

# ADULT MARCH PROGRAM GUIDE 2025

**R** - REGISTER AT [WWW.WELLANDBIBLIOTHEQUE.PUBLIC.LIBRARY.CA](http://WWW.WELLANDBIBLIOTHEQUE.PUBLIC.LIBRARY.CA)

**D** - DROP-IN



## PROGRAMS

### Adult Craft Night: Old Book Wreaths

**R**

Main Branch

Tuesday, March 4 @ 6:00-7:30pm

Join us for a fun evening as we create wreaths from repurposed old books.



### PAWS Therapy Dogs

**D**

Seaway Mall

Saturday, March 8 @ 10:30-11:30am

Read with certified dogs from Therapeutic Paws of Canada (TPOC) at the library!



### Master Gardener Aleksia Shoalts: Invasive Species Talk

**R**

Seaway Mall

Saturday, March 8 @ 2:30-3:30pm

Niagara old-growth forests are facing new threats from the Hemlock Woolly Adelgid insect and Oak Wilt Fungus. Learn what you can do to limit the spread and help the trees by coming to this short presentation given by Master Gardener, Aleksia Shoalts.



### Pop-Up Market

**D**

Main Branch

Monday, March 10 @ 1:15-3:00pm

Diamond Trail

Thursday, March 20 @ 5:30-7:00pm

Pay what you can as there are no set prices at this in-library fresh produce market! Please bring your own bag.



### Niagara College: Newcomer Language Programs

**D**

Main Branch

Thursday, March 13 @ 2:30-4:00pm

Are you a newcomer to Canada? Are you interested in improving your language skills and understanding Canadian workplace culture? A Niagara College representative will be available to discuss the variety of free language programs for newcomers.



### Ontario Genealogical Society: Family Research Help

**D**

Seaway Mall

Saturday, March 29 @ 2:30-4:30pm

The Ontario Genealogical Society will be on-site to answer questions and provide direction to those researching their family history.



## HEALTH & WELLNESS

### Dementia Education Series: Next Steps and Care Essentials

**R**

Seaway Mall

Wednesdays, March 5 - 26,

@1:30-3:30pm

This 4 week learning series offers an opportunity for family and friends of an individual living with dementia to learn more about dementia, develop caregiving strategies, and become familiar with community resources and supports.



### Meditation/Journaling with Marcia

**R**

Seaway Mall

Tuesday, March 18 @ 1:00-2:00pm

When combined, these practices can be especially effective in cultivating mindfulness, reducing stress, and promoting overall well-being. Fee \$5.00/person

### The Brain Injury Association of Niagara (BIAN) Booth

**R**

Main Branch

Thursday, March 20 @ 11:00-2:00pm

The Brain Injury Association of Niagara (BIAN) offers day program services for adults (18+) with Acquired Brain Injuries (ABI). Representatives will be available to speak with anyone wanting to learn how they can support individuals, meet members of their community, access advocacy support, work on life skills, and foster independence.

### Feeding with Confidence

Main Branch

Friday, March 21

@ 11:00am-12:00pm

Krista Hilton IBCLC (International Board Certified Lactation Consultant) will present on breastfeeding, introduction of solid foods, and how to best meet a baby's nutritional needs from 0-12 months. After the brief presentation, there will be opportunity for questions.

### Yoga with Andrea

**R**

Main Branch

Thursday, March 27 @ 6:30-7:30pm

Beginner-friendly, gentle Hatha yoga for everybody. Bring a yoga mat, blanket, and eye pillow (if you have one). Presented in partnership with the City of Welland.

## Spring Nature Walk with NPCA

EC Brown Conservation  
Saturday, March 22,  
@ 10:00-11:30am

Learn about local wild-  
life, native plants, and  
hiking in all seasons  
with the NPCA. Please  
wear sturdy shoes and weath-  
er-appropriate clothing. Uneven  
ground and slippery conditions are  
possible. Presented in partnership  
with Lincoln Pelham Public Library.



