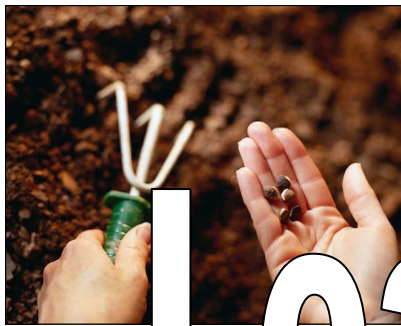




Brain Injury  
Community Re-entry  
(NIAGARA) INC.

# Learning & Leisure Guide

## Fall 2016



# Welcome to BICR's Learning & Leisure Guide

Welcome to 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 2016.

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. Many of the programs and activities being offered will take place in the community as well as the BICR Main Office and Unit 10, 261 Martindale Road. 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.

Thank you and we look forward to hearing from you.

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## 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](http://www.bicr.org).

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

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### *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



<b>Description:</b>	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.
<b>Location:</b>	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
<b>Dates:</b>	Mondays, October 3 to December 19, 2016 (excluding holidays)
<b>Times:</b>	10am to 11:30am
<b>Min #</b>	2
<b>Max #</b>	8
<b>Transportation:</b>	Provided from BICR's Main Office at no cost.
<b>Materials Required:</b>	<b>Please note:</b> All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Monday, September 26, 2016
<b>Comments:</b>	Please dress weather and activity appropriate.

# Wood Working



- 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 Kalar Road, Niagara Falls, ON
- Dates:** Mondays, October 3 to December 12, 2016  
(excluding holidays)
- Times:** 10:30am to 12noon
- Min #** N/A
- Max #** 12
- Transportation:** Not provided. Please arrange your own transportation.
- Materials Required:** All materials for the wood working program will be provided by the group facilitator.
- Activity Fee:** \$5 per session. After the 10 wood working sessions you will have a variety of completed projects 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 26, 2016
- Comments:** All individuals are asked to bring a lunch and dress weather appropriate.

# Women's Recreation Group



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

Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 10 weeks with a different activity each week.

Mondays:

Oct 3 - Puddicombe Farms - 12:30pm to 3pm (cost is the price of apples)

Oct 10 - NO GROUP

Oct 17 - Lunch Outing - 12:30pm to 3pm (cost is the price of your meal)

Oct 24 - Pumpkin Patch - 12:30pm to 3pm (cost is the price of pumpkin)

Oct 31 - Pumpkin Carving at the Main Office - 1pm to 3pm

Nov 7 - CPR and First Aid at the Main Office - 1pm to 3pm (cost is the price of your certificate)

Nov 14 - Bowling at Parkway - 1pm to 3pm (cost \$5 for two games)

Nov 21 - Shopping and Lunch at the Pen Center - 12:30pm to 3pm (cost is the price of lunch and spending money)

Nov 28 - Soap Stone Carving at the Main Office - 1pm to 3pm (cost \$3)

Dec 5 - Holiday Party at the Main Office - 1pm to 3pm (cost \$5 for craft)

Dec 12 - Baked Goods and Movie at Main Office - 12:30pm to 3pm

Dec 19 - NO GROUP

Dec 26 - NO GROUP

**Min #**

4

**Max #**

12

**Transportation:**

Provided at a cost.

**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 26, 2016

# 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 3 to December 19, 2016  
(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

# Cooking Take Home Meals



<b>Description:</b>	Prepare take home meals to cook at home. Learn about handling and preparing food safely. Practice using cooking aids while preparing healthy low in sodium and saturated fat meals. Take a meal home to share with your family or package individual freezer meals to cook at a future date.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Monday: October 31, 2016 November 28, 2016
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	8
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	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.
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	Friday, October 14, 2016
<b>Comments:</b>	Ingredients such as oil and seasoning will be provided at no cost.

