

Thursday, May 1, 2025

Community Living Month Flag Raising

Date and Time: Thursday, May 1 10:30 am - 11:00 am

Address: 50 Church St

Come together with us at St. Catharines City Hall for the Community Living Month Flag Raising. It's a chance to celebrate inclusion and recognize the incredible contributions of individuals with intellectual disabilities in our community. Everyone is welcome to be part of this meaningful event!

Sunday, May 4, 2025

Living Environments: Sue Archibald

Date and Time: Sunday, May 4 2:00 pm - 4:00 pm

Address: Niagara Pumphouse Arts Centre, 247 Ricardo St., Niagara-on-the-Lake, ON

In her solo exhibit, the works of Sue Archibald captures the essence of 'place' and evokes an emotional response through landscapes and domestic imagery. The paintings often contain hidden narratives, inviting the viewer to explore the stories embedded within the scenes. The public is invited to the opening reception on Sunday, May 4 from 2 p.m. to 4 p.m. to meet the artist and experience her work firsthand. Remarks will be delivered at 2:30 p.m.

Monday, May 5, 2025

Children's Mental Health Awareness Week Flag Raising

Date and Time: Monday, May 5 10:00 am - 10:30 am

Address: 50 Church Street, St. Catharines, ON

Event Title: Children's Mental Health Awareness Week Flag Raising

Date & Time: May 5, 2025 from 10 - 10:30 am

Location:

St. Catharines City Hall – front lawn
50 Church Street, St. Catharines, ON

Description:

Join us for a flag raising ceremony in honour of Children's Mental Health Awareness Week, hosted by Pathstone Mental Health. This year marks a powerful theme: **“Unmasking Mental Health.”**

Let's come together to show our support for children's mental health and raise awareness across our community.

Attendees are encouraged to wear GREEN—a colour that symbolizes growth, renewal, and hope—as a visible show of support for mental health awareness.

Wednesday, May 7, 2025

Spaghetti Night at the Port Dalhousie Lions

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

Address: 201 Main St., St. Catharines

Join the Port Dalhousie Lions Club for our monthly Spaghetti Night at 201 Main St. in Port Dalhousie!

Enjoy all-you-can-eat spaghetti, meatballs, sausage, salad, and more for just \$14 for adults and \$5 for kids under 10.

Or enjoy it at home by ordering takeout or delivery at <https://dinelocal.at/port-lions>

Bring a cash or non-perishable donation for Community Care for your chance to win a prize package from Peller Estates!

Your support of this great community event allows the Port Dalhousie Lions Club to continue to make a big impact in our community through our financial support of important charities and causes, and our volunteer efforts to make life better for those in need in St. Catharines.

Thursday, May 8, 2025

Understanding Vascular Dementia

Date and Time: Thursday, May 8 10:00 am - 12:00 pm

Address: Online via Zoom

Vascular dementia is the second leading form of dementia, accounting for up to 20 per cent of all cases. Join us as we discuss assessment and diagnosis, minimizing risk factors, and supportive strategies for daily living.

Register by calling our office at 905-687-3914 or visit us online at www.alzheimerniagara.ca/publicforums

CMHA Niagara's Wellness For All Fundraiser & Paddle Party

Date and Time: Thursday, May 8 5:30 pm - 9:00 pm

Address: The Ovation Ballroom, 1311 Egerter Road, Thorold

14th Annual Wellness for All Fundraiser and Paddle Party in support of Canadian Mental Health Association, Niagara.

Celebrate Mental Health Week on Thursday, May 8 at The Ovation Ball Room, 1311 Egerter Road, Thorold, from 5:30 p.m. - 9 p.m. for fun, food, international speaker, psychotherapist, and author Julie Christiansen, followed by a fast-paced "Paddle Party" fundraiser (a cross between an auction and raffle) where a \$4 bid per round gets you a chance to win one of over 50 fabulous prize packages.

Proceeds help deliver critical mental health and addiction services to Niagara residents. Tickets on sale now, \$30 each (includes crudite, dip, rice balls, vegetarian flatbread pizza, dessert station, coffee / tea). Call 905.641.5222 Ext. 2644 for more information.

Saturday, May 10, 2025

Thorold Garden Club plant and bake sale

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

Address: 57 John Street, Thorold

Thorold Garden Club plant and bake sale.

Event will be taking place at Club Belvedere at 57 John Street.

Sunday, May 11, 2025

Music from Earth and Beyond! Tom Allen & Friends

Date and Time: Sunday, May 11 3:00 pm - 5:00 pm

Address: Silver Spire United Church 366 St. Paul St., St. Catharines

Music from Earth and Beyond!

Tom Allen & Friends

Tom Allen, CBC host and storyteller, brings us an otherworldly cycle of music both earthbound and celestial, exploring the rhythm of the seasons, the nature of time, and the mysteries of the skies. Fans of Tom Allen's "About Time" radio show will expect equal parts scholarship and anecdotes as he puts thoughtfully chosen music in context, and brings it to life. This concert explores music by the visionary Quebec composer Caroline Lizotte, Astor Piazzolla, Arvo Pärt, and others!

