

Wednesday, May 1, 2024

Community Living flag raising

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

Address: 50 Church Street

Join Community Living St. Catharines to raise their flag for Community Living Month.

The flag raising will take place out front of City Hall.

Niagara Folk Arts Festival flag raising

Date and Time: Wednesday, May 1 12:00 pm - 1:00 pm

Address: 50 Church Street

Join the Niagara Folk Arts Multicultural Centre on May 1 at 12 p.m. to raise the Folk Arts flag to launch the 2024 Niagara Folk Arts Festival.

The flag raising will take place on the front yard of City Hall. If it's raining, please come into City Hall to the third floor, Council Chambers for the ceremony.

Spaghetti Night at the Port Dalhousie Lions Club

Date and Time: Wednesday, May 1 5:00 pm - 7:00 pm

Address: Port Dalhousie Lions Centre, 201 Main St, St. Catharines

Join the Port Dalhousie Lions Club for our monthly all-you-can-eat spaghetti night!

Adults: \$14 / Kids \$10

Includes spaghetti with meatballs & sausage, salad, ice cream, and more!

Can't make it down? Have it delivered by our friends at Dine Niagara! Order in their app or online at <https://dine-niagara.ca/port-lions/menus> for takeout or delivery.

Thursday, May 2, 2024

Udada Conference: Building an Inclusive Mental Health Landscape

Date and Time: Thursday, May 2 9:00 am - 6:00 pm

Address: 253 Taylor Rd, Niagara-on-the-Lake, Ontario, Canada, L0S1J0

This event aims to create an inclusive mental health landscape, where everyone's voice is heard and valued.

At the Udada conference, you'll have the opportunity to connect with like-minded individuals, mental health professionals, and experts in the field.

Discover innovative approaches, explore new perspectives, and learn about the latest advancements in mental health care.

About the Udada Project

The Udada Project is leading the charge in reshaping the mental health landscape for Black girls and women in Canada. Our conference serves as a platform to showcase transformative insights derived from this project, fostering collaborative discussions on creating a more inclusive and supportive mental health ecosystem.

Conference Theme: Building an Inclusive Mental Health Landscape

Our conference underscores our commitment to inclusivity and diversity within mental health practices. Engage in dynamic discussions, gain fresh perspectives, and explore collaborative opportunities as we work towards creating a mental health ecosystem that is inclusive and supportive for all Canadians.

Who Is It For?

This conference welcomes individuals with a shared interest in elevating the mental health landscape in Canada. Whether you are a seasoned mental health professional, a dedicated researcher, a visionary policymaker, a passionate advocate, or someone devoted to forging a healthier future, this event has been carefully crafted to cater to your needs.

Join us in uniting for the mental well-being of Black girls and women.

Our lineup includes distinguished speakers who will delve into crucial topics such as work-life balance, peer support in addiction services, mental well-being, and the intersection of intimate partner violence and mental health among African, Caribbean, and Black women. These insightful discussions will contribute to our collective understanding and initiatives in reshaping the mental health landscape.

Keynote Speaker: Edna Aryee, Ph.D.

Edna Aryee is a renowned advocate for young Black women, a Certified Clinical Traumatologist, and an Associate of The Canadian Register of Health Service Psychologists. She holds a Ph.D. in Counselling-Clinical Psychology and an Adjunct Degree in Gender and Women's Health from the University of Toronto. Edna works in private practice, working with patients at The Centre for Addictions and Mental Health, Correctional Services of Canada, and Ontario Shores. She is currently completing her licensure as an autonomous Psychologist.