# Drama Club



<b>Description:</b>	Drama therapy is defined as a method of therapy where individuals are encouraged to continue and complete their actions through verbal and non-verbal communications. Participants will take part in the exploration of movement, mime, puppetry, improvisation, costume use, story telling and role play. These sessions will foster one's imagination, sense of play, communication and cooperation skills.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Tuesdays: October 4, 2016 October 18, 2016 November 1, 2016 November 15, 2016 November 29, 2016 December 13, 2016
<b>Times:</b>	1pm to 2:30pm
<b>Min #</b>	4
<b>Max #</b>	10
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720 Shirley Ely 905-687-6788 ext. 756
<b>Registration Date:</b>	Monday, September 26, 2016
<b>Comments:</b>	N/A



# Diner's Club



<b>Description:</b>	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.
<b>Dates &amp; Location:</b>	<p><b>St. Catharines Diner's Club</b> - second Tuesday of each month:</p> <p>October 11, 2016 - Kelsey's (YMCA Drive)  November 8, 2016 - Rickijo's  December 13, 2016 - Fresco's</p> <p><b>Welland Diner's Club</b> - fourth Tuesday of each month:</p> <p>October 25, 2016 - Keith's Restaurant  November 22, 2016 - MT Bellies  December 27, 2016 - JJ Kapps (St. Catharines)</p>
<b>Times:</b>	5pm to 7pm
<b>Min #</b>	4
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.

# Niagara Falls Lunch Club



<b>Description &amp; Dates:</b>	A Lunch-Time Diner's Club.  First Wednesday of each month:  October 5, 2016 - Magnolia's Chinese Restaurant, 7666 Lundy's Lane, NF November 2, 2016 - Betty's Restaurant, 8921 Sodom Road, NF December 7, 2016 - Swiss Chalet, 3770 Montrose Road, NF
<b>Times:</b>	11:30am to 1pm
<b>Min #</b>	2
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	N/A

# Music Trivia



<b>Description:</b>	Join us the second Wednesday of every month to test your music knowledge and have the chance to win a prize.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Second Wednesday of each month:  October 12, 2016 November 9, 2016 December 14, 2016
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	12
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	N/A
<b>Comments:</b>	N/A

# Music with Phil, Rick & Friends



<b>Description:</b>	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 are encouraged.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Wednesdays:  October 5, 2016 October 19, 2016 November 2, 2016 November 16, 2016 December 7, 2016
<b>Times:</b>	2pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	25
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	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 Dinner & Games Night.

- Dinner will be provided at a cost of \$4 per person per week
- Play board games and have a good time with friends

October 5, 2016 - Soup and Sandwiches

November 2, 2016 - Spaghetti and Meatballs

December 7, 2016 - Chili

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 19, 2016

November 16, 2016

December 21, 2016

## Location:

BICR, Unit 10

## Times:

4pm to 7pm

## Min #

4

## Max #

24

## Transportation:

Not provided. Please arrange your own transportation.

## Materials Required:

Dinner and Games Night - \$4 per person per week.

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 11 week sessions. The times vary and are listed beside each activity.

Thursdays:

Oct 6 - Fort George - 12:30pm to 3pm (cost \$5)

Oct 13 - Puddicombe Farms - 1pm to 3pm (cost is the price of apples)

Oct 20 - Darts at Boston Pizza - 1pm to 3pm

Oct 27 - Pumpkin Carving at Unit 10 - 1pm to 3pm (cost \$2 for pumpkin or bring your own)

Nov 3 - Fallsview Casino - 12:30pm to 3pm (cost is spending money)

Nov 10 - Bingo at Unit 10 - 1pm to 3pm (cost is a \$5 prize)

Nov 17 - Planning Day at Unit 10 - 1pm to 3pm

Nov 24 - American Thanks Giving Football Day at Unit 10 - 12:30pm to 3pm

Dec 1 - Lunch at Pen Center - 12pm to 3pm (cost is the price of your meal)

Dec 8 - Bowling at Parkway Lanes - 1pm to 3pm (cost is \$5)

Dec 15 Billiards at In The Corner - 1pm to 3pm (cost \$5)

Dec 22 - Holiday Movie at Unit 10 - 12:30pm to 3pm

Dec 29 - NO MEN'S

**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.

**Contact Name:**

Dave Horton 905-687-6788 ext. 641

**Registration Date:**

N/A

**Comments:**

N/A

# WRAP



<b>Description:</b>	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.
<b>Location:</b>	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
<b>Dates:</b>	Fridays, October 7 to December 23, 2016 (excluding holidays)
<b>Times:</b>	10am to 12:30pm
<b>Min #</b>	2
<b>Max #</b>	8
<b>Transportation:</b>	Provided from BICR's Main Office at no cost.
<b>Materials Required:</b>	<b>Please note:</b> All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Monday, September 26, 2016
<b>Comments:</b>	Please dress weather and activity appropriate.

