



Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Fall 2015



Welcome to BICR's Learning & Leisure Guide

Welcome fall!! We also welcome you to explore Brain Injury Community Re-entry (Niagara) Inc.'s (BICR) seasonal Learning and Leisure Guide. This guide profiles program activities that are offered in October, November and December 2015.

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. We look forward to your participation in any of these activities. The contacts indicated for each program activity are available to answer questions you may have. Please review this guide and sign up for program activities of your choice.

Like previous Learning & Leisure guides many of the programs and services being offered will take place in the community as well as the BICR Main Office and Unit 10, 261 Martindale Road.

Thank you and we look forward to hearing from you.

Accessible Formats & Communication Supports

Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 extension 663 or www.bicr.org.

We are also interested in your comments and feedback about accessibility at BICR. Please send us your comments.

Disclaimer:

Brain Injury Community Re-Entry (Niagara) Inc. acknowledges funding support for many of our programs and services from the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) and the government of Ontario.

The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the government of Ontario.

WRAP



Description:	Come and get your hands dirty and relish at the end result. This year round program includes a variety of activities such as weeding, raking, transplanting, seeding, watering and general garden maintenance. See a flower bloom or a vegetable grow and watch the many changing colours of the seasons.
Location:	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
Dates:	Mondays, October 5 to December 14, 2015 (excluding holidays)
Times:	10am to 11:30am
Min #	2
Max #	8
Transportation:	Provided from BICR's Main Office at no cost.
Materials Required:	Please note: All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Monday, September 28, 2015
Comments:	Please dress weather and activity appropriate.

Woodworking

**Description:**

Are you interested in learning how to work with wood in a safe setting under the expertise of a qualified wood worker? If you would like to learn more about wood working using only non-powered hand tools, then this is a program for you. Your end result will exceed your expectations.

Take the first step in learning a new skill while enjoying the beautiful nature setting at Heartland Forest. Bring your lunch and join the small group and create your very own wood project. Following a lunch break, the group will be involved in a recreational activity at Heartland Forest which may include nature walks on the accessible trail, accessible mini putt, fishing, scavenger hunts, and information sessions on the forest biodiversity.

Location:

Heartland Forest Nature Centre
8215 Heartland Forest Road, Niagara Falls, ON

Dates:

Mondays, October 5 to December 14, 2015
(excluding holidays)

Times:

10:30am to 1pm

Min #

3

Max #

7

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

All materials for the wood working project will be provided - several projects to choose from.

Activity Fee:

\$7 for materials to be used in the 10 week program. After the ten sessions are completed, individuals will have a completed project to take home.

Pre-Requisites:

An interest in working on a wood working project within a small group setting.

Contact Name:

Jeff Spelier 905-687-6788 ext. 332

Registration Date:

Monday, September 28, 2015

Comments:

The wood working session is scheduled for the morning with other activities scheduled in the afternoon following lunch. All individuals are asked to bring a lunch.

Cooking Take Home Meals



Description:	Prepare take home meals to cook at home. Learn about handling and preparing food safely. Practice using cooking aids while preparing healthy low in salt and saturated fat meals. Take a meal home to share with your family or package individual freezer meals to cook at a future date.
Location:	BICR, Unit 10
Dates:	Mondays: October 26, 2015 November 30, 2015
Times:	1pm to 3pm
Min #	4
Max #	8
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	Those who sign up for this program will be provided a list of meals to choose from. After they choose their meal they will be given a list of grocery items to purchase and bring the day of the course.
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	Friday, September 25, 2015
Comments:	Ingredients such as oil and seasoning will be provided at no cost.

Women's Recreation Group


**Description, Dates,
Times & Location:**

Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 9 weeks with a different activity each week.