Speakers:

Skyla Carmon: An Intersectional Approach to Black Women's Work-Life Balance Relationship

Patrick Segawa, MPH, MA: Drawing on Lived Experience of Peer Support Workers in the provision of Substance and Addiction Services in St. Catharine

Julianna Harry and Lee-Tasha Smith: Healing Voices: Breaking Barriers and Nurturing Black Women's Mental Well-being

Watetu Gichuki, Ph.D., Chris Leonard and Denise Johnson:

Empowered Healing: Unraveling Transformative Insights through Afrocentric Praxis and Black Feminist Thought in Addressing the Intersection of Intimate Partner Violence and Mental Health Among ACB Women in Ontario, Canada

Don't miss out on this opportunity to be a part of shaping the future of mental health support in Canada!

For more information visit our website www.Udada.ca

To purchase your ticket: [Udada Conference: Building an Inclusive Mental Health Landscape Tickets, Thursday, May 2, 2024 at 9:00 a.m. | Eventbrite](#)

Friday, May 3, 2024

Udada Conference: Building an Inclusive Mental Health Landscape

Date and Time: Friday, May 3 9:00 am - 6:00 pm

Address: 253 Taylor Rd, Niagara-on-the-Lake, Ontario, Canada, L0S1J0

This event aims to create an inclusive mental health landscape, where everyone's voice is heard and valued.

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Our lineup includes distinguished speakers who will delve into crucial topics such as work-life balance, peer support in addiction services, mental well-being, and the intersection of intimate partner violence and mental health among African, Caribbean, and Black women. These insightful discussions will contribute to our collective understanding and initiatives in reshaping the mental health landscape.

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For more information visit our website www.Udada.ca

To purchase your ticket: [Udada Conference: Building an Inclusive Mental Health Landscape Tickets, Thursday, May 2, 2024 at 9:00 a.m. | Eventbrite](#)

Saturday, May 4, 2024

St. Catharines Farmers Market

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

Address: 91 King st

Join us downtown St. Catharines at the St. Catharines Farmers Market every Saturday from 7 a.m. until 1 p.m. Featuring over 40 vendors each week offering the best that Niagara makes, bakes and grows.

Community Walk - Downtown

Date and Time: Saturday, May 4 10:00 am - 11:30 am

Address: 1932 Welland Canals Parkway

The Downtown Pop-Culture Tour

Visit the sites around downtown to hear stories of the city's robust contributions to popular music, film, theatre, broadcasting, and sports.

The walk is approximately 90 minutes in length. Meet-up details and further information are sent to participants at registration.

Registration opens February 1.

Museum Members receive a 10% discount on program registrations. [Become a Museum Member today.](#)

Monday, May 6, 2024

Children's Mental Health Week flag raising

Date and Time: Monday, May 6 1:00 pm - 1:30 pm

Address: 50 Church Street

Join Pathstone Mental Health on May 6 at 1 p.m. to raise the flag in celebration of Children's Mental Health Week, May 6 to 11

The flag raising is at City Hall.

Budget Standing Committee Meeting

Date and Time: Monday, May 6 4:30 pm - 6:30 pm

Wednesday, May 8, 2024

Navigating and Advocacy Within Your Circle of Care

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

Address: Online via Zoom

As a family care partner navigating the healthcare system can be challenging and overwhelming. The right tools can help you enhance your relationships with the partners in your care journey.

Please join us as we discuss:

- Effective communication strategies
- How to facilitate your holistic care plan
- Techniques for engaging and interacting with your Healthcare team

Register by calling our office at 905.687.3914 or visit us online at www.alzheimerniagara.ca/events

Thursday, May 9, 2024

St. John's Speaker Series - Gardening for Nature – how to incorporate native plants into your backyard

Date and Time: Thursday, May 9 7:00 pm - 9:00 pm

Address: 80 Main Street, Port Dalhousie

Join us as Kerry Royer of the Niagara Peninsula Conservation Authority guides us through mindful gardening ideas - native plants, shrubs, trees, pollinator gardens and wildlife. Just in time for the planting season. There will be a question and answer period, too. Kerry also guest speaks at the NOTL Horticultural Society, so we're very honoured to have her for an evening in Port. Doors open at 6:30 p.m. Tickets are \$5 at the door. Proceeds go to the preservation and restoration of this historical building.