# Music Expressions



**Description:** 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.

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.

**Location:** BICR, Unit 10

**Dates:** Fridays, October 7 to December 16, 2016  
(excluding holidays)

**Times:** 11am to 12:00noon

**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



<b>Description:</b>	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!
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Third Friday of each month:  October 21, 2016 November 18, 2016
<b>Times:</b>	1pm to 2pm
<b>Min #</b>	4
<b>Max #</b>	20
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	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 participate regardless of ability. She begins her projects using stucco which is applied by hand or using tools to a 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:

October 28, 2016  
November 4, 2016  
November 11, 2016

**Times:** 1pm to 3pm

**Min #** 6

**Max #** 14

**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 14, 2016.



# HALLOWEEN Party

THURSDAY,  
OCTOBER 27TH

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 5, 2016  
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 28, 2016

Contact St. Catharines Para-Transit to arrange a ride by November 21, 2016. BICR is able to provide transportation (at a cost) for participants living outside of St. Catharines. There are limited spaces available.

# Tai Chi

In Partnership with March of Dimes Canada, BICR looks forward to offering Tai Chi beginning **January 2017**. Provided by the Experience Physical Activity program.

Participating individuals will work on their balance and coordination through engaging activities, while harmonize their breath with the rhythm of movement in our low key but intense tai chi.

Look for registration information in the winter 2017 edition of the Learning and Leisure Guide.



# October 2016

## EVENTS OPEN TO EVERYONE ( TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Oct 5	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Cost \$4 for soup and sandwiches.
Sat, Oct 8	10:00 am - 4:00 pm	Toronto	Hockey Hall of Fame	Cost TBA. Meet at the Main Office for 9:00am. 
Wed, Oct 12	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Oct 12	6:00 - 8:00 pm	BICR, Unit 10	Trivia Night	Test your knowledge on a variety of topics. 
Wed, Oct 19	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).
Thurs, Oct 27	5:00 - 8:00 pm	Grantham Optimist Club 188 Linwell Road	Halloween Dance	Cost is \$5. Prizes, draws, raffles and food. See page 19 for further details.

## ST. CATHARINES

Date	Time	Place	Event	Notes
Thurs, Oct 11	5:00 - 7:00 pm	Kelsey's, YMCA Drive	Diner's Club	Cost is the price of your meal.
Sat, Oct 29	1:30 - 3:00 pm	Richardson Court	Pumpkin Carving	Please bring your own pumpkin.

## WELLAND

Date	Time	Place	Event	Notes
Tues, Oct 25	5:00 - 7:00 pm	Keith's Restaurant	Diner's Club	Cost is the price of your meal.
Sun, Oct 30	7:00 - 9:00 pm	Promenade Richelieu	Scary Movie Night	Popcorn and drinks provided.

# October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Niagara Falls Lunch Club 11:30am-1pm Magnolia's Buffet  Wacky Wed Dinner & Games Night at Unit 10 4-7pm	6	7	8 Hockey Hall of Fame 10am-4pm  Transportation from the Main Office at 9am 
9	10	11 St. Catharines Diner's Club Kelsey's Restaurant 5-7pm	12 Music Trivia 1-3pm  Trivia Night 6-8pm 	13	14	15
16	17	18	19 Wacky Wednesday Casino Night at Unit 10 4-7pm	20	21	22
23	24	25 Welland Diner's Club Keith's Restaurant 5-7pm	26	27 BICR Halloween Dance 5-8pm	28	29 Pumpkin Carving at Richardson Court 1:30-3pm
30 Scary Movie at Promenade Richelieu 7-9pm	31					

# November 2016

## EVENTS OPEN TO EVERYONE ( TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Nov 2	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for spaghetti and meatballs.
Wed, Nov 9	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Nov 9	6:00 - 8:00 pm	BICR, Unit 10	Yoga and Meditation	Come out and relax, stretch, and meditate. 
Wed, Nov 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).
Fri, Nov 25	7:00 - 10:00 pm	Meridian Center	Ice Dogs vs Sudbury Wolves Hockey Game	No cost. Limited seats available, all names will be entered into a random draw. 
Wed, Nov 30	6:00 - 9:00 pm	Pen Center	Dinner and Shopping	Cost is the price of your meal and shopping. Start your Christmas shopping early. 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Nov 8	5:00 - 7:00 pm	Rickijo's	Diner's Club	Cost is the price of your meal.
Fri, Nov 11	6:30 - 8:30 pm	Richardson Court	Minute to Win it Games	Come on out and challenge yourself with a variety of games.,

