

LEARNING AND LEISURE GUIDE

FALL 2025



Brain Injury
Community Re-entry
(NIAGARA) INC.

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 2025.**

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 Unit 1B location, 3300 Merrittville Hwy, Thorold. 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.

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 Ontario West HNHB 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 Ontario West HNHB or the government of Ontario.



MUSIC – COSTUMES – FOOD

Halloween Dance

OCT
16

188 LINWELL RD., ST. CATHARINES
GRANTHAM OPTIMIST CLUB

5PM – 8PM

Katie Hill @ 905-682-2678 or khill@bicr.org

Dave Horton recreation@bicr.org



BONUS BINGO

@ THE HUB

**WEDNESDAY, OCTOBER 22ND
1PM - 2:30PM**

**PLEASE BRING A PRIZE WORTH \$5 FOR THE PRIZE TABLE, AND
YOU'RE GUARANTEED TO WIN A PRIZE TO TAKE HOME!**

Contact Katie or Shirley at 905-682-2678 or khillebicr.org



Christmas Luncheon

Participants from the entire agency are welcome to join PET and REC all together at the Optimist Club for our BICR Christmas dinner. Served at lunch, enjoy a seasonal celebration and delicious food!

.....

Thursday, December 11th

11am - 2pm



.....
Register by:



Friday, November 28th by 3pm

RSVP deadline is set so we can place the food order.

NO LATE REGISTRATIONS ACCEPTED.

BICR Participants ONLY, unless acting as a support person.

**Grantham Optimist Club
188 Linwell Rd., St. Catharines**

Contact Katie or Shirley at 905-682-2678 or
khill@bicr.org

or Dave Horton at recreation@bicr.org

- **STARTING IN JANUARY**
- **TUESDAY MORNINGS 9AM - 12PM**
- **10 WEEK PROGRAM**

GET READY

BRAIN

BASICS

COMING SOON...

@ THE HUB

Develop strategies,
increase awareness, and
learn how to focus on your
strengths.

Receive helpful resources
to take home to keep and
use as needed.

PRE-REGISTRATION TO KHILL@BICR.ORG

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

MONDAY GROUP

Art & Soul



Create a beautiful work of art! Art & Soul uses a variety of techniques, artistic mediums, and tools to create all sorts of different projects.

Join us for paper crafting, stucco painting, acrylic pouring, clay sculpting, and more. Each project is 3 sessions, but may vary.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

Series #1: October 20th and 27th : Stained Glass

Series #2: November 3rd, 10th, 17th : Tissue Paper Texture Art

Series #3: November 24th : Ceramics - Christmas

Series #4: December 1st and 8th : Ornament Crafts

*Dates subject to change

TIME

1:00 - 3:00 PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

One week prior to project start date to Katie Hill at 905-682-2678 or via email at khill@bicr.org

COMMENTS

Fee is \$15 per project. Participants must complete their first project before moving to the next.

NO LATE REGISTRATIONS.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

MONDAY GROUP

10 Pin *Bowling*



Join in on all the benefits bowling has to offer.

Bowling helps to burn calories and work muscle groups not usually exercised. The activity also strengthens friendships and creates new ones.

Partake in one or two games of 10 pin bowling and cheer on your friends.

LOCATION

PARKWAY LANES, 327 ONTARIO STREET, ST. CATHARINES

DATES

OCTOBER 6TH TO DECEMBER 15TH

****NO BOWLING ON MONDAY, OCTOBER 13TH (THANKSGIVING)****

TIME

10AM- 11:30PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

48 hours prior to the event to Dave Horton at recreation@bicr.org.

COMMENTS

Cost is \$3.50 per game. Includes shoe rental.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Diner's Club



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 favourite dish, it's up to you. Bring a smile and a healthy appetite.

LOCATION

VARIOUS LOCATIONS IN ST. CATHARINES AND WELLEND

DATES

DINER'S CLUB IS OFFERED ON TUESDAYS

St. Catharines:

October 14th - Big Marco's

November 11th - The Courtyard

December 9th - Swiss Chalet

Welland:

October 28th - Blue Star

November 25th - Mossimo's

December 16th - Swiss Chalet

TIME

5PM TO 7PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

48 hours prior to the event to Dave Horton at recreation@bicr.org.