PERFORMERS: Tom Allen, narrator; Sheila Jafée, violin; Lori Gemmell, harp.



Tickets available on our website \$10, \$25 or \$40 - general seating and you choose price, or Pay-What-You-Choose at the door of the concert.

Wednesday, May 21, 2025

St John Ambulance May 2025 Car Seat Safety Event

Date and Time: Wednesday, May 21 6:00 pm - 8:00 pm

Address: 219 Church Street, St Catharines

Come out to see us on  May 21st 2025 from  6-8pm for a Car Seat Safety Event. Participate in an interactive personalized session with our educators to learn more about how to properly use and install your child's car seats.

Spaces are limited. Please call our branch office to make an appointment 📞(905) 685-8964

As a charitable organization we gratefully accept donations for our events to maintain our unit

<https://www.facebook.com/events/3765075890397935>

Options for Care

Date and Time: Wednesday, May 21 6:30 pm - 8:30 pm

Address: Online via Zoom

This webinar focuses on giving participants the opportunity to explore the care options that support persons living with dementia in the moderate to late stages of their journey.

Topics include:

- Exploring care in your home, retirement and long-term care
- Eligibility criteria
- Preparing for a move
- Strategies for meaningful visits

Register by calling our office at 905-687-3914 or visit us online at www.alzheimerniagara.ca/publicforums

Saturday, May 24, 2025

Seedling Giveaway Open House and Bring-Your-Own-Picnic

Date and Time: Saturday, May 24 10:00 am - 4:00 pm

Address: 1317 Pelham Road, St. Catharines

Join us for one-day only to pick-up free heirloom vegetable and herb seedlings for your backyard, balcony or community garden. We plan to give away over 400 seedlings in hopes of encouraging our community members to

plant heirloom varieties and grow their own foods.

Visitors are encouraged to explore the John Brown House and our pastoral property, visit our community-based garden, and bring along a picnic while you visit. We are located across the street from Short Hills Provincial Park and nearby to lots of wineries so make a day of it.

Guided tours available. Picnic tables available on a first come, first serve basis but there's plenty of space to lay down a picnic blanket.

Limit of 5 seedlings per household.

Port Dalhousie BWC's "Rock On The Lock" Free Summer Concert Series

Date and Time: Saturday, May 24 7:00 pm - 10:00 pm

Address: 45 Lakeport Road, Port Dalhousie

Please, join us on Saturday, May 24th at 7 P.M. for the 1st in our series of free, outdoor concerts at Port Dalhousie's Old Lock One Stage. This country music themed concert features performances by Jennifer Lynn, Jay Nichols, Stevie James, and The Country Junkies.

Donations are accepted and appreciated to support our program. Dancing is encouraged! Washrooms are located at Lakeside Park.

Make a night of it by visiting one, two, or many of our surrounding venues for food, beverages, and merchandise.

Find us on Facebook at Port Dalhousie Beautification and Works Committee.

See you there!

Sunday, May 25, 2025

IG Wealth Management Walk for Alzheimer's

Date and Time: Sunday, May 25 9:00 am - 12:00 pm

Address: 1812 Sir Isaac Brock Way, St. Catharines, ON L2S 3A1

The IG Wealth Management Walk for Alzheimer's is Canada's largest fundraiser for Alzheimer's disease and other dementias, taking place in more than 200 communities across the country. In 2024, Canadians participating in the Walk raised an amazing \$6.8 million.

In the Niagara Region, there are over 12,000 people living with a dementia. Together with the support of the community and the Alzheimer Society of Niagara Region, no one with dementia has to walk alone!

Saturday, May 31, 2025

Adaptive Performances

Date and Time: Saturday, May 31 2:00 pm - 3:00 pm

Address: Thorold Senior Citizen's Centre - 8 Carleton Street, Thorold

Adaptive Performances – Family Friendly, Accessible, and Inclusive

Presented in partnership with the Thorold Public Library and the Thorold Senior Citizen's Centre.

Nov. 9, 2024 2 p.m.

March 1, 2025 2 p.m.

May 31, 2025 2 p.m.

There is no cost to attend our adaptive performances, but to reserve a seat please call 905-468-1525 or email to info@galleryplayers.ca

Accessibility Requests

Please call (905)- 468-1525 or email Margaret at info@galleryplayers.ca to make an individual request

Concert Features

- All responses and expressions welcome.
Feel free to make noise, get up, or stim
as the music moves you!
- Wheelchair accessible venue
- Venue Guide available on our website
- Fidget toys and noise-cancelling earmuffs
can be provided upon request
(limited quantities, please your own if you can)
- Flexible seating and a separate respite area
for breaks.
- This concert is 1 hour long; our musicians will
invite the audience to join them in stretch
breaks