Mondays:

October 5 - Lunch Outing - 1pm to 3pm (cost is the price of your meal)

October 12 - NO GROUP

October 19 - Brianne Farms - 12:30pm to 3pm (cost is price of pumpkin)

October 26 - Pumpkin Carving - 1pm to 3pm (bring your pumpkin)

November 2 - Bowling - 1pm to 3pm (cost \$5 for two games)

November 9 - Games & Potluck - 1pm to 3pm (bring a food item to share)

November 16 - Baking at Main Office - 1pm to 3pm (cost TBA)

November 23 - Craft at Main Office - 1pm to 3pm (cost \$5 for material)

November 30 - Lunch & Christmas Shopping - 12:30pm to 3pm (cost is price of your meal & shopping)

December 7 - NO GROUP

December 14 - Christmas Movie & Snack at Main Office - 1pm to 3pm

December 21 - NO GROUP

December 28 - NO GROUP

Min #

4

Max #

12

Transportation:

Provided at a cost.

Materials Required:

TBD

Activity Fee:

Costs will be kept to a minimum at approximately \$5 to \$10 depending on the activity.

Contact Name:

Chelsie Yungblut 905-687-6788 ext. 631

Registration Date:

Monday, September 28, 2015

Bowling



Description: Join in on all the benefits bowling has to offer. It is an anaerobic type of physical exercise similar to walking with free weights. Bowling helps to burn calories and work muscle groups not usually exercised. Apart from the physical benefits it also strengthens friendships and creates new ones.

Partake in one or two games of 10 pin bowling and cheer on your friends. Let's see if you can get a Turkey.

Location: Parkway Lanes
327 Ontario Street
St. Catharines

Dates: Mondays, October 5 to December 14, 2015
(excluding holidays)

Times: 1pm to 3pm

Min # N/A

Max # N/A

Transportation: Not provided. Please arrange your own transportation.

Materials Required: N/A

Activity Fee: \$2.50 per game

Pre-Requisites: N/A

Contact Name: Dave Horton 905-687-6788 ext. 641

Registration Date: N/A

Circle of Friends

**Description:**

Circle of Friends is a group intended for individuals with an ABI. While attending this weekly group, individuals have an opportunity to learn about a variety of topics while interacting with one another.

The Group Facilitator selects the topic for the evening and facilitates discussions and group interaction. The focus of the group is to develop healthy friendships and/or relationships.

Location:

BICR, Unit 10

Dates:

Mondays, October 5 to November 30, 2015
(excluding holidays)

Times:

6:50pm to 8:30pm

Min #

5

Max #

12

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

N/A

Activity Fee:

N/A

Pre-Requisites:

N/A

Contact Name:

Daniel Lutzer 905-687-6788 ext. 294

Registration Date:

Monday, September 28, 2015

Comments:

N/A

Drumming with Erin



Description:	Drumming is a fun and friendly activity where participants drum together to celebrate life through rhythm and music. Participants of all levels of musical expertise come together and share their rhythmical spirit. You don't have to be a drummer to participate. Everyone has something to offer the circle, and any one is welcome.
Location:	BICR, Unit 10
Dates:	Tuesdays: October 20, 2015 November 24, 2015 December 15, 2015
Times:	1pm to 2pm
Min #	6
Max #	20
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	48 hours prior to the event.
Comments:	For those with noise sensitivities, please be advised that this group may be loud and creates deep vibrations.

Whispering Pines



Description:	Are you artistic or do you enjoy working with colours and paints? Come on out to the beautiful town of Sherkston and participate in an acrylic painting class. Still lives, scenery shots and other types of painting are offered.
Location:	Sherkston
Dates:	Tuesdays, October 6 to December 15, 2015
Times:	12noon to 2pm
Min #	4
Max #	12
Transportation:	Provided at a cost.
Materials Required:	Please provide your own brushes or you can purchase them at Whispering Pines.
Activity Fee:	\$8 for van transportation \$8 per class plus the cost of supplies
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Monday, September 28, 2015
Comments:	BICR provides the paint. Canvases are sold at a minimal cost.

Diner's Club



Description:	Good food, good friends, good times! Join us at a different restaurant located in St. Catharines and Welland each month for a reasonably priced dinner. Taste the local cuisine, try something new or enjoy your favorite dish, it's up to you. Bring a smile and a hearty appetite.
Dates & Location:	St. Catharines Diner's Club - second Tuesday of each month: October 13, 2015 - Cat's Caboose November 10, 2015 - Boston Pizza (Ontario Street) December 8, 2015 - Swiss Chalet (Fourth Avenue) Welland Diner's Club - fourth Tuesday of each month: October 27, 2015 - Don Marco's (248 Wellington Street) November 24, 2015 - Blue Star December 22, 2015 - Swiss Chalet
Times:	5pm to 7pm
Min #	4
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	Cost of your meal.
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	48 hours prior to the event.

