

## Saturday, March 2, 2024

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### St. Catharines Farmers Market

Date and Time: Saturday, March 2 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.

### Family History Workshop

Date and Time: Saturday, March 2 10:00 am - 4:00 pm

Address: 1932 Welland Canals Parkway

Presented in partnership with the St. Catharines Public Library, the Family History Workshop offers participants the tools, resources, and skills to begin to gather, preserve, and share their personal family histories.

This two-day workshop takes place at two locations, the first day (March 2) at the St. Catharines Public Library – Central Branch and the second day (March 16) at the St. Catharines Museum and Welland Canals Centre.

This workshop includes:

- How to use and access family history research tools like Ancestry and MyHeritage.
- How to access and use the local history research material available at the Library and the Museum.
- How to decide what to keep and what to let go.
- How to organize and preserve family photographs and archival material.
- How to care for family heirlooms.
- How to record family stories and oral histories interviews.

Each participant receives a family history kit with equipment to start on their project and a Family History Workshop workbook.

Advance registration only | Space is limited | \$62.15 (HST included) per participant.

Registration opens February 1.

### Tim Hortons Bowl For Kids Sake

Date and Time: Saturday, March 2 1:00 pm - 9:00 pm

Address: 327 Ontario St, St. Catharines, ON L2R 5L3

Get ready to *paint the lanes* at this year's Tim Horton's Bowl for Kid's Sake! We're challenging teams (4-6 people) to pick a color and dress up in style.

THIS YEARS THEME: **BOWL IN COLOUR!**

**\$300 PER TEAM | 4-6 Players per team**

The minimum amount raised per team is \$300 and includes the cost of bowling for up to 6 people, shoe rental, and providing youth in our community with access to mentorship programs. Your team will have 1.5 hours to bowl beginning at the start time selected. Please arrive 30 minutes before your start time to sign in and get your bowling shoes.

**Available Time Slots**

Feb. 27th | 1pm

March 2nd | 3pm, 5pm, 7pm, 9pm

**Looking to join our industry challenges? Visit below.**

[Municipal Challenge – CLICK HERE](#)

[Real Estate Challenge – CLICK HERE](#)

[Finance Industry Challenge – CLICK HERE](#)

**Team captains** – Please select your bowling date and timeslot when registering, select [“Create a Team”](#) to get started!

**Players** – once your team captain has registered your team, click on [“Join Team”](#) to add yourself to the team and start fundraising!

Attention local businesses and community leaders! We're on the lookout for sponsors to help us turn this event into a vibrant masterpiece! Contact us to learn about the sponsorship opportunities available!

[BFKS Sponsorship package 2024](#)

**CONTACT US:**

For registration information please contact: Kendel Dunn, Special Events Assistant  
905-357-5454 ext. # 232 | [kendel.dunn@bigbrothersbigsisters.ca](mailto:kendel.dunn@bigbrothersbigsisters.ca)

For sponsorship inquiries please contact: Franklyn Searle, Director of Fund Development & Communications  
905-357-5454 ext. # 231 | [franklyn.searle@bigbrothersbigsisters.ca](mailto:franklyn.searle@bigbrothersbigsisters.ca)

## **Monday, March 4, 2024**

### **City Council Meeting**

Date and Time: Monday, March 4 6:00 pm - 10:00 pm

## **Tuesday, March 5, 2024**

## **Lifelong Learning Niagara**

Date and Time: Tuesday, March 5 10:00 am - 12:00 pm

Address: on Zoom

Winter Lecture Series (Virtual) 6 consecutive Tuesday mornings 10 a.m. to 12 p.m.

