

LEARNING AND LEISURE GUIDE

SUMMER 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 **July, August, September 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.



Bonus

BINGO

Join us at The Hub for Bonus Bingo on the 4th Wednesday in July.

RSVP to Shirley or Katie at 905-682-2678 or VIA email at khill@bicr.org

Please bring a prize worth \$5 for the prize table, and you're guaranteed to win a prize to take home!

WEDNESDAY

**1PM TO
2:30PM**

**JULY
23RD**

THE HUB, 3300 MERRITTVILLE HWY

➤ 26th Annual

BRAIN INJURY COMMUNITY RE-ENTRY

GOLF TOURNAMENT

19th September 2025

*Willodell Golf Club
10325 Willodell Rd., NF*

\$160/person

ROUND INCLUDES:

- ✓ 18 holes of golf
- ✓ Lunch and dinner
- ✓ A prize
- ✓ Use of driving range



Register Now!



For More Information Contact Jen MacLean
jmaclean@bicr.org or 905-687-6788 ex.t 690

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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: July 14th, 21st, 28th - Bird Feeders

Series #2: August 11th, 18th, 25th - Stencil Project and Canvas

Series #3: September 8th - Harry Potter Ceramics

Series #4: September 15th, 22nd, 29th - Scrapbooking

*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.

FOR SCRAPBOOKING, PLEASE BRING A COPY OF YOUR FAVOURITE PICTURES (6-8 PICTURES).

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

JULY 7TH - SEPTEMBER 29TH

****NO BOWLING AUGUST 4TH AND SEPTEMBER 1ST**

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:

July 8th - Swiss Chalet, Geneva St.

August 12th - Boston Pizza, Ontario St.

September 9th - The Courtyard

Welland:

July 22nd - Mossimo's

August 26th - MT Bellies

September 23rd - Chuck's RoadHouse

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

Movie Making



Step into the spotlight and embark on an unforgettable creative journey where music therapist Justis Krar and filmmaker Thomas Calagurio create an exciting, hands-on experience! Participants will have practical experience creating and recording sound together as a brief silent scene that they will create together as a collaborative team. Editing and performing sound effects, as well as recording and editing into a finishing sequence will be introduced in this 4 week series.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

July 8th, 15th, 22nd, 29th

Red carpet date TBD

TIME

1PM TO 3PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

Register as soon as possible

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

COMMENTS

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Walking Club



Join our walking club at Canada Games Center. Stay healthy, stay connected, and take steps - literally - toward a more active lifestyle. If it is raining, we will use the indoor track. On beautiful days, we will use the outdoor track or walk the grounds. We welcome walkers at all fitness levels!

LOCATION	CANADA GAMES PARK (CANADA GAMES WAY, BROCK CAMPUS)
DATES	EVERY TUESDAY July 8 th to August 5 th
TIME	10AM TO 11:30AM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 Hours prior to each session Katie Hill or Shirley Ely at 905-682-2678 or via email at khill@bicr.org
COMMENTS	Wear proper walking shoes and weather appropriate attire.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Take Home Cooking



This new program is Take Home Cooking re-imagined! Work as a group to make meals in bulk and take home healthy single servings. Work on your slicing and dicing skills, learn safe ways to handle food and kitchen tools, and eat healthy on budget by buying in bulk with friends.

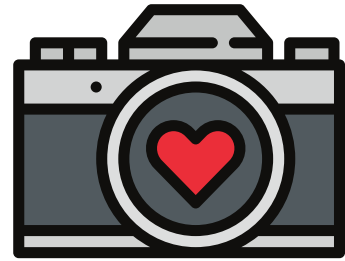
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	August 12 th
TIME	10AM - 3PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	<u>Register by July 29th</u> Please contact Katie or Shirley at 905-682-2678 or via email at khill@bicr.org
COMMENTS	Price of groceries - price determined by number of people registered. Should be approximately \$20 for at least 3-4 meals. Call ahead for menu information. Number of Participants - Min: 4 Max: 6

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Photography Club



A new program by participant requests. Join the Photography Club at different areas each week for opportunities to take pictures!

Perfect your lighting, angles, and framing and explore a new skill set while exploring Niagara's natural beauty. Bring your camera or cell phone and start snapping!

At the end of the series submit your 5 favourite photos and we will make a group photo album to be on display at The Hub.