Yoga and Meditation

**Description, Dates & Times:****Mat Yoga and Meditation**

A basic introduction to yoga using a mat. Participants will learn gentle pose sequences and enjoy guided meditation. This class will prepare participants for yoga classes or clubs in the community.

Wednesdays, October 7 to December 16, 2015

9am to 10am

Chair Yoga and Meditation

A gentle form of yoga completed while seated in a chair or wheelchair. All poses are modified to each individual. The participants will find peace of mind, relaxation and an improved sense of mind body connection. Guided meditation and Tibetan singing bowls will be incorporated in most sessions.

Wednesday, October 7 to December 16, 2015

10:15am to 11:15am

Location:

BICR, Unit 10

Min #

6

Max #

25

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

N/A

Activity Fee:

No fee

Contact Name:

Meghan Carlomusto 905-687-6788 ext. 306

Registration Date:

48 hours prior to the event.

Niagara Falls Diner's Lunch Club



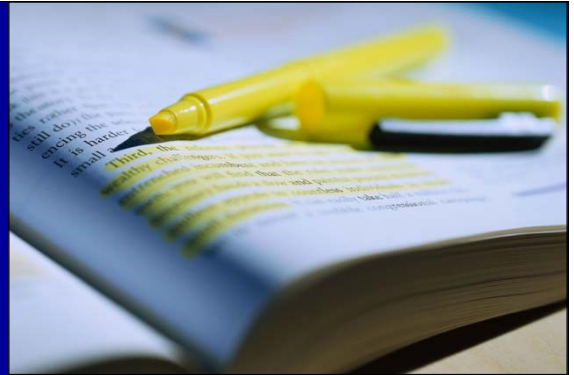
Description & Dates:	<p>A Lunch-Time Diner's Club.</p> <p>First Wednesday of each month:</p> <p>October 7, 2015 - Far East Restaurant, 6536 Thoroldstone Road, NF November 4, 2015 - Betty's Restaurant, 8921 Sodom Road, NF December 2, 2015 - Swiss Chalet, 3770 Montrose Road, NF</p>
Times:	11:30am to 1pm
Min #	2
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	Cost of your meal.
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	48 hours prior to the event.
Comments:	N/A

Music Trivia



Description:	Join us the second Wednesday of every month to test your music knowledge and have the chance to win a prize.
Location:	BICR, Unit 10
Dates:	Second Wednesday of each month with the exception of July: October 14, 2015 November 11, 2015 December 9, 2015
Times:	1pm to 3pm
Min #	4
Max #	12
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	N/A
Comments:	N/A

SUBI



Description:	SUBI (Substance Use/Brain Injury) is an educational support group designed to address individuals with ABI who have also struggled with substance abuse or dependency. The group provides participants with the opportunity to meet other participants who have experienced similar circumstances. This group is on-going and meets on Wednesday afternoons and will review materials from the SUBI Client Workbook as well as incorporate new materials related to relapse prevention techniques and overall health and wellness. The group incorporates a balanced level of group discussion and peer support with educational materials and application of group activities in its content. Refreshments are also provided.
Location:	BICR, Unit 12
Dates:	Wednesdays, October 14 to December 16, 2015
Times:	1:30pm to 3:30pm
Min #	5
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	Provided
Activity Fee:	N/A
Pre-Requisites:	Completion of pre-admission meeting with facilitator.
Contact Name:	Tracy Maddalena 905-687-6788 ext. 627
Registration Date:	N/A
Comments:	N/A

Music with Phil, Rick & Friends



Description:	Come out and join our very own Phil and Rick for an afternoon of music. Bring your own instrument or just sing along to a variety of tunes. Requests encouraged.
Location:	BICR, Unit 10
Dates:	Wednesdays: October 28, 2015 November 25, 2015 December 16, 2015
Times:	2pm to 3pm
Min #	4
Max #	25
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	48 hours prior to the event.
Comments:	PET will host a "Music Trivia" activity from 1-2pm prior to Music with Phil, Rick and Friends for any individuals who wish to attend.