COMMENTS

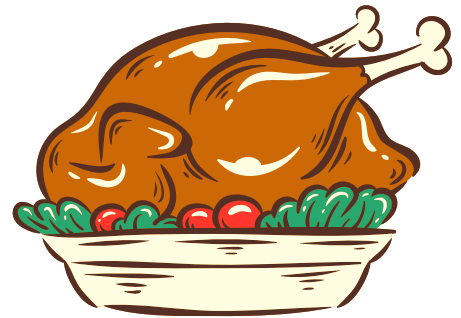
Cost is the price of your meal.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Take Home Cooking



Join the group at The Hub to work together to make an entire holiday turkey dinner you get to take home to enjoy at a later date.

Complete with mashed potatoes, gravy, stuffing, veggies, and fully roasted turkey. Practice those chopping and cooking skills to enjoy the classic holiday special.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

December 16th

CHRISTMAS TURKEY EDITION!

TIME

10AM - 3PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

December 2nd (2 weeks prior)

Please contact Katie or Shirley at 905-682-2678 or via email at khill@bicr.org

COMMENTS

Price of groceries - price determined by number of people registered. Should be approximately \$20 for several servings of full turkey dinner.

Call ahead for menu information.

Number of Participants - Min: 4 Max: 6

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Woodworking Group



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.

LOCATION	HEARTLAND FOREST
DATES	October 21 st , 28 th November 4 th 11 th 18 th 25 th
TIME	12:30PM - 2PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	Contact Jeff Spelier at 905-687-6788 ext. 640 or email jspelier@bicr.org
COMMENTS	10 people max. Cost is \$90 Payment for program will be through the Heartland Forest link that will be provided at a later date

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Pre-Employment Training



Join the Vocational Department and PET for a 12-week training program for individuals wishing to return to independent volunteering or paid employment.

Participants will complete 8 in-class sessions and a 4 week block of volunteering where they can practice their learned skills and knowledge.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

Every Tuesday, STARTING on September 16th.

October 7th - December 2nd

Attendance is mandatory for each session. This is a 12 week program.

TIME

9AM - 12PM

TRANSPORTATION

PLEASE PROVIDE YOUR OWN TRANSPORTATION

REGISTER BY

CLOSED FOR THIS SERIES AS IT BEGAN IN SEPTEMBER.

Contact Dianne in the Vocational Department for screening and intake process; djackson@bicr.org or 905-687-6788 ext. 614

COMMENTS

This program is specifically for individuals who are capable of returning to paid employment or independent volunteering. There may be a wait for vocational services after the program is complete, so supported and independent volunteer opportunities will be available for qualifying individuals.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Ridgeville Model Railway Club



Are you interested in model railroading but just don't know where to start? The Ridgeville Model Railroad Club would like to invite you to come out and be a part of the team working on a fully accessible HO model railroad layout.

You will learn all about HO model scale and how to use techniques to create realistic landscapes, and to make micro scenery come to life.

There is also an opportunity to run the train around the tracks and enjoy the sights and sounds of a working train.

LOCATION

ADDRESS WILL BE SENT UPON REGISTRATION

DATES

First and third Tuesdays.

October 7th and 21st

November 4th and 18th

December 2nd

TIME

1PM - 2:30PM

TRANSPORTATION

PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

October 1st

Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org

COMMENTS

Fully accessible model space, and HO scale is used in construction.

**PARTICIPANTS ARE EXPECTED TO COMMIT TO A FULL TERM
(SEPTEMBER-DECEMBER)**

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Tremendous Tuesdays



Looking for something fun to do on Tuesday afternoons? Come meet us doing various activities around Niagara.

LOCATION

ADDRESS WILL BE SENT UPON REGISTRATION

DATES

October 7th - Pen Center Tim Horton's
October 21st - Canada Games Park, INSIDE walking track
November 4th - The Hub, ice cream sundaes
November 18th - Pen Center, shopping and lunch
December 2nd - Pen Center, shopping

TIME

12:30PM - 3PM (**TIMES MAY VARY**)

TRANSPORTATION

PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

One week prior to each program.

Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org

COMMENTS

Please do not arrive at The Hub before 12 noon.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Men's Group



The group organizes a new activity each month for you to enjoy and socialize at. The schedule of activities is provided below.