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## WMFHT Understanding Stress and Anxiety Workshop

Seaway Mall  
Tuesday, March 25, 10:00 -  
11:30am

Social Workers from the Welland  
McMaster Family Health Team  
will explain tools and strategies  
to cope with stress and anxiety,  
including the difference between  
stress and anxiety and recognizing  
what anxiety feels like. To Register,  
call 905-704-3660 or visit [www.wellandmcmasterfht.com/event-  
calendar.php](http://www.wellandmcmasterfht.com/event-calendar.php)

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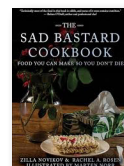
# BOOKS

## An Afternoon with Rachel Rosen

Seaway Mall  
Saturday, March 22  
@2:00-3:00pm



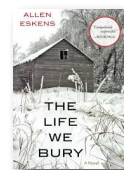
Rachel Rosen, co-au-  
thor of *The Sad Bastard  
Cookbook: Food You  
Can Make So You Don't  
Die*, will be speaking  
about feeding yourself when  
you're struggling with mental,  
physical, or financial health, food  
as mutual aid, and the process  
of writing a cookbook that went  
viral.



## Members Choice Book Club

Seaway Mall  
Thursday, March 27  
@2:00-3:30pm

Join in the discussion  
of *The Life We Bury* by  
Allen Eskens.



## Winter Book Sale

Find books to curl up with at this one-day-only  
book sale on March 29! The sale will start at 9am  
and wrap up at 4pm. Other library materials may  
also be available to browse and buy. The sale will  
be offered at the Main Branch only. Bring a grocery  
tote or small box and fill it for only \$5. WPL totes  
will be available for purchase (\$2 each). Alterna-  
tively, fill a WPL bag for \$1 with donations of a  
non-perishable food item, going towards our Little  
Free Pantry.



# ONGOING ADULT ACTIVITIES

Community Connections Books and More	D	Thursdays, starting March 6	Seaway Mall	11:00am - 12:00pm
Welland Writer's Guild	D	Wednesdays, March 5 and 19	Main Branch	6:00pm - 7:30pm
ESL Conversation Circle	D	Tuesdays, starting March 4 Thursdays, starting March 6	Main Branch	10:00am - 11:00am 2:00pm - 3:30pm
Crochet Club	D	Mondays, March 3 -31	Seaway Mall	6:00pm - 7:30pm
Knitting Club	D	Wednesdays, starting March 5	Main Branch	6:00pm - 7:30pm
Scrabble Club	D	Thursdays, starting March 6	Seaway Mall	1:00pm - 2:30pm
Scrabble Club	D	Mondays, starting March 3	Main Branch	1:30pm - 3:30pm
Adult Chess Club	D	Wednesdays, starting March 5	Seaway Mall	10:00am - 12:00pm
Painting With Jane	R	Thursday, March 13	Seaway Mall	6:00pm - 7:45pm
Paint Night with Robin	R	Tuesday, March 25	Seaway Mall	6:00pm - 7:30pm
Yoga for Older Adults	R	Thursdays, starting March 6	Seaway Mall	11:00am - 12:00pm
Hospice Niagara Grief Walk	R	Fridays, March 7 and 21 (Register with Hospice Niagara @ 905-984-8766 ext. 233)	Seaway Mall	11:00am-11:45am
Healthy Safe and Strong (60+)	R	Fridays, March 7 - 28 (Register with Niagara Region @ 905-984-2621)	Seaway Mall	1:00pm -2:00pm OR 2:30pm - 3:30pm

### Main Branch

50 The Boardwalk Welland, ON L3B 6J1  
905-734-6210 ext. 2521

### Diamond Trail Branch

315 Southworth Street Welland, ON L3B 1Z8  
905-734-6210 ext. 2501

### Seaway Mall Branch

800 Niagara St. Welland, ON L3C 5Z4  
905-734-6210 ext. 2518