Wacky Wednesdays

**Description & Dates:**

Join us twice a month on a Wednesday evening for a night of fun.

The first Wednesday of every month will be Potluck & Games Night.

- Call ahead and sign up to bring a food item
- Play board games and have a good time with friends

October 7, 2015 - Comfort Food Theme

November 4, 2015 - Healthy Eating Potluck Theme

December 2, 2015 - Holiday Season Potluck Theme

The third Wednesday of every month will be Casino Night.

- Come and participate in Black Jack, Tex Hold'em and Roulette
- Bring your dinner and eat it with the group (brown bag style)

October 21, 2015

November 18, 2015

December 16, 2015

Location:

BICR, Unit 10

Times:

4pm to 7pm

Min #

4

Max #

24

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

Potluck Night - signup and bring a food item.

Casino Night - bring your dinner "brown bag style".

Pre-Requisites:

N/A

Contact Name:

Gillian Pagnotta 905-687-6788 ext. 720

Shirley Ely 905-687-6788 ext. 756

Registration Date:

N/A

Comments:

N/A

Men's Group



Description, Dates & Times:

The group has organized a variety of activities for the 12 week sessions. The times vary and are listed beside each activity.

Thursdays:

October 1 - Puddicombe Farms Apple Picking - 12:30pm to 3pm (bring spending money)
 October 8 - Lunch at North China Buffet - 12pm to 2pm (cost TBA)
 October 15 - Happy Rolph's - 1pm to 3pm (no cost)
 October 22 - Bowling at Parkway Lanes - 12:30pm to 3pm (cost \$5)
 October 29 - Pumpkin Carving at Unit 10 - 1pm to 3pm (cost \$2)
 November 5 - Billiards at In The Corner - 1pm to 3pm (cost \$5)
 November 12 - Darts at Boston Pizza - 1pm to 3pm (no cost)
 November 19 - Planning Day at Unit 10 - 1pm to 3pm
 November 26 - Pizza & NFL Football at Unit 10 - 12pm to 3pm (cost \$5)
 December 3 - Bingo at Unit 10 - 1pm to 3pm (cost a \$5 prize)
 December 10 - Lunch at Perkins Restaurant - 12:30pm to 2:30pm (cost is the price of meal)
 December 17 - Christmas Movie & Snack at Unit 10 - 12:30pm to 3pm
 December 24 - NO GROUP

Location:

BICR, Unit 12

Min

2

Max

N/A

Transportation:

Provided at a cost.

Materials Required:

N/A

Activity Fee:

Some weeks may have a cost depending on the activity.

Pre-Requisites:

N/A

Contact Name:

Dave Horton 905-687-6788 ext. 641

Registration Date:

N/A

Comments:

N/A

WRAP



Description:	Come and get your hands dirty and relish at the end result. This year round program includes a variety of activities such as weeding, raking, transplanting, seeding, watering and general garden maintenance. See a flower bloom or a vegetable grow and watch the many changing colours of the seasons.
Location:	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
Dates:	Fridays, October 2 to December 18, 2015 (excluding holidays)
Times:	10am to 12:30pm
Min #	2
Max #	8
Transportation:	Provided from BICR's Main Office at no cost.
Materials Required:	Please note: All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Monday, September 28, 2015
Comments:	Please dress weather and activity appropriate.

