con Race** (Blue Mountain Resort). 5km mountain adventure race. metconrace.com

The Monkey Vault. A 10,000 square foot indoor/outdoor parkour-focused gym. themonkeyvault.com

Sky Zone. Indoor trampoline park. 30-120min jump packages available. skyzone.com/Toronto

Alpine Slopes (Mississauga). Simulated skiing and snowboarding. alpineslopes.ca

Barre Beautiful. Ballet bar fitness classes. \$18. barrebeautiful.com

GET OUTSIDE

Apr 29. **International Dance Day.** Yoga dance class and flash mob. Starting at 12pm. Yonge and Dundas Square. cda-acd.ca

Jun 6-8. **Village of Streetsville Bread and Honey Festival** (Mississauga). Parade, performances and plenty of bread and honey. breadandhoney.ca

Go Karting at Polson Pier. Opening date is weather dependent. \$25 for 20 mins. gokartsatpolsonpier.com

Disk Golf at Toronto Island. Two 18-hole courses (throw a disk at a target). toronto.ca/parks/island

Farmer's Markets opening in Late April or Early May. Toronto Farmer's Market Network: tfmn.ca
Farmer's Market Ontario: farmersmarketsontario.com

Fresh City Farms Gardening Workshops (North York). Organic Urban Gardening 101, Organic Balcony Gardening, Canning 101 and more. \$65. freshcityfarms.com

INSPIRED *to laugh*

It's Spring...we're so excited we wet our plants!

Can February March? No, but April May!

What kind of jewellery does the Easter Bunny wear?
14 carrot gold!

What do herb gardeners get when they work extra hours?
Thyme and a half!

INSPIRED *to Grow*



Apr 14-15. **Successfully Coaching and Mentoring Individuals and Teams.** Leading-edge coaching techniques for the public and private sector. \$2,045. schulich.yorku.ca

Apr 15. **Performance Management.** Planning, coaching and reviewing performance. \$695. globalknowledge.ca

Apr 29. **Spanish Conversation.** Learn how to read, speak and write Spanish. 12-weeks. \$297. sheridanc.on.ca

May 3-Jul 26. **Diversity and Inclusion in the Workplace.** Explore the opportunities and challenges of working with and managing diverse workplaces. \$558. ryerson.ca

May 5-Jul 7. **Professional Sales Best Practices.** An overview of contemporary selling skills. This course may be applied to the SCS Certificate (Professional Sales and Sales Management). \$895. utoronto.ca

May 6. **The Blurred Line: Managing Social Media and Privacy at Work** (HRPA Toronto). Understanding how social media relates to an employee's personal and professional life. Member \$595; non-member \$795. hrpa.ca

May 12-16. **Preparing for the CISSP Certification Exam.** Certified information systems security professional. AnyWare Centre. \$2,895. learningtree.ca

May 13. **English to French Translation in the Workplace.** Use appropriate translating tools, learn proper vocabulary and compare French and English syntax. \$366. sheridanc.on.ca

May 13-14. **Breakthrough Thinking for Innovation.** An introduction to the mind-set and skill-set necessary for innovation to become a reality. \$2,295. niagarainstitute.com

May 14-Aug 14. **Social Media Marketing.** Get your message noticed within the social media buzz. \$308. coned.georgebrown.ca

May 16. **Smarter Meetings.** Build outcome-based agendas that keep people on the same page. \$1,195. cmctraining.org

May 26. **Delegation Bootcamp.** Take steps to effectively delegate and influence your peers to share your workload. \$995. cmctraining.org

May 27. **Accounting, Auditing and Professional Practice Update.** Overviews the current developments in accounting and assurance standards. Member \$405; non-member \$505. cpaontario.ca

May 27-30. **Technical Writing Introduction.** Write clear and effective technical documents and reports. \$3,220. learningtree.ca

Jun 3-12. **Leadership Skills and Team Development for IT and Technical Professionals** (Online). Build and lead an effective team. \$2,095. cmctraining.org

Jun 9-11. **Project Management.** Plan, execute, monitor, control and close all types of projects on time and within budget. \$2,595. schulich.yorku.ca

PLAN *ahead*

Reserve your campsites:

Traditional Campsites: ontarioparks.com

Luxury Campsites: canada.huttopia.com; glampinghub.com

Register kids for summer camp:

Complete list by location and category: education, team sport, performing arts, special needs, etc. camps.ca

Find youth volunteer opportunities:

Helping high school students earn their volunteer hours and give back to their community. torontoyouthvolunteer.org

Sign-up for summer sports:

Flag football, soccer, softball, beach volleyball and ultimate frisbee. Registration now open.

Toronto: torontosscc.com

Mississauga: mississaugassc.com

Make note of opening days:

Apr 5. **Treetop Trekking** (Brampton). Zipline and aerial game course. treetoptrekking.com

May 3. **African Lion Safari.** \$28. lionsafari.com

May 4. **Canada's Wonderland.** \$39.99. canadaswonderland.com

May 18. **Splash Island.** torontozoo.com

May 31. **Wild Water Kingdom.** \$25. wildwaterkingdom.com

Buy your TIFF tickets:

On sale in July. 2014 Festival dates: Sept 4-14. tiff.net



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