## WELLAND

Date	Time	Place	Event	Notes
Sat, Nov 5	12:00 - 2:00 pm	Seaway Mall	Lunch with Parkdale	Cost is the price of your meal.
Sat, Nov 19	4:00 - 6:00 pm	Meet at Promenade Richelieu at 3pm	Welland Santa Claus Parade	Get into the holiday season. Further details to follow.
Tues, Nov 22	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal.






# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Niagara Falls Lunch Club 11:30am-1pm Betty's  Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	3	4	5 Lunch at Seaway Mall with Parkdale 12-2pm
6	7	8 St. Catharines Diner's Club Rickijo's 5-7pm	9 Music Trivia 1-3pm  Yoga & Meditation 6-8pm 	10	11 Minute to Win it Games at Richardson Court 6:30-8:30pm	12
13	14	15	16 Wacky Wednesday Casino Night at Unit 10 4-7pm	17	18	19 Welland Santa Claus Parade 4-6pm Meet at Promenade Richelieu at 3pm
20	21	22 Welland Diner's Club MT Bellies 5-7pm	23	24	25 Ice Dogs vs Sudbury Wolves 7-10pm 	26
27	28	29	30 Dinner & Shopping at the Pen Center 6-9pm 			

# December 2016

## EVENTS OPEN TO EVERYONE ( TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Fri, Dec 2	6:30 - 9:00 pm	Niagara-on-the-Lake	Candle Light Stroll	Cost is \$3 for a candle. Join us for this annual event. A beautiful stroll through NOTL. 
Sat, Dec 3	7:00 - 10:00 pm	St. Catharines Performing Arts Center	Quinn Sullivan Live	Cost is \$39 per ticket. This talented, young guitar player has played along side the likes of BB King. 
Mon, Dec 5	5:00 - 8:00 pm	Grantham Optimist Club 188 Linwell Road	COSS/Modular Holiday Party	Cost is \$5 per person. See page 20 for details. 
Wed, Dec 7	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for Chili.
Wed, Dec 14	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Dec 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).



## ST. CATHARINES

Date	Time	Place	Event	Notes
Tue, Dec 13	5:00 - 7:00 pm	Fresco's	Diner's Club	Cost is the price of your meal.
Sat, Dec 17	1:00 - 3:00 pm	Richardson Court	Ornament Making	Join us for Holiday Ornament making.

## WELLAND

Date	Time	Place	Event	Notes
Sat, Dec 10	11:30 am - 3:00 pm	Seaway Mall	Holiday Lunch & Movie	Cost is the price of your meal and shopping. With Promenade Richelieu.
Fri, Dec 16	6:00 - 8:00 pm	Parkdale	Holiday Craft	Make a holiday craft.
Tues, Dec 27	5:00 - 7:00 pm	JJ Kapps (St. Catharines)	Diner's Club	Cost is the price of your meal.

# December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 NOTL Candle Light Stroll 6:30-9:00pm 	3 Quinn Sullivan at St. Catharines Performing Arts Center 7-10pm 
4	5 COSS/Modular Holiday Party 5-8pm 	6	7 Niagara Falls Lunch Club 11:30am-1pm Swiss Chalet  Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	8	9	10 Holiday Lunch & Shopping with Promenade Richelieu 11:30am-3pm
11	12	13 St. Catharines Diner's Club at Fresco's 5-7pm	14 Music Trivia 1-3pm	15	16 Holiday Craft at Parkdale 6-8pm	17 Holiday Ornament Making with Richardson Crt 1-3pm
18	19	20	21 Wacky Wednesday Casino Night at Unit 10 4-7pm	22	23	24
25	26	27 Welland Diner's Club at JJ Kapps 5-7pm	28	29	30	31



# Brain Injury Community Re-entry (NIAGARA) INC.

*Turning the Key to Opportunity in Niagara since 1988*

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