Saturday, May 11, 2024

St. Catharines Farmers Market

Date and Time: Saturday, May 11 7:00 am - 1:00 pm

Address: 91 King st

Join us downtown St. Catharines at the St. Catharines Farmers Market every Saturday from 7 a.m. until 1 p.m. Featuring over 40 vendors each week offering the best that Niagara makes, bakes and grows.

Community Walk - Port Dalhousie

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

Address: 1932 Welland Canals Parkway

Port Dalhousie and the Early Welland Canals

Explore the rich built heritage of Port Dalhousie, trace the routes of the early Welland Canals through its northern terminus, and hear the stories of the people who worked and lived in this little town with a big personality.

The walk is approximately 90 minutes in length. Meet-up details and further information are sent to participants at registration.

Registration opens February 1.

Museum Members receive a 10% discount on program registrations. [Become a Museum Member today.](#)

Sunday, May 12, 2024

Rilian Trio

Date and Time: Sunday, May 12 3:00 pm - 5:00 pm

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

Join us **May 12, 3:00pm** at Silver Spire United Church, 366 St. Paul Street, St. Catharines

Winners of the prestigious 2023 Trondheim International Chamber Music Competition, the Rilian Trio presents two gorgeous works by Dvořák: the *Piano Trio No. 3 in F minor* and *Songs My Mother Taught Me*. We proudly present the world premiere of a new work by the trio's pianist, Godwin Friesen, as well as *Transfigured Night* by Schoenberg, an exquisite early work arranged here for piano trio.

PERFORMERS

Rilian Trio

Daniel Dastoor, violin; David Liam Roberts, cello; Godwin Friesen, piano

A virtual performance is also available for purchase on our website and available to listen to from May 14 - July 31, 2024.

Don't miss your chance to hear this sensational, awarding winning trio and the 1700 Taft Stradivarius violin played by Daniel, on loan from the Canada Council instrument bank!

Tickets available on our website \$10, \$25 & \$40

Pay-What-You-Choose tickets available on concert day at the door

Monday, May 13, 2024

City Council Meeting

Date and Time: Monday, May 13 6:00 pm - 10:00 pm

Tuesday, May 14, 2024

Fallen Firefighters Memorial Task Force

Date and Time: Tuesday, May 14 4:30 pm - 6:00 pm

Clean City task force

Date and Time: Tuesday, May 14 5:30 pm - 6:30 pm

Address: City Hall - Ante room

Wednesday, May 15, 2024

Committee of Adjustment Hearing

Date and Time: Wednesday, May 15 5:00 pm - 7:30 pm

Recreation Master Plan Advisory Committee Meeting

Date and Time: Wednesday, May 15 5:00 pm - 7:00 pm

Saturday, May 18, 2024

St. Catharines Farmers Market

Date and Time: Saturday, May 18 7:00 am - 2:00 pm

Address: 91 King st

Join us downtown St. Catharines at Market Square, home of the St. Catharines Farmers Market for the main harvest season. Every Saturday starting at 7 a.m. until 2 p.m from May 18 until October 12, the Market expands outside featuring over 55 vendors providing you with the best that Niagara makes, bakes and grows.

Welcome to the Harvest Season

Date and Time: Saturday, May 18 9:00 am - 2:00 pm

Address: 91 King st

Mid May is an exciting time for the Farmers Market as we welcome back the seasonal farmers and artisans as the Market expands to the outside.

The Market opens at 7 a.m. with special activities starting at 9 a.m. as the Mayor welcomes everyone to the main harvest season!

Music guests Vox Violins will be on the Market stage at 9:30 a.m. and fun activities and giveaways throughout the day at the Market Information Table.

Community Walk - Victoria Lawn Cemetery

Date and Time: Saturday, May 18 10:00 am - 11:30 am

Address: 1932 Welland Canals Parkway

Law and Order

It's the community walk for all the true-crime fans. Hear the true and fascinating historical stories of crime and

justice from our city in this walk-through Victoria Lawn Cemetery, including court records and newspaper reports.

