

# PARC Calendar – MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p>	<p><b>2</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>HepC Drop in</u> 10:00-12:00 (Nurses Office)</p> <p><u>Hockey</u> 1:30-3:00 (McCormick Arena)</p> <p><u>TUHU</u> 3:00-4:15</p>	<p><b>3</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Mindfulness</u> 1:00-2:00</p> <p><u>Movie Afternoon</u> 2:00-4:00</p>	<p><b>4</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Smoking Cessation</u> 9:00-12:30 Check in with 2<sup>nd</sup> floor reception</p>	<p><b>5</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>ID Clinic</u> 10:30-11:30</p> <p><u>Book Club</u> 2:00-4:00</p> <p><u>Music Jam</u> 3:00-4:00</p>	<p><b>6</b></p> <p><b>Drop-in Hours</b> 12:30-4:30</p> <p><u>Music Afternoon</u> 1:30-4:00</p> <p><u>Writing Group</u> 4:15-5:45 (Auditorium)</p>	<p><b>7</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p> <p><u>IWD March Meet at 12:00</u></p> <p><u>Knitting</u> 1:00-3:00 (Auditorium)</p> <p><u>Art Group</u> 3:00-5:00 (Drop-in)</p>
<p><b>8</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p> <p><u>International Women's Day</u></p> <p><u>Campfire Kuumba/ PARC's Got Talent</u> 1:00 – 3:00</p>	<p><b>9</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>HepC Drop in</u> 10:00-12:00 (Nurses Office)</p> <p><u>Hockey</u> 1:30-3:00 (McCormick Arena)</p>	<p><b>10</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Mindfulness</u> 1:00-2:00</p> <p><u>Movie Afternoon</u> 2:00-4:00</p>	<p><b>11</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Smoking Cessation</u> 9:00-12:30 Check in with 2<sup>nd</sup> floor reception</p>	<p><b>12</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Book Club</u> 2:00-4:00</p> <p><u>Music Jam</u> 3:00-4:00</p>	<p><b>13</b></p> <p><b>Drop-in Hours</b> 12:30-4:30</p> <p><u>Music Afternoon</u> 1:30-4:00</p> <p><u>Writing Group</u> 4:15-5:45 (Auditorium)</p>	<p><b>14</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p> <p><u>Knitting</u> 1:00-3:00 (Auditorium)</p> <p><u>Art Group</u> 3:00-5:00 (Drop-in)</p>
<p><b>15</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p>	<p><b>16</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>HepC Drop in</u> 10:00-12:00 (Nurses Office)</p> <p><u>Hockey</u> 1:30-3:00 (McCormick Arena)</p> <p><u>TUHU</u> 3:00-4:15</p>	<p><b>17</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>PARC's 46<sup>th</sup> Birthday</u></p> <p><u>Mindfulness</u> 1:00-2:00</p> <p><u>Movie Afternoon</u> 2:00-4:00</p>	<p><b>18</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Smoking Cessation</u> 9:00-12:30 Check in with 2<sup>nd</sup> floor reception</p>	<p><b>19</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Urban Hike w Tania Meet at 10:00</u></p> <p><u>Book Club</u> 2:00-4:00</p> <p><u>Music Jam</u> 3:00-4:00</p>	<p><b>20</b></p> <p><b>Drop-in Hours</b> 12:30-4:30</p> <p><u>Music Afternoon</u> 1:30-4:00</p> <p><u>Poetry Night</u> 6:00-8:00 (Online)</p>	<p><b>21</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p> <p><u>Knitting</u> 1:00-3:00 (Auditorium)</p> <p><u>Art Group</u> 3:00-5:00 (Drop-in)</p>
<p><b>22</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p>	<p><b>23</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>HepC Drop in</u> 10:00-12:00 (Nurses Office)</p> <p><u>Hockey</u> 1:30-3:00 (McCormick Arena)</p>	<p><b>24</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Mindfulness</u> 1:00-2:00</p> <p><u>Movie Afternoon</u> 2:00-4:00</p>	<p><b>25</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Smoking Cessation</u> 9:00-12:30 Check in with 2<sup>nd</sup> floor reception</p>	<p><b>26</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Community Connect Event</u> 10:00-4:00</p> <p><u>Book Club</u> 2:00-4:00</p> <p><u>Music Jam</u> 3:00-4:00</p>	<p><b>27</b></p> <p><b>Drop-in Hours</b> 12:30-4:30</p> <p><u>Music Afternoon</u> 1:30-4:00</p> <p><u>Writing Group</u> 4:15-5:45 (Auditorium)</p>	<p><b>28</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p> <p><u>Knitting</u> 1:00-3:00 (Auditorium)</p> <p><u>Art Group</u> 3:00-5:00 (Drop-in)</p>
<p><b>29</b></p> <p><b>Drop-in Hours</b> 11:00-3:00</p>	<p><b>30</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>HepC Drop in</u> 10:00-12:00 (Nurses Office)</p> <p><u>Hockey</u> 1:30-3:00 (McCormick Arena)</p>	<p><b>31</b></p> <p><b>Drop-in Hours</b> 9:00-6:00</p> <p><u>Mindfulness</u> 1:00-2:00</p> <p><u>Movie Afternoon</u> 2:00-4:00</p>				