

LEARNING AND LEISURE GUIDE

FALL 2026



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, December 2026**

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.



WE VALUE YOUR VOICE AND INVITE YOU TO SHARE YOUR COMMENTS, ACTIVITY SUGGESTIONS, AND QUESTIONS.

YOUR FEEDBACK HELPS US BETTER UNDERSTAND WHAT IS WORKING WELL AND WHERE WE CAN GROW OUR PROGRAMS.

WHETHER YOU HAVE AN IDEA FOR A NEW ACTIVITY, A THOUGHTFUL SUGGESTION TO IMPROVE AN EXISTING EVENT, OR SIMPLY A QUESTION ABOUT PROGRAMMING, WE WANT TO HEAR FROM YOU. YOUR INPUT PLAYS AN IMPORTANT ROLE IN SHAPING THE EVENTS AND ACTIVITIES WE WANT TO CONTINUE TO PROVIDE FOR EVERYONE.

CONTACT US AT RECREATION@BICR.ORG



COME AND SHAKE A LEG AT OUR

Halloween DANCE

LIVE DJ / SNACKS / RAFFLE PRIZES
COSTUMES!

- \$5 ENTRY
- SPENDING MONEY FOR FOOD AND PRIZES

29 OCTOBER
AT 5PM TO 8PM

Grantham Optimist Club
188 Linwell Rd.
St. Catharines

Contact

Katie Hill @ 905-682-2278 or
khill@bicr.org

Dave Horton @ recreation@bicr.org



Christmas Luncheon

THURSDAY, DECEMBER 10TH

11AM – 2PM

**Optimist Club
188 Linwell Rd.**

All participants are invited to join us for our annual Christmas Luncheon. Enjoy a seasonal celebration and delicious feast together.

Due to a generous, one-time donation from an anonymous donor, this year's cost has been covered for all participants and support staff.

Contact:

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

or Dave Horton at recreation@bicr.org

**RSVP BY FRIDAY,
NOVEMBER 27TH @ 3PM**

**No late registrations accepted as
we must place the food order
with caterer.**

**Support staff can
sign up with
participant, if
required.**

YOU ARE INVITED TO

Christmas

EVE EVE PARTY

DECEMBER

WEDNESDAY

23

1PM TO 3PM

THE HUB

Enjoy the magic of the season together!

Join The Hub for a cozy Christmas gathering filled with festive carol sing-alongs with Rick and Mike, fun cookie decorating, and plenty of warm Christmas spirit.

CONTACT

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

REGISTER BY:

December 16th





Let's call in the
new year
together...

Please join us for a dazzling
NEW YEAR'S EVE EVE PARTY

30th December | Wednesday
1pm to 3pm

The Hub

Join us at The Hub for a New Year's Eve celebration!

We'll enjoy yummy treats, and good company, and a special countdown to ring in the new year. Come ready to celebrate and make some memories for the end of 2026!

Contact: Katie Hill or Shirley Ely at 905-682-2678
or 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 5th, 19th, 26th : Halloween Bird Houses

Series #2: November 2nd, 9th, 16th : Plastic Canvas Bookmarks

Series #3: November 23rd : Ceramics

Series #4: November 30th, December 7th, 14th : Window Winter Scene

*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 5th - December 14th

****No bowling on October 12th, Thanksgiving**

TIME

10AM - 11:30AM

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.

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 WELLAND

DATES

DINER'S CLUB IS OFFERED ON TUESDAYS

St. Catharines:

October 13rd - Eastside Marios

November 10th - Chuck's Roadhouse

December 8th - Swiss Chalet (Geneva St.)

Welland:

October 27th - MT Bellies

November 24th - Mossimo's

December 22nd - 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.

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 and enjoy later.

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

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

December 15th

TIME

10AM - 3PM

TRANSPORTATION

PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

By December 1st (2 weeks prior) to Katie Hill at 905-682-2678 or via email khill@bicr.org

COMMENTS

\$20 for several servings of full turkey dinner.

TUESDAY GROUP

Card Sharks



Calling all card sharks! Join us at the Hub Tuesday mornings for some fun times and challenges. We'll be playing the classics, teaching some new ones, and having lots of fun!

Discover card games like Euchre, Crib, Crazy 8s, Wizard, Skip-bo, Kings in the Corner, Chase the Ace, Kings Crib, Uno, Rumoli, or Racko!

Snacks & Coffee/Tea will be provided!

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	**NEW DAY** Every Tuesday from Oct. 6 th - December 8 th NO PROGRAM OCTOBER 20 TH
TIME	10AM-12PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	Katie Hill or Shirley Ely at 905-682-2678 or via email at khill@bicr.org
COMMENTS	

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.

Arm chair travel provides you with snacks or treats from various regions from around the world, a virtual visit, and trivia of the culture and country you're visiting!