LOCATION	VARIOUS LOCATIONS
DATES	October 21 st - Laser Tag, 1pm -2pm @ Parkway Social November 8 th - Lunch @ Boston Pizza (Ontario St., St. Catharines), 12pm - 2pm December 16 th - Lunch and shopping @ The Pen Center, 12pm - 2pm
TIME	TIMES VARY BETWEEN 12:00PM TO 3:00PM
TRANSPORTATION	PROVIDED AT A COST FROM THE HUB
REGISTER BY	48 hours prior to the event to Dave Horton at recreation@bicr.org
COMMENTS	Some weeks may have a cost depending on the activity.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

WOMEN'S *Group*



Enjoy spending Tuesday afternoon with BICR's Women's Recreation Group. The group will run for 10 weeks with a different activity each week. The schedule of activities is provided.

LOCATION

VARIOUS LOCATIONS

DATES

October 14th - Halloween ceramics from The Art Studio 1pm-3pm @ Schmon Parkway main office Cost \$20.00
October 28th - Warner Ranch and Pumpkin Farm 1pm-3pm - meet at entrance. Cost is the price for a pumpkin or wagon ride
November 11th - Surprise Bingo 1pm-3pm @ Schmon Parkway main office.
November 25th - Christmas shopping- 1pm-4pm Seaway Mall - meet at The Squire entrance
December 9th - Christmas lunch 12pm-2pm @ Swiss Chalet Glendale - wear a Christmas sweater.

TIME

TIMES VARY BETWEEN 12:00PM AND 3:00PM

TRANSPORTATION

PROVIDED AT A COST.

REGISTER BY

Dawn Wolff at dwolff@bicr.org or 905-933-3705

COMMENTS

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

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BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Wacky Wednesday



The first Wednesday of every month will be games or a movie. Play board games and have a good time with friends.

The third Wednesday of every month will be Casino Night. Come and challenge the dealer to a game of Blackjack or Texas Hold 'Em.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

October 1st - Team Trivia
November 5th - Family Feud
December 3rd - Guesstimation/Christmas Trivia

October 15th
November 19th
December 17th

CASINO GAMES

TIME

1:00PM TO 2:30PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.

REGISTER BY

Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org

COMMENTS

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Music with *Phil and Rick*



Come out and join Phil and Rick for a classic afternoon of amazing music with our much loved duo. Feel free to request your favourite songs!

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	October 29 th November 26 th
TIME	2:00PM TO 3:00PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 hours prior to the event to Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org
COMMENTS	PET will be hosting a “Music Jeopardy” activity from 1-2pm prior to music with Phil and Rick for any individuals who wish to attend.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Community Cafe



Join the chit chat at the Community Cafe! At The Hub, we take our tea time seriously. Join us for coffee, tea, or your refreshment of choice as we discuss all sorts of topics from local and international news, to wellness or pop culture. This is where the chit chat happens and friends are made!

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

EVERY Wednesday

October 1st to December 17th

TIME

9:30AM - 10:30AM

TRANSPORTATION

NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

48 hours prior

Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org

COMMENTS

This is an open group for anyone to join.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Fit 'n Fun



Staying active is an important part of living a healthy life, so join us for an hour of fitness. We've got pole walking, dance, yoga, bocce and all sorts of fun stuff!

Remember, these activities are always 100% adaptable, so don't be afraid to try something new.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

October

1st - Easy Stretching

8th - Seated Yoga

15th - Follow the Leader

22nd - BAM

29th - Adapted Aerobics

November

5th - Follow the Leader

12th - Seated Yoga

19th - Gold Zumba

26th - BAM

December

3rd - Follow the Leader

10th - Easy Stretching

17th - Chair Dance

TIME

11AM - 12PM

TRANSPORTATION

NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org

COMMENTS

Please wear comfortable clothing and running shoes or other supportive footwear.

Bust a Move Dance with Ali will be available on Zoom for those who wish to participate virtually. Zoom link is available on the weekly calendar.

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BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Music *Trivia*



Join us the second Wednesday of every month to test your music knowledge.

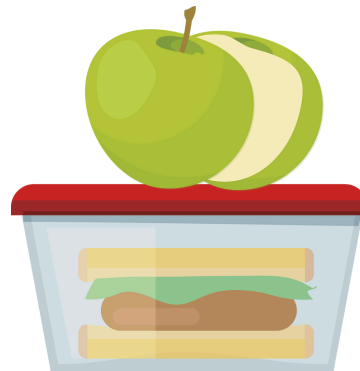
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	October 8 th November 12 th December 10 th
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.
REGISTER BY	48 hours prior to event to Dave Horton at recreation@bicr.org
COMMENTS	Come out and test your music knowledge or just listen to the tunes.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Lunch Club



Lunch time Diner's Club. Join us at different restaurants located in the Niagara Region once a month for a reasonably priced lunch.