LOCATION	LOCATIONS VARY WEEK BY WEEK
DATES	Tuesdays in September: 2 nd - Botanical Gardens, Niagara Parkway NF 9 th - Lock 3 & Canal Parkway Trail 16 th - Mel Swart Lake Gibson Conservation Area, Thorold 23 rd - Glenridge Quarry Naturalization Site, Sir Isaac Brock Way, Thorold
TIME	1PM - 3PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 Hours prior to each session Katie Hill or Shirley Ely at 905-682-2678 or via email
COMMENTS	Please wear appropriate footwear for unpaved trails (some trails are groomed, dust trails)

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

BBQ with *Friends*



Join us for fun yard games, food, and good times with friends.

LOCATION	LOCATIONS SUBJECT TO CHANGE
DATES	July 8 th - Waverly Beach Fort Erie (271 Helena St., Fort Erie) July 22 nd - Waverly Beach Fort Erie August 19 th - Crystal Beach Boat Launch (3855 Terrace Lane, Fort Erie)
TIME	10AM TO 1PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	<u>Register by June 30th (for July dates) and August 5th (for August date)</u> Chelsie Yungblut 905-931-2168
COMMENTS	<u>Cost is \$5 per person for lunch:</u> 2 hot dogs salad snack drink

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 September 16th

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

TIME

9AM - 12PM

TRANSPORTATION

PLEASE PROVIDE YOUR OWN TRANSPORTATION

REGISTER BY

Register by August 29th

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

Starts September 16th: First and third Tuesdays.

TIME

1PM - 2:30PM

TRANSPORTATION

PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

September 9th

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

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	July 15 th - TBA August 19 th - TBA September 16 th - TBA
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

July 8th - Niagara Falls Outlet Mall - 1pm - 3pm (Meet at SVP store)
July 22nd - Lunch @ Blue Star - 12pm - 2pm (Welland ON), cost of your meal
August 12th - Lakeside Park (Port Dalhousie) - 1pm - 3pm (meet in parking lot)
August 26th - Queenston Heights - 1pm - 3pm (meet in parking lot)
September 9th - Spa Day - 1pm - 3pm (Schmon Parkway), bring your own supplies
September 23rd - Grimsby on the Lake - 1pm - 3pm (meeting spot TBD via email)

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.

Learning and Leisure Guide

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

July 2nd - Team Trivia

August 6th - Guesstimation/Numero

September 3rd - Lunch at Betty's (see recreation event schedule for details)

July 16th

August 20th CASINO GAMES

September 17th

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	July 30 th August 27 th September 24 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

July 2nd - September 24th

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

July:

2nd - Easy Stretching
9th - Chair Zumba
16th - Follow the Leader
23rd - BAM
30th - Yoga Dance

August:

6th - Easy Stretching
13th - Follow the Leader
20th - Seated Yoga
27th - BAM

September:

3rd - Betty's Restaurant
(see Rec calendar)
10th - Follow the Leader
17th - Seated Aerobics
24th - BAM

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.

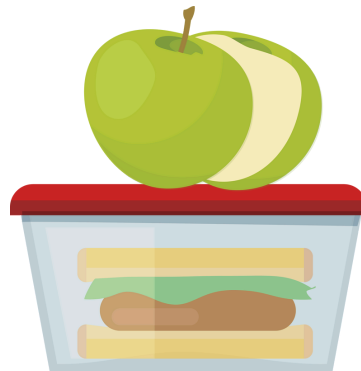
LOCATION
THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES
July 9 th August 13 September 10 th
TIME
1:00PM TO 2:30PM
TRANSPORTATION
NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.
REGISTER BY
48 hours prior to event to Dave Horton at recreation@bicr.org
COMMENTS
Come out and test your music knowledge 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

July 16th - Stacked (343 Glendale Rd., St. Catharines)

August 13th - Sunrise Cafe (136 Bunting Rd., St. Catharines)

September 17th - Dohboy's Diner (429 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

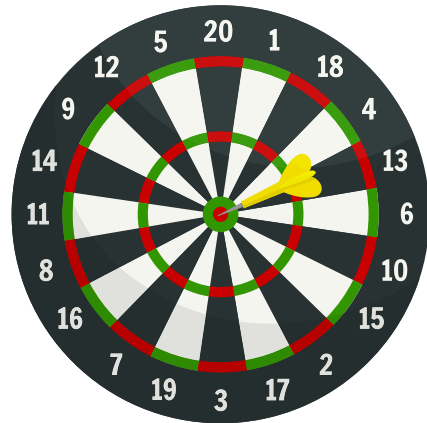
Cost is the price of your meal.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

THURSDAY GROUP

Pub Games



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

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

July 3rd - September 25th

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

Thrilling Thursdays



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

LOCATION

LOCATIONS VARY WEEK BY WEEK

DATES

July:

3rd - Meet @ Pen Center Tim Hortons
10th - Board Games @ Hub
17th - Bocce in the Park @ Canada Games
24th - Tye Dye @ The Hub (BYO t-shirt)
31st - Pole walking at Mel Swart Park, Thorold

August:

7th - Board Games @ The Hub
14th - Meet @ Pen Center Tim Hortons
21st - Karaoke @ The Hub
28th - Bocce in the park @ Canada Games

TIME

10AM TO 11:30AM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

One week prior to each program

Katie Hill or Shirley Ely at 905-682-2678 or via email

COMMENTS

For tye dye, please bring a new, white shirt that is 100% cotton.

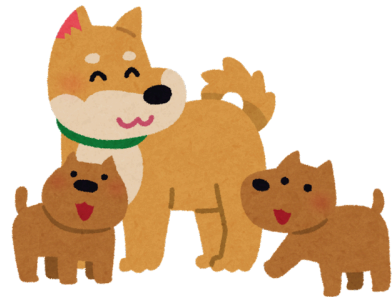
We provide the poles for pole walking, path is wheelchair accessible.

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:

July 18th

August 15th

September 19th

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

July 4th - September 26th

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

September 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 July 4th - September 26th

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.



Coming in October...

HALLOWEEN



PARTY



Stay tuned!



JULY 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY JULY 2 ND	1PM - 2:30PM	THE HUB	TEAM TRIVIA
MUSIC TRIVIA	WEDNESDAY JULY 9 TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
WACKY WEDNESDAY	WEDNESDAY JULY 16 TH	1PM - 2:30PM	THE HUB	CASINO GAMES
CROSSFIRE WRESTLING	SUNDAY JULY 20 TH	4PM - 7PM	MERRITTON COMMUNITY CENTER	COST IS \$15 PER PERSON TRANSPORTATION PROVIDED
BONUS BINGO	WEDNESDAY JULY 23 RD	1PM - 2:30PM	THE HUB	PLEASE BRING A PRIZED VALUED AT \$5
MUSIC WITH PHIL AND RICK	WEDNESDAY JULY 30 TH	1PM - 3PM	THE HUB	COME OUT AND PLAY YOUR FAVOURITE SONGS.
MEDIEVAL TIMES	WEDNESDAY JULY 30 TH	1PM - 3PM	TORONTO	COST IS \$72 PER PERSON TRANSPORTATION PROVIDED

JULY 2025

ST. CATHARINES




EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY JULY 8 TH	5PM - 7PM	SWISS CHALET	PRICE IS THE COST OF YOUR MEAL

WELLAND

WELLAND DINER'S CLUB	TUESDAY JULY 22 ND	5PM - 7PM	MOSSIMO'S	PRICE IS THE COST OF YOUR MEAL.
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NIAGARA FALLS

SCAVENGER HUNT	SATURDAY JULY 19 TH	11AM - 1PM	ST. PAUL	COME OUT TO ST. PAUL AND JOIN THE SCAVENGER HUNT
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SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		CANADA DAY	Wacky Wednesday Community Cafe	Pub Games Pen Center Tim Horton's	WRAP Music Therapy	
6	7	8	Fit and Fun	10	11	12
	Bowling	St. Catharines Diner's Club Women's Group Walking Club Movie Making	Music Trivia Outdoor Games and Snacks @ St. Paul Community Cafe Fit and Fun	Pub Games Board Games @ The Hub	WRAP Music Therapy	
13	14	15	Fit and Fun	17	18	19
	Bowling Art and Soul	Men's Group Walking Club Movie Making	Wacky Wednesday Lunch Club Community Cafe	Pub Games	WRAP	Scavenger Hunt @ St. Paul
20	21	22	Fit and Fun	24	25	26
Crossfire Wrestling 	Bowling	Welland Diner's Club Women's Group	Bonus Bingo	Pub Games	WRAP	
27	28	29	30	31	1	2
	Bowling		Medieval Times 	Pub Games		
			Music with Rick and Phil			