Music Therapy



Description:	<p>Music therapy is the skillful use of music and musical elements. Facilitated by Laura Cowal, accredited music therapist the group will gather to sing, play music, have fun and gain confidence with others.</p> <p>The sessions are designed to promote, maintain, and restore mental, physical, emotional, and spiritual health. As well as, develop therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.</p>
Location:	BICR, Unit 10
Dates:	Fridays, October 2 to December 18, 2015 (excluding holidays)
Times:	11am to 12:00pm
Min #	6
Max #	25
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	48 hours prior to the event.
Comments:	N/A

Pet Therapy



Description:	Hosted by Therapy Tails Niagara, Pet Therapy is a visiting program where trainers come into Unit 10 with the therapy dogs and they visit for an hour. It is a proven fact that the touch of an animal can relieve stress, ease depression and have a calming effect on the body. If you love dogs and want to spend an hour with these furry little friends this group is for you!
Location:	BICR, Unit 10
Dates:	Third Friday of each month: October 16, 2015 November 20, 2015
Times:	1pm to 2pm
Min #	4
Max #	20
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	48 hours prior to the event.
Comments:	This is a therapy dog program, those participants that have allergies or fear of animals or barking may not want to attend this group.

Stucco Abstract Art Workshop



Description & Dates: Create a beautiful work of art!

Express yourself artistically with this unique form of art using stucco and other textiles. BICR welcomes back Laurie Rahm a self taught local artist who has agreed to share her talent and passion for art. Laurie's style of painting allows all individuals to participant regardless of ability. She begins her projects using stucco which is applied by hand or using tools to canvas or plywood. This is completed during the first session. The following sessions, group members will paint their stucco creation using a variety of acrylic paints. Finally the piece is sealed and preserved with painters varnish.

Three session group. (Individuals must attend all three sessions)

Location: BICR, Unit 10

Dates: Fridays:

November 6, 2015
November 13, 2015
November 27, 2015

Times: 1pm to 3pm

Min # 4

Max # 8

Transportation: Not provided. Please arrange your own transportation.

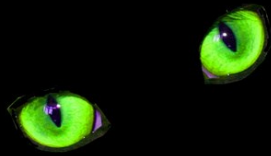
Materials Required: N/A

Activity Fee: \$15 for the three sessions. After the sessions are completed all individuals will have a complete work of art to take home.

Pre-Requisites: N/A

Contact Name: Gillian Pagnotta 905-687-6788 ext. 720

Registration Date: To register please pay for this course by Friday, October 30, 2015.



HALLOWEEN Party

THURSDAY,
OCTOBER 29TH

5:00PM TO 9:00PM

GRANTHAM OPTIMIST, 188 LINWELL ROAD

CONTACT DAVE HORTON FOR DETAILS 905-687-6788 EXT 641
PLEASE ARRANGE YOUR OWN TRANSPORTATION

**Music with DJ Davie D
Raffle, Baked Goods, Pizza,
Pop & Prizes**

**Tickets \$5 or \$7 at the Door
Kids Welcome
Under 12 \$3**



Outreach & Modular Services

Participant Holiday Party

Monday, December 7, 2015
5-8pm

Grantham Optimist Club
188 Linwell Road, St. Catharines

Celebrate the holiday season with a traditional turkey dinner catered entirely by Classic Caterers.

Cost \$5 per person. Participants are invited to bring a **maximum** of 2 guests.

Please bring a wrapped and labeled gift for your child valuing approximately \$10 and a non-perishable food item to donate to Community Care.

Contact Dave Horton at 905-687-6788 ext. 641 by Monday, November 30, 2015

Contact St. Catharines Para-Transit to arrange a ride by November 23, 2015. BICR is able to provide transportation (at a cost) for participants living outside of St. Catharines. There are limited spaces available.

Brain Injury Community Re-entry (Niagara) Inc.

Special Events and Outings

Fall ~ October, November & December 2015

Here is a calendar for fall 2015 events and outings to be sponsored by BICR. Please note the following:

The calendar is to be used as a quick reference tool whereas the accompanying sheets have more detail about each event.