LOCATION

VARIOUS LOCATIONS IN NIAGARA FALLS

DATES

October 15th - The Court Yard (2 Dunlop Dr., St. Catharines)
November 12th - The Cozy (361 Lake St, St. Catharines)
December 17th - Swiss Chalet (285 Geneva St., St. Catharines)

TIME

11:30AM TO 1:00PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

48 hours prior to the event to Dave Horton at recreation@bicr.org

COMMENTS

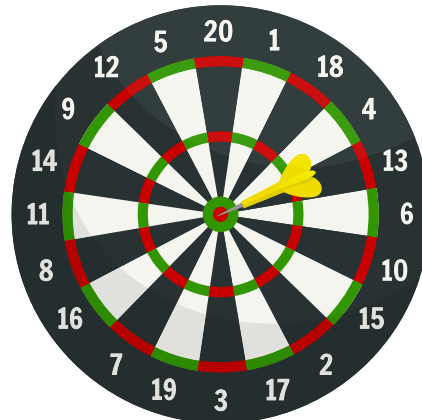
Cost is the price of your meal.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

THURSDAY GROUP

Pub Games



Join us for a variety of games including: darts, trivia, cards, and more.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

October 2nd - December 18th

****No Pub Games October 16th or December 11th ****

TIME

1:00PM TO 2:30PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

48 hours prior to the event to Dave Horton at recreation@bicr.org

COMMENTS

Come out and join us for a game of darts, euchre or a board game.

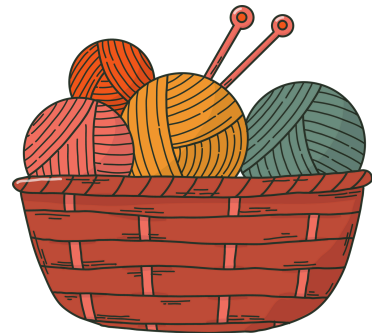
No cost.

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BRAIN INJURY COMMUNITY RE-ENTRY

THURSDAY GROUP

Stitch 'n' *Bitch*



Come to The Hub to learn how to loom knit, or crochet. This program is for people who want to learn how to loom knit, re-learn how to crochet, or who have previous experience with other yarn hobbies and just want a group to craft with.

Anyone can bring their own yarn project and work on it, in a social, supportive environment. Whether you are starting out or have knitted for years, this is the group for you!

Make your own project, or donate one to a deserving program.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

Every Thursday:

October 2nd - December 18th

Exceptions: October 16th for the dance and December 11th for Christmas Luncheon.

TIME

10AM - 12PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

48 hours prior to the event to Katie Hill or Shirley Ely at khill@bicr.org or 905-682-2678.

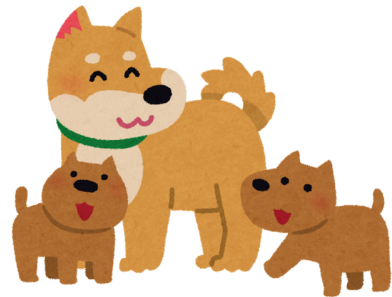
COMMENTS

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

FRIDAY GROUP

Pet Therapy



Come visit the sweet and playful pups at Unit 1B on the 3rd Friday of each month for pets, paws, and puppy kisses. Join us for wagging good times.

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

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

The THIRD Friday of every month:

November 21st

December 19th

No Therapy Tails October 17th

TIME

1:00PM TO 2:00PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

Katie Hill or Shirley Ely at 905-682-2678 or email khill@bicr.org.

COMMENTS

Please register 48hrs in advance.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

FRIDAY GROUP

Work Rest & Play



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

DATES

October 17th - December 19th

TIME

10:00AM TO 11:30AM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

48 hours prior to the date to Dave Horton at recreation@bicr.org

COMMENTS

All attendees must wear full back and closed toed shoes. **ABSOLUTELY NO SANDALS.** Dress appropriately for the weather and activity.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

FRIDAY GROUP

Laughter Yoga



Join us for a laughing good time at BICR's Laughter Yoga! Laughing boosts our mood, increases energy, reduces stress, helps relieve pain, and boosts your immune system!