JULY 2025

AUGUST 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, AUGUST 6 TH	1PM - 2:30PM	THE HUB	GUESSTIMATION
MUSIC TRIVIA	WEDNESDAY, AUGUST 13 TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
WELLAND JACKFISH GAME	SATURDAY, AUGUST 16 TH	6PM - 8PM	JACKFISH STADIUM WELLAND	\$25/PERSON INCLUDES DRINK, POPCORN AND HAMBURGER OR HOTDOG TRANS PROVIDED AT A COST MUST REGISTER AND PAY BY AUG 6, 2025
WACKY WEDNESDAY	WEDNESDAY, AUGUST 20 TH	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH RICK AND PHIL	WEDNESDAY, AUGUST 27 TH	1PM - 3PM	THE HUB	MUSIC TRIVIA 1PM-2PM
JAYS VS BREWERS	SUNDAY, AUGUST 31 ST	1PM - 4PM	ROGER'S CENTER TORONTO	COST IS \$38 PER TICKET TRANSPORTATION PROVIDED

AUGUST 2025

ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, AUGUST 12 TH	5PM - 7PM	BOSTON PIZZA ONTARIO ST.	PRICE IS THE COST OF YOUR MEAL
OUTDOOR GAMES AT RC	TUESDAY, AUGUST 19 TH	1PM-3PM	RICHARDSON COURT	JOIN US FOR GAMES AND SNACKS

WELLAND

WELLAND DINER'S CLUB	TUESDAY, AUGUST 26 TH	5PM - 7PM	MT BELLIES	PRICE IS THE COST OF YOUR MEAL
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AUGUST 2025

SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
		Walking Club	Wacky Wednesday Fit and Fun Community Cafe	Pub Games Board Games @ The Hub	WRAP Music Therapy	
	NO PROGRAMMING					
10	11	12	13	14	15	16
	Bowling Art and Soul	St. Catharines Diner's Club Women's Group Take Home Cooking	Music Trivia Lunch Club Community Cafe Fit and Fun	Pub Games Pen Center @ Tim Horton's	WRAP Music Therapy Pet Therapy	Welland Jackfish
17	18	19	20	21	22	23
	Bowling Art and Soul	Men's Group Games at RC	Wacky Wednesday Community Cafe Fit and Fun	Pub Games Karaoke @ The Hub	WRAP Music Therapy	
24	25	26	27	28	29	30
	Bowling Art and Soul	Welland Diner's Club Women's Group	Music with Rick and Phil Community Cafe Fit and Fun	Pub Games Bocce @ Park	WRAP Music Therapy	
Jays vs Brewers						
31						

SEPTEMBER 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
LUNCH AT BETTY'S	WEDNESDAY, SEPTEMBER 3	12PM - 2PM	BETTY'S RESTAURANT	COST IS THE PRICE OF YOUR MEAL
MUSIC TRIVIA	WEDNESDAY, SEPTEMBER 10	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE
WACKY WEDNESDAY	WEDNESDAY, SEPTEMBER 17	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH RICK AND PHIL	WEDNESDAY, SEPTEMBER 24	1PM - 3PM	THE HUB	COME OUT AND PLAY YOUR FAVOURITE SONGS
EAGLES TRIBUTE	FRIDAY, SEPTEMBER 26	7:30PM - 9:30PM	ST. CATHARINES PERFORMING ARTS CENTER	COST IS \$60 PER PERSON TRANSPORTATION PROVIDED



SEPTEMBER 2025

ST. CATHARINES

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

WELLAND

SCAVENGER HUNT	SATURDAY SEPTEMBER 6	TBA	PARKDALE	JOIN US FOR A SCAVENGER HUNT AND PIZZA LUNCH.
WELLAND DINER'S CLUB	TUESDAY, SEPTEMBER 23	5PM - 7PM	CHUCK'S ROADHOUSE	PRICE IS THE COST OF YOUR MEAL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	No Programming	Photography Club	Community Cafe Lunch @ Betty's 	Pub Games	WRAP Music Therapy	Scavenger Hunt @ Parkdale
7	8	9	10	11	12	13
	Bowling Art and Soul	St. Catharines Diner's Club Women's Group Photography Club	Music Trivia Community Cafe Fit and Fun	Pub Games	WRAP Music Therapy Laughter Yoga	
14	15	16	17	18	19	20
	Bowling Art and Soul	Men's Group Pre-Employment Photography Club Model Railway	Wacky Wednesday Lunch Club Community Cafe Fit and Fun	Pub Games	WRAP Music Therapy Pet Therapy	
21	22	23	24	25	26	27
	Bowling Art and Soul	Welland Diner's Club Pre-Employment Photography Club Women's Group	Music with Phil and Rick Community Cafe Fit and Fun	Pub Games	WRAP Music Therapy Eagles Tribute 	
28	29	30				
	Bowling Art and Soul	Pre- Employment				

SEPTEMBER

2025

MY ACTIVITIES

[illegible]

NOTES

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