The walk is approximately 90 minutes in length. Meet-up details and further information are sent to participants at registration.

Registration opens February 1.

Museum Members receive a 10% discount on program registrations. [Become a Museum Member today.](#)

The Niagara Children's Festival

Date and Time: Saturday, May 18 10:00 am - 4:00 pm

Address: Marilyn I Walker School of Fine and Performing Arts, 15 Artists' Common, St. Catharines, ON L2R 4 H5

The Niagara Children's Festival is an exciting explosion of arts and culture for the whole family! Happening in St. Catharines, Welland, and Ridgeway, this festival is bringing theatre and storytelling to Niagara's earliest audiences with plays and cultural activities just for kids. Don't miss indoor and outdoor performances, crafts and games, live music, and fun interactive installations. Let your imagination and creativity shine, and discover the joy of live theatre for young audiences!

War of 1812 Officers' Day

Date and Time: Saturday, May 18 11:00 am - 4:00 pm

Address: 51 Queen's Parade

Fort George is filled with pomp and circumstance as War of 1812 re-enactors show what life was like in Upper Canada for the "upper class". Beautiful uniforms and décor will adorn the Officers' Quarters with demonstrations happening throughout the day.

For more information, please email Parks Canada at niagaraont@pc.gc.ca.

Sunday, May 19, 2024

The Niagara Children's Festival

Date and Time: Sunday, May 19 10:00 am - 4:00 pm

Address: Marilyn I Walker School of Fine and Performing Arts, 15 Artists' Common, St. Catharines, ON L2R 4 H5

The Niagara Children's Festival is an exciting explosion of arts and culture for the whole family! Happening in St. Catharines, Welland, and Ridgeway, this festival is bringing theatre and storytelling to Niagara's earliest audiences with plays and cultural activities just for kids. Don't miss indoor and outdoor performances, crafts and games, live music, and fun interactive installations. Let your imagination and creativity shine, and discover the joy of live theatre for young audiences!

Tuesday, May 21, 2024

Open Late

Date and Time: Tuesday, May 21 5:00 pm - 8:00 pm

Address: 1932 Welland Canals Parkway

Museum will be open late from 5pm-8pm on Tuesdays from Victoria Day to Thanksgiving with special events throughout. Check the Museum Calendar for specific program dates.

Kelseys Fundraising Night

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

Address: 10 YMCA Dr., St. Catharines ON L2N 7R6

Join the Alzheimer Society of Niagara Region on Tuesday, May 21 for our Kelseys Fundraising Night at 10 YMCA Drive, St. Catharines!

A portion of your bill will be donated back to the Alzheimer Society of Niagara Region, starting at 6:00 pm.

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 2022, Canadians participating in the Walk raised an amazing \$5.7 million. Since 2015, the IG Wealth Management Walk for Alzheimer's has raised over \$41 million for people living with dementia and their care partners.

All the funds raised through this event stay in the Niagara Region allowing us to provide vital counselling services and programs for those living with a progressive dementia and their care partners.

Register as an individual or as a team by visiting us online at www.alzgiving.ca/niagara2024

Guided Tour - Welland Canal Fallen Workers Memorial

Date and Time: Tuesday, May 21 6:30 pm - 7:30 pm

Address: 1932 Welland Canals Parkway

Learn about the worksite of the Welland Ship Canal, constructed between 1913 and 1932, through the lives of the 138 men who died during its construction.

This guided tour is led by our volunteers and admission is by donation. Look for your guide and meet in the Museum Lobby. The tour is approximately 45-60 minutes. No registration required.

Tours run weekly on Tuesday evenings at 6:30 PM, except the following dates: July 23 and August 20.