Mary MacDonnell from Laughalot Yoga with ME leads us through great fun where we laugh tons, practice deep breathing exercises, stretch our bodies, and generally just have a goofy good time!

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

October 10th
November 14th
December 12th

TIME

1:00PM TO 1:45PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.

REGISTER BY

Katie Hill or Shirley Ely at 905-682-2678 or email khill@bicr.org

COMMENTS

48 hours notice for registration.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

FRIDAY GROUP

Music With Kurt



Music therapy is the skillful use of music and musical elements. Sessions are led by our music therapist, and are designed to engage participants in music in a fun and meaningful way.

Kurt is very engaging and has found a perfect balance of fun and learning using music.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

EVERY FRIDAY

October 3rd - December 19th

****Exception: October 17th ****

TIME

11:00AM TO 12:00PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

48 Hours prior

Katie Hill or Shirley Ely at 905-682-2678 or via email at khill@bicr.org

COMMENTS

Music with Kurt is available on Zoom for those that wish to participate virtually.

OCTOBER 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY OCTOBER 1 ST	1PM - 2:30PM	THE HUB	TEAM TRIVIA
MUSIC TRIVIA	WEDNESDAY OCTOBER 8 TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
ICE DOGS HOCKEY	SUNDAY OCTOBER 12 TH	2PM - 5PM	MERIDAN CENTER	COST IS \$18 PER TICKET, PLUS TRANSPORTATION
WACKY WEDNESDAY	SUNDAY OCTOBER 15 TH	1PM - 2:30PM	THE HUB	CASINO GAMES
HALLOWEEN DANCE	THURSDAY OCTOBER, 15 TH	5PM-8PM	GRANTHAM OPTIMIST CLUB 180 LINWELL RD. ST. CATHARINES	SEE FLYER FOR DETAILS
MUSIC WITH PHIL AND RICK	WEDNESDAY OCTOBER 22 ND	1PM - 3PM	THE HUB	COME OUT AND HEAR YOUR FAVOURITE SONGS.

OCTOBER 2025


ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY OCTOBER 14 TH	5PM - 7PM	BIG MARCO'S	PRICE IS THE COST OF YOUR MEAL
PUMPKIN PAINTING	TUESDAY OCTOBER 21 ST	1PM - 2:30PM	RICHARDSON COURT	ALL SUPPLIES AND PUMPKINS PROVIDED

WELLAND

WELLAND DINER'S CLUB	TUESDAY OCTOBER 28 TH	5PM - 7PM	THE BLUESTAR	PRICE IS THE COST OF YOUR MEAL.
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OCTOBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			Wacky Wednesday Community Cafe	Pub Games Stitch 'n' Bitch	WRAP Music with Kurt	
5	6	7	Fit and Fun	9	10	11
	Bowling	Pre-Employment TT - Pen Center Tim Horton's Model Railway	8 Music Trivia Community Cafe Fit and Fun	Pub Games Stitch 'n' Bitch	WRAP Music with Kurt Laughter Yoga	
12	13	14	15	16	17	18
Ice Dogs Game 	THANKSGIVING	St Catharine's Diner's Club Pre-Employment	Wacky Wednesday Lunch Club Community Cafe Fit and Fun	HALLOWEEN DANCE	WRAP	
19	20	21	22	23	24	25
	Bowling Art and Soul	Men's Group Pre-Employment Model Railway TT - Canada Games Park Pumpkin Painting @ RC	Music with Rick and Phil Community Cafe Fit and Fun Bonus Bingo	Pub Games Stitch 'n' Bitch	WRAP Music with Kurt	
26	27	28	29	30	31	1
	Bowling Art and Soul	Welland Diner's Club Pre-Employment	Music with Rick and Phil Fit 'n' Fun Community Cafe	Stitch 'n' Bitch Pub Games	WRAP Music with Kurt	

NOVEMBER 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, NOVEMBER 5 TH	1PM - 2:30PM	THE HUB	FAMILY FEUD
EXTRAVAGANZA TEAM BUILDING	WEDNESDAY, NOVEMBER 5 TH	6PM - 8:30PM	THE HUB	NO COST. COME OUT AND TEST YOUR ENGINEERING SKILLS.
MUSIC TRIVIA	WEDNESDAY, NOVEMBER 12 TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
BROCK BASKETBALL	FRIDAY, NOVEMBER 14 TH	8PM - 10PM	BROCK UNIVERSITY	COST IS \$5 PER PERSON PLUS TRANSPORTATION
WACKY WEDNESDAY	WEDNESDAY, NOVEMBER 19 TH	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH RICK AND PHIL	WEDNESDAY, OCTOBER 26 TH	1PM - 3PM	THE HUB	COME OUT AND HEAR YOUR FAVOURITE SONGS.