Registration opens Jan 3

See llniagara.ca for details of 6 exciting speakers

## **Wednesday, March 6, 2024**

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### **Understanding Frontotemporal Dementia**

Date and Time: Wednesday, March 6 10:00 am - 12:00 pm

Address: Online via Zoom

Frontotemporal dementia (FTD) brings progressive changes to personality, language, decision making, behaviour, and movement. Join us as we discuss:

- Types of Frontotemporal dementia
- Assessment and treatment
- Symptoms and supportive strategies

Register by calling our office at 905-687-3914 or visit us online at [www.alzheimerniagara.ca](http://www.alzheimerniagara.ca)

### **Spaghetti Night at the Port Dalhousie Lions Club**

Date and Time: Wednesday, March 6 5:00 pm - 7:00 pm

Address: 201 Main Street, St. Catharines

Join us at the Port Dalhousie Lions Club (201 Main St) for our monthly all-you-can-eat spaghetti night!

Adults: \$14

Kids: \$10

Can't make it down? Order takeout or delivery through our friends at Dine Niagara at <https://dineniagara.ca/port-lions/menus>

### **CANCELLED - LGBTQ2+ Advisory Committee Meeting**

Date and Time: Wednesday, March 6 5:30 pm - 7:30 pm

# Saturday, March 9, 2024

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## St. Catharines Farmers Market

Date and Time: Saturday, March 9 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.

# Monday, March 11, 2024

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## March Break at the Museum

Date and Time: Monday, March 11 9:00 am - 5:00 pm

Address: 1932 Welland Canals Parkway

### March Break Programming: Building a Community

Our special March Break activities explore the skills needed to build a community with daily gallery tours and maker space activities.

All programs are drop-in and admission by donation.

### Program Schedule:

#### Daily Gallery Tours - 11 a.m. to 12 p.m.

Discover the skills needed to built a vibrant St. Catharines on an activity-based tour of the museum's exhibition galleries, designed for kids 6-12, accompanied by an adult. After the tour, plan to attend the afternoon Maker Space session for a craft. Space is limited; first come, first served. Admission by donation.

**Bring a packed lunch and enjoy lunch on site.**

#### Daily Maker Space Activities - 1 p.m. to 3 p.m.

Enjoy a series of drop-in craft and maker space activities, with each activity teaching a skill important to the founding of St. Catharines, related to the history and skill covered in the tour that day.

### Daily Themes:

Monday, March 11: Clothing

Learn about early clothing and the many jobs and skills of the rich textile industry that once put St. Catharines on the map.

Tuesday, March 12: Tools and Equipment

Explore the many jobs and trades vital to growing the community.

Wednesday, March 13: Food

Find out more about how important food can be to a community by exploring the production, packaging, sellin

g, buying, and even eating of food!

Thursday, March 14: House and Home

What are all the materials that go into building a home in early St. Catharines? Find out as participants learn more about the skills and trades involved as we build a wall together!

Friday, March 15: Traditions and Cultures

Life is made exciting by the rich traditions and cultures many have brought to St. Catharines over the years. Partake in some of these cultures, and learn some early games and songs to take home to your family.

### **Museum Kids Memberships On Sale Now**

Join the Museum Kids Membership program which includes in-person meet-up programs and a quarterly subscription box. Our 2024 mystery story is underway and there's still time to join. Learn more: [Museum Kids Memberships](#)

### **New Exhibits**

Several new exhibits have opened at the Museum in the last year. Make sure to make time to explore these new and fascinating stories. Learn more: [Museum Exhibits](#)

## **Tuesday, March 12, 2024**

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### **March Break at the Museum**

Date and Time: Tuesday, March 12 9:00 am - 5:00 pm

Address: 1932 Welland Canals Parkway

### **March Break Programming: Building a Community**

Our special March Break activities explore the skills needed to build a community with daily gallery tours and maker space activities.

All programs are drop-in and admission by donation.

### **Program Schedule:**

#### **Daily Gallery Tours - 11 a.m. to 12 p.m.**

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**Bring a packed lunch and enjoy lunch on site.**

#### **Daily Maker Space Activities - 1 p.m. to 3 p.m.**

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## **Lifelong Learning Niagara**

Date and Time: Tuesday, March 12 10:00 am - 12:00 pm

Address: on Zoom

Winter Lecture Series (Virtual) 6 consecutive Tuesday mornings 10 a.m. to 12 p.m.