1. Events are listed and offered by city. You may attend an event in another city however transportation may not be provided.
2. All fees must be paid up front, occasionally in advance, particularly for ticketed events.
3. Often, a head-count of how many participants and staff are attending must be given in advance to the business/box office sponsoring the event. Therefore, **everyone (staff/participants) must register at least 48 hours** prior to the event in order to attend. Last minute sign ups cannot be accommodated. Events with a greater deadline date prior to the event will be noted. Some events require a minimum number of participants to occur.
4. **Bolded events with the van icon in the box indicate door-to-door van pick up availability.** All other events require participants to either provide their own transportation or meet in a central location to ride the van to an out-of-town event. All van rides require participants to pay transportation costs as indicated in **exact change!** You will be notified **24 hours** before the event occurs regarding your pick-up time.
5. Times indicated on the calendar are event times and do not include pick-up and drop-off time or driving time.
6. If you have any difficulties understanding the information given in this calendar, please consult your staff, family members, or call the TRS coordinator for clarification and assistance.
7. Opportunities for additional events may occur throughout the season and will be advertised to staff as they occur and will be added to our website.
8. Registration for events are open three weeks prior to the event except where an earlier deadline is indicated.
9. It is BICR's policy that alcohol consumption during an event is absolutely **not** permitted.
10. For out-of-country events (e.g. Sabres game), proper medical/insurance coverage is required as well as appropriate identification. If evidence of this is not presented, you will not be permitted to go to the event with BICR.

BICR MAIN OFFICE PHONE NUMBER: (905) 687-6788

October 2015

EVENTS OPEN TO EVERYONE (🚗 TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Oct 7	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Comfort Food theme potluck and games night. Call ahead and sign up to bring a food item.
Wed, Oct 14	10:00 am - 4:00 pm	Toronto	Casa Loma Tour	Cost is \$15. Meet at the office at 8am. 🚗
Wed, Oct 14	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Oct 21	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Fri, Oct 9	6:00 - 9:00 pm	Captain Jacks, Clifton Hill	Laser Tag and More	Cost is \$10. 🚗
Thus, Oct 29	5:00 - 9:00 pm	Grantham Optimist	Halloween Dance	See page 23 for further details.

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Oct 13	5:00 - 7:00 pm	Cat's Caboose	Diner's Club	Cost is the price of your meal.
Sat, Oct 24	5:00 - 8:00 pm	Richardson Court	Pumpkin Carving and Pizza Party	Cost is \$2.

WELLAND

Date	Time	Place	Event	Notes
Sun, Oct 4	5:30 - 7:30 pm	Parkdale	Scary Movie Night	No cost. Be prepared to be scared!
Sat, Oct 17	12:00 - 3:30 pm	Seaway Mall	Movie and lunch with Promenade	Cost is the price of the movie and your meal.
Tues, Oct 27	5:00 - 7:00 pm	Don Marco's	Diner's Club	Cost is the price of your meal.

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Scary Movie at Parkdale 5:30-7:30pm	5	6	7 Niagara Falls Lunch Club 11:30am-1pm Far East Wacky Wed Comfort Food theme Potluck & Games Night at Unit 10 4-7pm	8	9	10
11	12 <i>Thanks Giving Office Closed</i>	13 St. Catharines Diner's Club Cat's Caboose 5-7pm	14 Casa Loma Tour Toronto 10am-4pm Music Trivia 1-3pm	15	16	17 Movie & Lunch at Seaway Mall with Promenade 12-3:30pm
18	19	20	21 Wacky Wednesday Casino Night at Unit 10 4-7pm	22	23 Laser Tag & More at Captain Jacks Niagara Falls 6-9pm	24 Pumpkin Carving & Pizza Party at Richardson Crt 5-8pm
25	26	27 Welland Diner's Club Don Marco's 5-7pm	28	29 Halloween Dance at Grantham Optimist 5-9pm	30	31

November 2015

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Nov 4	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Healthy Eating theme potluck and games night. Call ahead and sign up to bring a food item.
Fri, Nov 6	6:00 - 10:00 pm	Pen Centre	Movie	Cost is the price of the movie. 
Wed, Nov 11	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Nov 11	7:00 - 9:00 pm	BICR, Unit 10	Bingo Bash	Please bring a \$5 prize. 
Wed, Nov 18	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Wed, Nov 25	5:00 - 8:00 pm	Pen Centre	Dinner and Shopping	Cost is the price of your meal and spending money. 




ST. CATHARINES

Date	Time	Place	Event	Notes
Sat, Nov 7	1:00 - 2:30 pm	Heartland Forest	Hike with Richardson Court	Dress weather appropriate.
Tues, Nov 10	5:00 - 7:00 pm	Boston Pizza, Ontario St	Diner's Club	Cost is the price of your meal.