NOVEMBER 2025

ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, NOVEMBER 11 TH	5PM - 7PM	THE COURTYARD	PRICE IS THE COST OF YOUR MEAL

WELLAND

WELLAND DINER'S CLUB	TUESDAY, NOVEMBER 25 TH	5PM - 7PM	MOSSIMO'S	PRICE IS THE COST OF YOUR MEAL
CRAFTS AND KARAOKE	SATURDAY, NOVEMBER 22 ND	1PM - 2:30PM	PROMENADE	COME OUT AND MAKE A CRAFT AND SING SOME KARAOKE

NOVEMBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Bowling Art and Soul	4 Pre-Employment TT - Ice Cream Model Railway	5 Wacky Wednesday Fit and Fun Community Cafe Extravaganza 🚗	6 Pub Games Stitch 'n' Bitch	7 WRAP Music with Kurt	8
9	10 Bowling Art and Soul	11 St. Catharines Diner's Club Pre-Employment	12 Music Trivia Lunch Club Community Cafe Fit and Fun 🚗	13 Pub Games Stitch 'n' Bitch	14 WRAP Music with Kurt Laughter Yoga Brock Basketball 🚗	15
16	17 Bowling Art and Soul	18 Men's Group Pre-Employment TT - Pen Center Model Railway	19 Wacky Wednesday Community Cafe Fit and Fun	20 Pub Games Stitch 'n' Bitch	21 WRAP Music with Kurt Therapy Tails	22 Crafts and Karaoke @ PR
23	24 Bowling Art and Soul	25 Welland Diner's Club Pre-Employment	26 Music with Rick and Phil Community Cafe Fit and Fun	27 Pub Games Stitch 'n' Bitch	28 WRAP Music with Kurt	29
30						

DECEMBER 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, DECEMBER 3 RD	1PM - 2:30PM	THE HUB	GUESSTIMATION/ CHRISTMAS TRIVIA
JERSEY NIGHTS LUNCH AND SHOW	THURSDAY, DECEMBER 4 TH	11AM - 3PM	GREG FREWIN THEATER (NIAGARA FALLS)	COST IS \$88 PER PERSON PLUS TRANSPORTATION
MUSIC TRIVIA	WEDNESDAY, DECEMBER 10 TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
CHRISTMAS LUNCH	THURSDAY, DECEMBER 11 TH	12PM - 2PM	GRANTHAM OPTIMIST CLUB	SEE FLYER FOR DETAILS
WACKY WEDNESDAY	WEDNESDAY, DECEMBER 17 TH	1PM - 2:30PM	THE HUB	CASINO GAMES

DECEMBER 2025

ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, DECEMBER 9 TH	5PM - 7PM	SWISS CHALET GENEVA ST.	PRICE IS THE COST OF YOUR MEAL

WELLAND


WELLAND DINER'S CLUB	TUESDAY, DECEMBER 16 TH	5PM - 7PM	SWISS CHALET	PRICE IS THE COST OF YOUR MEAL
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NIAGARA FALLS

ESCAPE ROOM	SATURDAY, DECEMBER 6 TH	11AM - 1PM	ST. PAUL	CAN YOU ESCAPE? COME OUT AND TRY!
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DECEMBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Bowling Art and Soul	2 Pre-Employment TT - Pen Center Model Railway	3 Community Cafe Fit 'n' Fun Wacky Wednesday	4 Pub Games Stitch 'n' Bitch Jersey Nights 	5 WRAP Music with Kurt	6 Escape Room @ St. Paul
7	8 Bowling Art and Soul	9 St. Catharines Diner's Club Take Home Cooking - Turkey Dinner	10 Music Trivia Community Cafe Fit and Fun	11 Christmas Luncheon	12 WRAP Music with Kurt Laughter Yoga	13
14	15 Bowling	16 Men's Group Welland Diner's Club	17 Wacky Wednesday Lunch Club Community Cafe Fit and Fun	18 Pub Games Stitch 'n' Bitch	19 WRAP Music with Kurt Therapy Tails	20
21	22	23	24	25	26	27
		Christmas Eve Eve				
28	29	30				
		New Year's Eve Eve				