Registration opens Jan 3

See [lniagara.ca](http://lniagara.ca) for details of 6 exciting speakers

## **Fallen Firefighters Memorial Task Force**

Date and Time: Tuesday, March 12 4:30 pm - 6:00 pm

## **Wednesday, March 13, 2024**

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### **March Break at the Museum**

Date and Time: Wednesday, March 13 9:00 am - 5:00 pm

Address: 1932 Welland Canals Parkway

## **March Break Programming: Building a Community**

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All programs are drop-in and admission by donation.

### **Program Schedule:**

#### **Daily Gallery Tours - 11 a.m. to 12 p.m.**

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#### **Daily Maker Space Activities - 1 p.m. to 3 p.m.**

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### **New Exhibits**

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## **Special Meeting of the Anti-Racism Advisory Committee**

Date and Time: Wednesday, March 13 5:30 pm - 7:30 pm

## Thursday, March 14, 2024

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### March Break at the Museum

Date and Time: Thursday, March 14 9:00 am - 5:00 pm

Address: 1932 Welland Canals Parkway

#### **March Break Programming: Building a Community**

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#### **Program Schedule:**

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## St. John's Speaker Series - Metal Sculptor Floyd Elzinga

Date and Time: Thursday, March 14 7:00 pm - 9:00 pm

Address: 80 Main Street, Port Dalhousie

Please join us in Port Dalhousie for this super interesting presentation as part of our speaker series benefiting the preservation and restoration of this historical building. See attached promo flyer.

## Friday, March 15, 2024

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### March Break at the Museum

Date and Time: Friday, March 15 9:00 am - 5:00 pm

Address: 1932 Welland Canals Parkway

### March Break Programming: Building a Community

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### Program Schedule:

#### Daily Gallery Tours - 11 a.m. to 12 p.m.

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## **Saturday, March 16, 2024**

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### **St. Catharines Farmers Market**

Date and Time: Saturday, March 16 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.

### **Family History Workshop**

Date and Time: Saturday, March 16 10:00 am - 4:00 pm

Address: 1932 Welland Canals Parkway

Presented in partnership with the St. Catharines Public Library, the Family History Workshop offers participants the tools, resources, and skills to begin to gather, preserve, and share their personal family histories.

This two-day workshop takes place at two locations, the first day (March 2) at the St. Catharines Public Library – Central Branch and the second day (March 16) at the St. Catharines Museum and Welland Canals Centre.

This workshop includes:

- How to use and access family history research tools like Ancestry and MyHeritage.
- How to access and use the local history research material available at the Library and the Museum.
- How to decide what to keep and what to let go.
- How to organize and preserve family photographs and archival material.
- How to care for family heirlooms.
- How to record family stories and oral histories interviews.

Each participant receives a family history kit with equipment to start on their project and a Family History Workshop workbook.

Advance registration only | Space is limited | \$62.15 (HST included) per participant.

Registration opens February 1.

## **St. Patrick's Day with The Postmen in Port Dalhousie**

Date and Time: Saturday, March 16 8:00 pm - 11:55 pm

Address: 201 Main Street, St. Catharines

Join the Port Dalhousie Lions Club as we celebrate St. Patrick's Day with Niagara's favourite Celtic party band The Postmen!

Saturday March 16 | Doors at 8pm | Tickets \$30

Ticket includes admission and late night food.

Cash Bar: \$5 Domestic Beer & Wine / \$7 Guinness and Jameson

It's St. Patrick's Day at the Lions - don't miss out on a night to remember!