LOCATION	THE HUB (UNLESS OTHERWISE SPECIFIED)					
DATES	<table><tr><td>October 6th - Arm chair travel to Beijing, China 20th - No program</td><td>November 3rd - Arm chair travel to Venice, Italy 17th - Shopping @ The Pen Center</td><td>December 1st - Arm chair travel to the North Pole</td></tr></table>			October 6 th - Arm chair travel to Beijing, China 20 th - No program	November 3 rd - Arm chair travel to Venice, Italy 17 th - Shopping @ The Pen Center	December 1 st - Arm chair travel to the North Pole
October 6 th - Arm chair travel to Beijing, China 20 th - No program	November 3 rd - Arm chair travel to Venice, Italy 17 th - Shopping @ The Pen Center	December 1 st - Arm chair travel to the North Pole				
TIME	1PM - 2:30PM (UNLESS OTHERWISE SPECIFIED)					
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.					

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 20 th November 17 th December 15 th	TBD
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 13th - The Watering Can 1:30pm - 3:30pm Vineland
October 27th - Pumpkin Painting @ The Hub 1:30pm - 3pm, Cost is \$5 for materials
November 10th - Family Feud/Music Trivia 1:30 - 3pm @ Schmon Parkway, Unit 2
November 24th - Christmas Shopping @ The Pen 1:30 - 4pm, Meet at the food court
December 8th - Lunch @ Swiss Chalet on Glendale Ave. 11:30am - 1pm, cost of lunch

TIME

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

TRANSPORTATION

NOT PROVIDED

REGISTER BY

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

COMMENTS

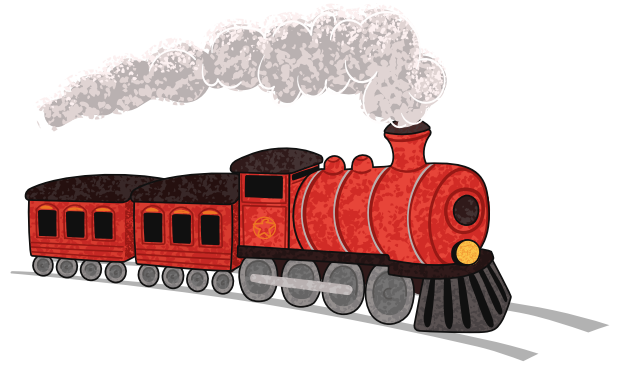
Cost will be kept to a minimum at approximately \$5 to \$10 depending on the activity.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

RIDGEVILLE MODEL *Railway Group*



The Ridgeville Model Railway 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 how 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	October 6 th and 20 th November 3 rd and 17 th December 1 st (last session)
TIME	1:00PM - 2:30PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	September 29 th or one week before the session 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 (Sept-Dec)

TUESDAY GROUP

WOODWORKING *Program*



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 6 th , 13 th , 20 th , 27 th November 3 rd , 10 th
TIME	12:30PM - 2PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	Contact Jeff Spelier at 905-687-6788 ext. 640 or email jspelier@bicr.org
COMMENTS	10 people max. Cost is \$90 for the 6 weeks Payment for program will be through the Heartland Forest link: https://heartlandforest.org/wi22

WEDNESDAY GROUP

Wacky Wednesday



Join us on the first Wednesday of each month to 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 7th - Apples to Apples
November 4th - Guesstimation
December 2nd - Family Feud/Holiday Edition

October 21st
November 18th CASINO GAMES
December 16th

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
or Dave Horton at recreation@bicr.org

COMMENTS

WEDNESDAY GROUP

Music with *Rick*



Come out and join Rick as he serenades the group! Sit back and relax as you listen to him play the hits and some old classics.

Feel free to request your favourite songs ahead of time so he can add them to the set list.

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	October 28 th November 25 th December 23 rd (Christmas Eve Party - see poster page)
TIME	1:00PM - 2:00PM
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	Song requests must be done one month prior.

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 7 th - December 16 th
TIME	9:30AM - 10:30AM
TRANSPORTATION	NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	<u>48 hours prior</u> Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org
COMMENTS	This is an open group for all Participants.

WEDNESDAY GROUP

Yoga with Karena



Starting in October, Karena is joining us EVERY WEEK! Come to The Hub for completely accessible and adaptable yoga classes every single Wednesday morning. Stretch, bend, and flex those muscles and joints from a wheelchair, standing position, or yoga mat. the challenge is up to you!

The classes are fun and upbeat, support balance, strength, and everyday ease.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

Every Wednesday

October 7th - December 16th

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

Appropriate for beginner and experienced Yogis

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

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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.