CHRISTMAS EVE EVE FUNTIVITIES DECEMBER 23RD

CHRISTMAS COOKIE DECORATING AND
CAROL SINGALONG

JOIN US AT THE HUB
1PM TO 3PM

Katie Hill or Shirley Ely at 905-682-2678
or via email at khill@bicr.org

New Year's Eve Eve

Games
Celebration
Mini Dance
Countdown

DATE

December 30th
1pm to 3pm

LOCATION

THE HUB

RSVP

Katie Hill or Shirley Ely at 905-682-2678 or
via email at khill@bicr.org





RECIPES WANTED

BICR is putting together a cookbook and wants your favourite recipes to add to it!

We're looking for:

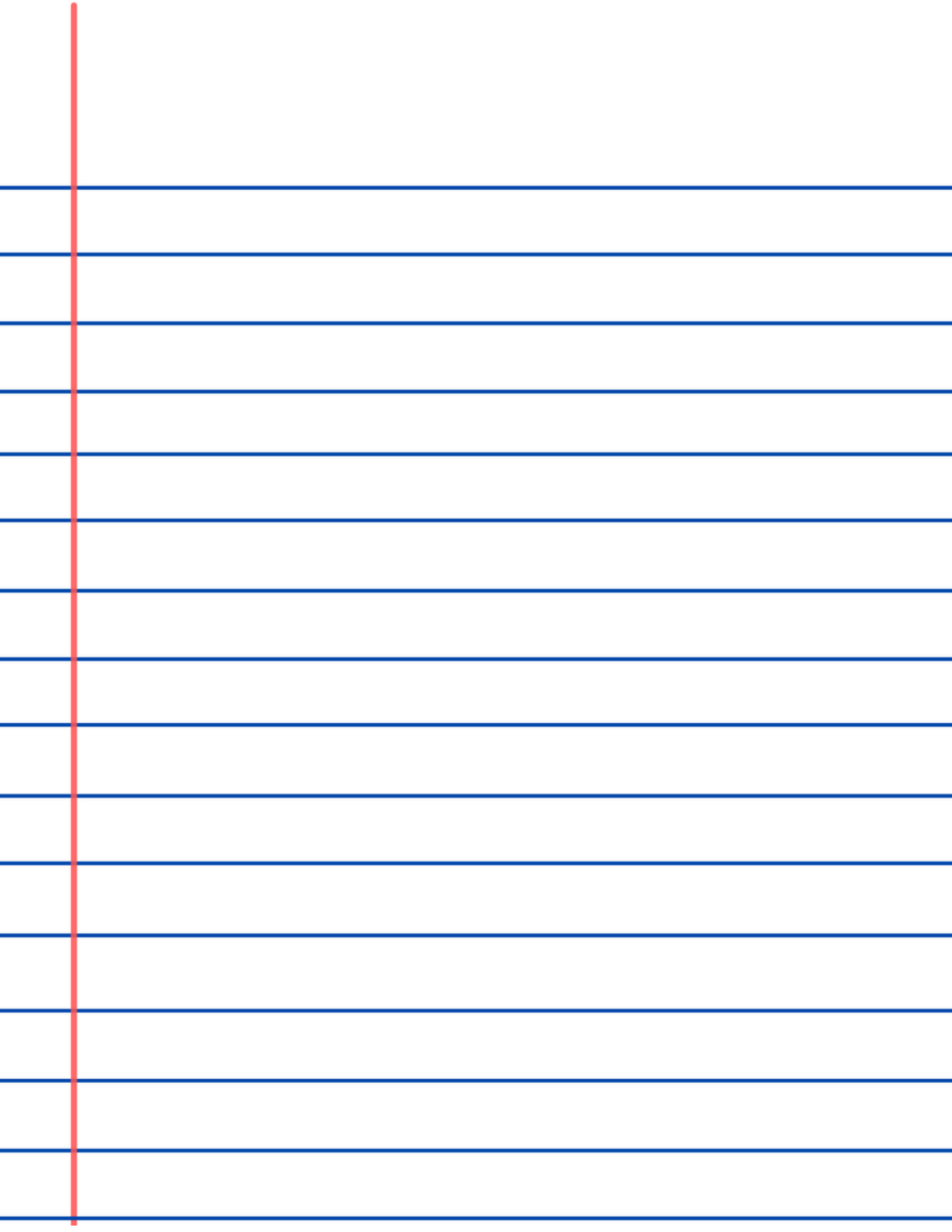
- Dips
- Drinks
- Sandwiches
- Snacks
- Casseroles
- One pot meals
- Breakfast foods
- ANYTHING YOU OR YOUR FAMILY LOVE TO EAT!