Tickets on sale now: <https://bit.ly/lions-st-patricks-day>

## **Monday, March 18, 2024**

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### **City Council Meeting**

Date and Time: Monday, March 18 5:00 pm - 10:00 pm

### **Port Dalhousie BWC General Meeting**

Date and Time: Monday, March 18 7:00 pm - 8:30 pm

Address: Port Dalhousie Lions' Club, 201 Main Street, front entrance

Join us at 7:00 p.m. (doors open at 6:30 p.m.) for our 2024 inaugural meeting. Meet the new team, hear about our initiatives & events, and sign up to get involved (if you wish to). All are welcome.

## **Tuesday, March 19, 2024**

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### **Lifelong Learning Niagara**

Date and Time: Tuesday, March 19 10:00 am - 12:00 pm

Address: on Zoom

Winter Lecture Series (Virtual) 6 consecutive Tuesday mornings 10 a.m. to 12 p.m.

Registration opens Jan 3

See [lniagara.ca](http://lniagara.ca) for details of 6 exciting speakers

### **Talk Tuesdays**

Date and Time: Tuesday, March 19 11:00 am - 12:00 pm

Address: Online via Zoom

Talk Tuesdays, hosted by the Education Staff, give care partners a chance to get together and talk about practical methods for supporting a loved one who is living with dementia.

Each month we will present a new topic and by the end of the series you will:

- Feel more knowledgeable about dementia
- Know more about services that can help their family member and friends stay well
- Feel supported as a caregiver
- Feel more confident in your caregiving abilities

Register by calling our office at 905-687-3914 or visit us online at [www.alzheimerniagara.ca](http://www.alzheimerniagara.ca)

### **Niagara Compliance Audit Committee**

Date and Time: Tuesday, March 19 5:00 pm

## **Wednesday, March 20, 2024**

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### **Committee of Adjustment Hearing**

Date and Time: Wednesday, March 20 5:00 pm - 7:30 pm

## **Rock The Cure: Concert to End Cancer**

Date and Time: Wednesday, March 20 6:00 pm - 11:00 pm

Address: 11 Geneva St, St Catharines

The Mu Zeta Chapter of Sigma Chi presents: ROCK THE CURE : CONCERT TO END CANCER!!!

Happening Wednesday March 20, 2024 at 6:30 p.m.!

Our lineup for Rockin acts will be taking to the Warehouse Concert-Hall in St. Catharines, in order to raise money for the Huntsman Cancer Foundation! All Ticket Sales go to Cancer Research!

Join us for an incredible night, and join the GENERATION TO END CANCER!

Get your tickets NOW via the Linktree in our bio!

Important Details Below:

Concert happening Wednesday March 20, 2024 at the Warehouse Concert-Hall in St. Catharines ON (11. Geneva St, St. Catharines)

Ticket pricing

\$25 for Regular entry at 6:00 p.m.

\$35 for Early entry for soundcheck at 5:00 p.m.

## **Thursday, March 21, 2024**

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### **Positive Approaches to Care**

Date and Time: Thursday, March 21 10:00 am - 12:00 pm

Address: 1-403 Ontario St., St. Catharines ON L2N 1L5

Presented by Sarah Putman, Director of Education & PAC Certified trainer

Discover essential techniques like 'Hand-under-hand' in this workshop, designed for the middle to later stages of dementia. Learn to operate tools while your loved one actively participates, fostering a sense of control and involvement. Acquire skills that enhance communication and create a positive caregiving environment.

These newly learned skills will enhance communication and enable care partners to shift from simply "dealing with the behaviors" to creating a positive and caring environment.

Register by calling our office at 905-687-3914 or visit us online at [www.alzheimerniagara.ca/events](http://www.alzheimerniagara.ca/events)

## **Saturday, March 23, 2024**

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### **St. Catharines Farmers Market**

Date and Time: Saturday, March 23 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.