WELLAND

Date	Time	Place	Event	Notes
Sun, Nov 8	5:30 - 7:30 pm	Parkdale	Fun and Games	*Including the Pepsi taste challenge!!!*
Sat, Nov 21	4:00 - 6:00 pm	Welland	Santa Claus Parade	No cost. Join Promenade for hot chocolate and treats afterwards.
Tues, Nov 24	5:00 - 7:00 pm	Blue Star	Diner's Club	Cost is the price of your meal.

November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Niagara Falls Lunch Club 11:30am-1pm Betty's Restaurant Wacky Wednesday Fresh & Healthy Potluck & Games Night at Unit 10 4-7pm	5	6 Movie at the Pen Centre 6-10pm 	7 Hike at Heartland Forest with Richardson Crt 1-2:30pm
8 Fun & Games with Parkdale 5:30-7:30pm	9	10 St. Catharines Diner's Club Boston Pizza, Ontario Street 5-7pm	11 Music Trivia 1-3pm Bingo Bash at Unit 10 7-9pm 	12	13	14
15	16	17	18 Wacky Wednesday Casino Night at Unit 10 4-7pm	19	20	21 Santa Claus Parade with Promenade Hot Chocolate & Treats Afterwards 4-6pm
22	23	24 Welland Diner's Club Blue Star 5-7pm	25 Dinner & Shopping at Pen Centre 5-8pm 	26	27	28
29	30					

December 2015

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Dec 2	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Holiday Season theme potluck and games night. Call ahead and sign up to bring a food item.
Fri, Dec 4	6:30 - 8:30 pm	NOTL	Candle Light Stroll	Cost is \$3 if you want to purchase a candle. 
Mon, Dec 7	5:00 - 8:00 pm	Grantham Optimist Club	COSS/Modular Services Holiday Party	See page 24 for further details. 
Wed, Sept 9	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Thurs, Dec 10	7:00 - 10:00 pm	Meridian Centre	Ice Dogs Game	Cost TBA. 
Wed, Dec 16	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).




ST. CATHARINES

Date	Time	Place	Event	Notes
Sun, Dec 6	6:00 - 8:00 pm	Richardson Court	Cookie Exchange and Trivia	Cost is \$30 per house for cookie supplies.
Tues, Dec 8	5:00 - 7:00 pm	Swiss Chalet	Diner's Club	Cost is the price of your meal.

WELLAND

Date	Time	Place	Event	Notes
Sat, Dec 12	1:00 - 3:00 pm	Parkdale	Secret Santa	Bring a \$5 gift to exchange.
Sun, Dec 13	4:00 - 8:00 pm	Promenade	Christmas Pasta Party.	Games and Movie. Please bring a salad or dessert to share.
Tues, Dec 22	5:00 - 7:00 pm	Swiss Chalet	Diner's Club	Cost is the price of your meal.

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Niagara Falls Lunch Club 11:30am-1pm Swiss Chalet Wacky Wednesday Holiday Season Theme Potluck & Games Night at Unit 10 4-7pm	3	4 NOTL Candle Light Stroll 6:30-8:30pm 	5
6 Cookie Exchange & Trivia at Richardson Court 6-8pm	7 COSS/Modular Holiday Party at Grantham Optimist Club 5-8pm 	8 St. Catharines Diner's Club at Swiss Chalet 5-7pm	9 Music Trivia at 1-3pm	10 Ice Dogs Game at Meridian Centre 7-10pm 	11	12 Secret Santa at Parkdale 1-3pm
13 Christmas Pasta Party at Promenade 4-8pm	14	15	16 Wacky Wednesday Casino Night at Unit 10 4-7pm	17	18	19
20	21	22 Welland Diner's Club at Swiss Chalet 5-7pm	23	24 <i>Christmas Eve Office Closed at noon</i>	25 <i>Christmas Day Office Closed</i>	26 <i>Boxing Day</i>
27	28 <i>Office Closed</i>	29	30	31 <i>New Years Eve Office Closed at Noon</i>		



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