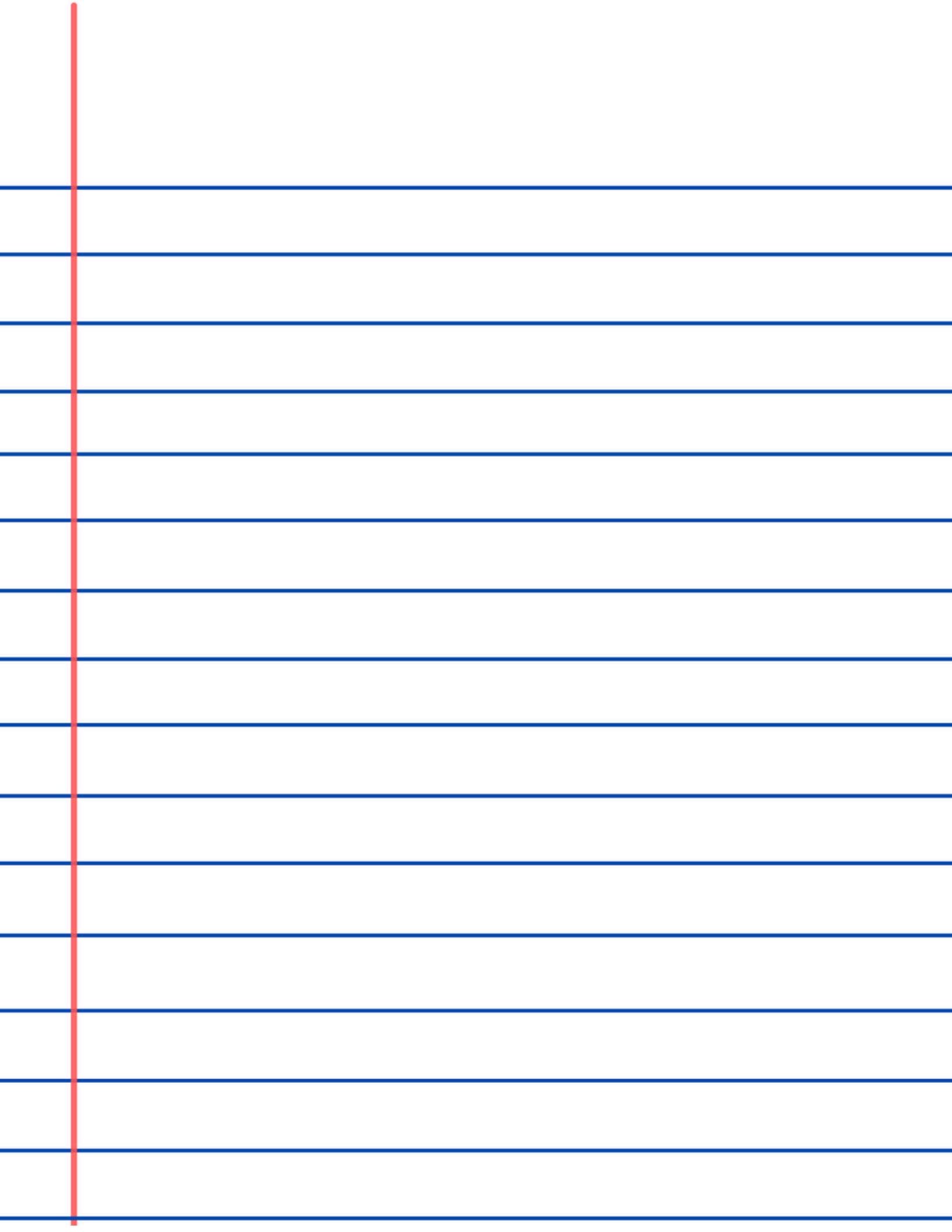
Please make sure recipes are complete with all measurements and cooking instructions.

Email recipes to Katie Hill at khill@bicr.org
or
Sarah Peters at speters@bicr.org

MY ACTIVITIES

[illegible]







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