## **Monday, March 25, 2024**

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### **Tourism St. Catharines Board of Directors Meeting**

Date and Time: Monday, March 25 1:00 pm - 3:00 pm

### **Community Talks: Seated Yoga Workshop**

Date and Time: Monday, March 25 1:30 pm - 3:30 pm

Address: 425 Carlton Street, St. Catharines ON L2M 4W8

Join Heather Wallace from Lost n' Found Yoga as she shares some beginner yoga techniques and teaches us how to use yoga to improve our overall health and wellness.

Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. Among the many benefits, the practice of yoga can help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance.

This seated yoga workshop requires no prior experience. Everyone is welcome and we hope you will join us!

Register by calling our office at 905-687-3914 or visit us online at [www.alzheimerniagara.ca/events](http://www.alzheimerniagara.ca/events)

## **Advisory Committee on Older Adults**

Date and Time: Monday, March 25 1:30 pm - 3:30 pm

## **Public Information Centre: Sports Fields Strategy**

Date and Time: Monday, March 25 4:00 pm - 8:00 pm

Address: 425 Carlton Street, Kiwanis Aquatics Centre, Lobby

The Community, Recreation and Culture Services department is hosting a Public Information Centre: Sports Fields Strategy on Monday, March 25, 2024. The event is drop in from 4 p.m. to 8 p.m. (no formal presentation) in the lobby at the Kiwanis Aquatics Centre (425 Carlton Street).

## **Tuesday, March 26, 2024**

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### **Community Talks: Dancer Not Dementia**

Date and Time: Tuesday, March 26 2:00 pm - 4:00 pm

Address: FirstOntario Performing Arts Centre (250 St. Paul St., St. Catharines ON L2R 3M2)

Join us for an afternoon event presented in collaboration with the FirstOntario Performing Arts Centre and Canada's National Ballet School, showcasing:

- A screening of Dancer Not Dementia, a short new film presented by Canada's National Ballet School
- Interactive dance demo: dancing for older adults facilitated live by Canada's National Ballet School
- Learn about the Alzheimer Society of Niagara Region

Program and refreshments are made possible by the New Horizons Grant.

Register by calling our office at 905-687-3914 or visit us online at [www.alzheimerniagara.ca/events](http://www.alzheimerniagara.ca/events)

### **Clean City Task Force**

Date and Time: Tuesday, March 26 5:30 pm - 6:30 pm

Address: 50 Church Street - Ante Room

## **Wednesday, March 27, 2024**

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### **Accessibility Advisory Committee Meeting**

Date and Time: Wednesday, March 27 1:00 pm - 3:00 pm

## **Driving and Dementia**

Date and Time: Wednesday, March 27 1:30 pm - 3:30 pm

Address: 1-403 Ontario St., St. Catharines ON L2N 1L5

One of the first and toughest issues families and caregivers will face when they receive a diagnosis of dementia is the question of driving safety.

Join us for this session where we look at:

- Driving skills evaluation
- Deciding when to stop driving
- Getting support for someone who has been asked to stop driving
- Alternate transportation options in Niagara

Register by calling our office at 905-687-3914 or visit us online at [www.alzheimerniagara.ca/events](http://www.alzheimerniagara.ca/events)

## **Meeting of the 2SLGBTQI+ Advisory Committee**

Date and Time: Wednesday, March 27 5:30 pm - 7:30 pm

## **Thursday, March 28, 2024**

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### **Heritage Advisory Committee Meeting**

Date and Time: Thursday, March 28 2:30 pm - 4:30 pm

## **Saturday, March 30, 2024**

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### **St. Catharines Farmers Market**

Date and Time: Saturday, March 30 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.

### **An Eggtravaganza Event!**

Date and Time: Saturday, March 30 9:30 am - 1:00 pm

Address: 91 King st

Join us at Market Square and the St. Catharines Farmers Market for an Eggtravaganza of an event!



Our Market table will feature activities for all ages, Market samples and some prize giveaways for the kids.

<https://events.stcatharines.ca>