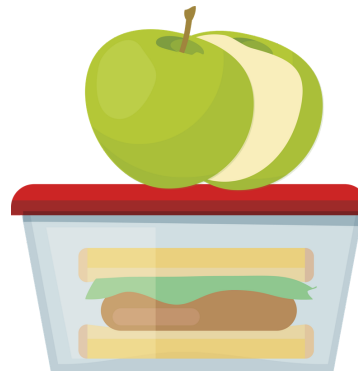
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	October 14 th November 11 th December 9 th
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.
REGISTER BY	48 hours prior to event to Dave Horton at recreation@bicr.org
COMMENTS	Come out and test your music 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

DATES

October 21st - Ricki Jo's, 286 Bunting Rd., St. Catharines
November 18th - Cosy Restaurant and Tavern, 361 Lake St., St. Catharines
December 16th - CRAZY CHRISTMAS SWEATER PARTY...WITH PRIZES!
Swiss Chalet, 344 Glendale Ave., 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

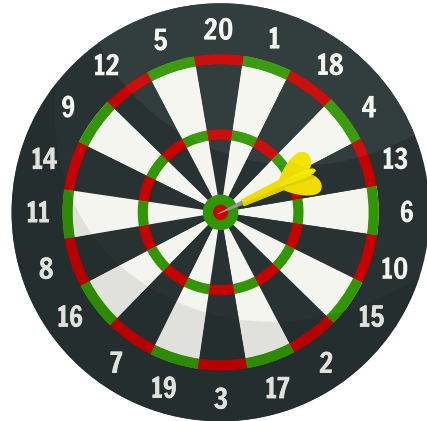
Cost is the price of your meal.

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 1st - December 17th

****No pub games October 29th and December 10th**

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.

Learning and Leisure Guide

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 do yarn hobbies, or have previous experience.

Anyone can bring their own yarn project and work on it, in a social, supportive environment.

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

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

Every Thursday

October 1st - December 17th

****EXCEPTIONS** October 29th (Dance) and December 10th (Christmas luncheon)

TIME

10AM TO 12PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

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

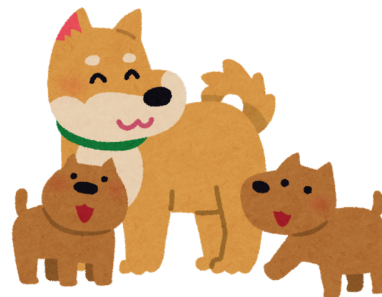
COMMENTS

Ongoing registration.

48 hours prior to any session.

FRIDAY GROUP

Pet Therapy



Come visit the sweet and playful pups at The Hub 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:

October 16th
November 20th
December 18th

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.

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 2nd - December 18th

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.

FRIDAY GROUP

Music *with Kurt*



Music therapy is the skillfull use of music and musical elements. Sessions are led by Kurt Dunn, who has a Masters in music therapy. The sessions 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 as a medium. This keeps the participants engaged and challenged through the sessions.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

EVERY FRIDAY

October 2nd - December 18th

****EXCEPTION** October 30th

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

FRIDAY GROUP

Laughter Yoga



Join us for a laughing good time at BICR's Laughter Yoga! Laughing boosts your 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 9th
November 13th
December 11th

TIME

1PM TO 1:45PM

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

OCTOBER 2026

RECREATION

COMMUNITY EVENTS



(Transportation Provided)

Please contact Dave Horton at recreation@bicr.org to register

EVENT	DATE	TIME	PLACE	NOTES
CROSSFIRE WRESTLING	SATURDAY, OCTOBER 3 RD	4PM - 7PM	MERRITTON COMMUNITY CENTER	COST IS \$15 PER TICKET 
BICR HALLOWEEN DANCE	THURSDAY, OCTOBER 29 TH	5PM - 8PM	GRANTHAM OPTIMIST CLUB (188 LINWELL RD.)	PLEASE SEE FLYER ON PAGE 3 FOR DETAILS

RESIDENTIAL EVENTS

WELLAND

PUMPKIN PAINTING	SATURDAY, OCTOBER 31 ST	1PM - 2:30PM	PARKDALE	COME OUT AND PAINT A PUMPKIN. PLEASE BRING OWN PUMPKIN.
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SUN	MON	TUE	WED	THU	FRI	SAT
			1	1	2	3
				Stitch and Bitch Pub Games	WRAP Music Therapy	Crossfire Wrestling 
4	5	6	7	8	9	10
	Bowling Art and Soul	Card Sharks Woodworking Trains TT - Armchair Travel	Community Cafe Yoga with Karena Wacky Wednesday	Stitch and Bitch Pub Games	WRAP Music Therapy Laughter Yoga	
11	12	13	14	15	16	17
		Card Sharks Woodworking Women's Group St. Cath Diner's Club	Community Cafe Yoga with Karena Music Trivia	Stitch and Bitch Pub Games	WRAP Music Therapy Pet Therapy	
18	19	20	21	22	23	24
	Bowling Art and Soul	Woodworking Men's Group Trains	Wacky Wednesday Community Cafe Yoga with Karena Lunch Club	Pub Games Stitch and Bitch	WRAP Music Therapy	
25	26	27	28	29	30	31
	Bowling Art and Soul	Card Sharks Woodworking Women's Group Welland Diner's Club	Community Cafe Music with Rick Yoga with Karena	HALLOWEEN DANCE	WRAP	Pumpkin Painting @ Parkdale