Wednesday, May 22, 2024

Accessibility Advisory Committee Meeting

Date and Time: Wednesday, May 22 1:00 pm - 3:00 pm

Environmental Stewardship Advisory Committee Meeting

Date and Time: Wednesday, May 22 5:00 pm - 6:30 pm

Meeting of the 2SLGBTQI+ Advisory Committee

Date and Time: Wednesday, May 22 5:30 pm - 7:30 pm

Friday, May 24, 2024

A Special Fort Mississauga Fundraiser

Date and Time: Friday, May 24 6:00 pm - 8:00 pm

Address: 51 Queen's Parade, Niagara-on-the-Lake, ON L0S 1J0

Join [the Friends of Fort George](#) and Parks Canada for guided tours of Fort Mississauga National Historic Site.

Learn about the history of Mississauga Point and the history of the lighthouse. Learn about its role in the War of 1812, World War One, and World War Two. Participants will also be able to see inside the original stone tower at Fort Mississauga.

Tickets must be reserved in advance as space is limited.

You can purchase your tickets on [the Friends of Fort George website](#).

Saturday, May 25, 2024

St. Catharines Farmers Market

Date and Time: Saturday, May 25 7:00 am - 2:00 pm

Address: 91 King st

Join us downtown St. Catharines at Market Square, home of the St. Catharines Farmers Market for the main harvest season. Every Saturday starting at 7 a.m. until 2 p.m from May 18 until October 12, the Market expands outside featuring over 55 vendors providing you with the best that Niagara makes, bakes and grows.

CWE in St. Catharines

Date and Time: Saturday, May 25 8:00 am - 7:00 pm

Address: Richard Pierpoint Park

CWE in St. Catharines Club Member Event

PRO/AM WOMEN'S XC-TIER

Go Green!

Date and Time: Saturday, May 25 9:00 am - 8:30 pm

Address: 15 Artists' Common, St. Catharines, ON L2R 0B5

The St. Catharines Downtown Association presents the 3rd Annual Go Green! A celebration of our natural world and commitment to environmental stewardship.

Join us for a day of shopping, seedlings, hikes, bike rides, tree plantings, historic and vegan walking tours, and the launch of our gardens.

For further information please visit: <https://mydowntown.ca/gogreen/>

Three Sisters Garden Opening

Date and Time: Saturday, May 25 9:30 am - 11:30 am

Address: 1317 Pelham Rd., St. Catharines

The Three Sisters Garden at The Brown Homestead follows a long Indigenous tradition of companion planting corn, beans, and squash, also known as the Three Sisters, together.

Join us from 9:30 a.m. to 11:30 a.m. as Jackie Labonte and Marie Louise lead a special opening ceremony for the garden.

Pop-Up Library

Date and Time: Saturday, May 25 10:00 am - 2:00 pm

Address: Burgoyne Woods

St. Catharines Public Library is out and about in the community - visit us at Burgoyne Woods (70 Edgedale Rd., St. Catharines) between 10:00 am and 4:00 pm. SCPL staff will be providing button making activities, crafts, and access to borrowable items all day long. Plus, drop by for these specific events:

10:00-10:30 am - [Drop-In: Storytime in Nature](#)

10:30 am - [Guided Hike with the Niagara Peninsula Conservation Authority](#)

2:00 pm - [Drop-In: Flower Pot Painting](#)

A Taste of History Walking Tour - Downtown West

Date and Time: Saturday, May 25 10:00 am - 12:00 pm

Address: 1932 Welland Canals Parkway

A Taste of History Walking Tour – Downtown West Tour, co-presented with the St. Catharines Downtown Association

Hear the fascinating story of downtown St. Catharines while sampling tasty drinks and fare from local downtown businesses.

This tour is co-presented with the St. Catharines Downtown Association. Registration is through the St. Catharines Downtown Association and is \$30.00 per person.