OCTOBER 2026

NOVEMBER 2026

RECREATION

COMMUNITY EVENTS



(Transportation Provided)

Please contact Dave Horton at recreation@bicr.org to register

EVENT	DATE	TIME	PLACE	NOTES
ELTON JOHN TRIBUTE SHOW	FRIDAY, NOVEMBER 6 TH	6PM - 10PM	GREG FREWIN THEATRE, NIAGARA FALLS	COST IS \$46 PER PERSON 
SKEETBALL MINI PUTT	WEDNESDAY, NOVEMBER 25 TH	1PM - 3PM	PARKWAY SOCIAL	COST IS \$13 PER PERSON 

RESIDENTIAL EVENTS

ST. CATHARINES

COOKIE DECORATING AND MOVIE	TUESDAY, NOVEMBER 24 TH	1PM - 2:30PM	RICHARDSON COURT	COME OUT AND DECORATE COOKIES AND WATCH A MOVIE
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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	Bowling Art and Soul	Card Sharks Woodworking Trains TT - Arm Chair Travel, Italy	Community Cafe Yoga with Karena Wacky Wednesday	Stitch and Bitch Pub Games	WRAP Music Therapy Elton John Tribute Show 	
8	9	10	11	12	13	14
	Bowling Art and Soul	Card Sharks Woodworking Women's Group St. Cath Diner's Club	Community Cafe Yoga with Karena Music Trivia	Stitch and Bitch Pub Games	WRAP Music Therapy Laughter Yoga	
15	16	17	18	19	20	21
	Bowling Art and Soul	Card Sharks Men's Group Trains	Community Cafe Yoga with Karena Lunch Club Wacky Wednesday	Stitch and Bitch Pub Games	WRAP Music Therapy Pet Therapy	
22	23	24	25	26	27	28
	Bowling Art and Soul	Card Sharks TT - Shopping @ The Pen Welland Diner's Club Cookie Decorating @ RC 	Community Cafe yoga with Karena Music with Rick Skeetball Mini Putt 	Stitch and Bitch Pub Games	WRAP Music Therapy	
29	30					
	Bowling Art and Soul					

NOVEMBER

2026

DECEMBER 2026

RECREATION

COMMUNITY EVENTS



(Transportation Provided)

Please contact Dave Horton at recreation@bicr.org to register

EVENT	DATE	TIME	PLACE	NOTES
BICR CHRISTMAS LUNCHEON	THURSDAY, DECEMBER 10 TH	11AM - 2PM	GRANTHAM OPTIMIST CLUB 188 LINWELL RD.	SEE FLYER PAGE 4 FOR DETAILS
BARRIE VS ICE DOGS HOCKEY	FRIDAY, DECEMBER 18 TH	7PM - 10PM	MERIDIAN CENTER, ST. CATHARINES	COST IS \$20 PER TICKET 

RESIDENTIAL EVENTS

NIAGARA FALLS

HARRY POTTER HOGWARTS GREAT HALL PARTY	SATURDAY, DECEMBER 12 TH	11AM - 2PM	ST. PAUL	OPEN HOUSE WITH LUNCH AND WIZARD GAMES
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DECEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Card Sharks	2 Community Cafe	3 Stitch and Bitch	4 WRAP	5
6	7 Bowling	8 Card Sharks Women's Group St. Cath Diner's Club	9 Yoga with Karena Wacky Wednesday Community Cafe	10 Pub Games	11 Music Therapy	12 Harry Potter Hogwarts Open House @ St. Paul
13	14 Bowling Art and Soul	15 Take Home Cooking Men's Group	16 Community Cafe Yoga with Karena Lunch Club Wacky Wednesday	17 Stitch and Bitch Pub Games	18 WRAP Music Therapy Pet Therapy	19
20	21	22 Welland Diner's Club	23 CHRISTMAS EVE EVE PARTY (SEE PAGE 5 FLYER)	24	25 Barrie vs Ice Dogs	26
27	28	29	30 NEW YEARS EVE EVE PARTY (SEE PAGE 6 FLYER)	31		



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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EMAIL: STAFF@BICR.ORG

WEBSITE: WWW.BICR.ORG