Registration opens February 1. Register here: [Downtown Walking Tours - St. Catharines Downtown Association \(mydowntown.ca\)](https://mydowntown.ca)

Port Dalhousie BWC Concert Series @ Historic Lock 1 Stage

Date and Time: Saturday, May 25 7:00 pm - 10:00 pm

Address: Historic Lock 1 Stage - 45 Lakeport Road, Port Dalhousie

Join us for this 2024 inaugural (free) outdoor concert featuring Jackson Flats, Stephen McKay, & Country Junkies. Find us on Facebook - Port Dalhousie Beautification and Works Committee. Visit our local vendors prior or post concert for fabulous food and beverages.

Sunday, May 26, 2024

Walk for Guide Dogs

Date and Time: Sunday, May 26 8:00 am - 1:00 pm

Address: Grantham Lions Park

This May, help me “walk across Canada” to give more Canadians a new leash on life!

From guiding their handlers through their daily lives to getting help when it's needed most, Dog Guides play a crucial role in the lives of Canadians with disabilities. By supporting me with a donation to the Pet Valu Walk for Dog Guides, you are enabling [Lions Foundation](https://lionsfoundation.ca) to fulfill their mission to empower Canadians with disabilities to navigate their world with confidence and independence by providing Dog Guides at no cost to them and supporting each pair in their journey together.

IG Wealth Management Walk for Alzheimer's

Date and Time: Sunday, May 26 9:00 am - 1:00 pm

Address: Brock University, Guernsey Market (1812 Sir Isaac Brock Way, St. Catharines, ON L2S 3A1)

Join us on Sunday, May 26 at Brock University for a symbolic walk in support of individuals living with dementia, their families and their care partners. Together we will walk 11,751 steps - one for each person living with dementia in Niagara.

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 2022, Canadians participating in the Walk raised an amazing \$5.7 million. Since 2015, the IG Wealth Management Walk for Alzheimer's has raised over \$41 million for people living with dementia and their care partners.

Participating in the walk is as simple as 1-2-3!

1. Register for the walk as a team or individual.
2. Start fundraising and sharing the cause! Every dollar counts!
3. Join us on May 26 to celebrate our commitment to help those in the Niagara community living with dementia, their family, and their friends.

If you are unable to join us on walk day you can still participate by walking your way or if you are part of a group or club consider hosting your own walk on a date and time that works best for you. For more information, contact Bobbi-Jo at bwhite@alzheimerniagara.ca or 905-687-6856 x 565

All the funds raised through this event stay in the Niagara Region allowing us to provide vital counselling services and programs for those living with a progressive dementia and their care partners.

Register as an individual or as a team by visiting us online at www.alzgiving.ca/niagara2024

Monday, May 27, 2024

Advisory Committee on Older Adults

Date and Time: Monday, May 27 1:30 pm - 3:30 pm

City Council Meeting

Date and Time: Monday, May 27 6:00 pm - 10:00 pm

Tuesday, May 28, 2024

Open Late

Date and Time: Tuesday, May 28 5:00 pm - 8:00 pm

Address: 1932 Welland Canals Parkway

Museum will be open late from 5pm-8pm on Tuesdays from Victoria Day to Thanksgiving with special events throughout. Check the Museum Calendar for specific program dates.

Museum Advisory Committee Meeting

Date and Time: Tuesday, May 28 6:00 pm - 7:30 pm

Guided Tour - Welland Canal Fallen Workers Memorial

Date and Time: Tuesday, May 28 6:30 pm - 7:30 pm

Address: 1932 Welland Canals Parkway

Learn about the worksite of the Welland Ship Canal, constructed between 1913 and 1932, through the lives of the 138 men who died during its construction.

This guided tour is led by our volunteers and admission is by donation. Look for your guide and meet in the Museum Lobby. The tour is approximately 45-60 minutes. No registration required.

Tours run weekly on Tuesday evenings at 6:30 PM, except the following dates: July 23 and August 20.

Thursday, May 30, 2024

Heritage Advisory Committee Meeting

Date and Time: Thursday, May 30 2:30 pm - 4:30 pm

<https://events.stcatharines.ca>