

MONDAY GROUP

Enjoy spending Monday 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 below.

WOMEN'S GROUP

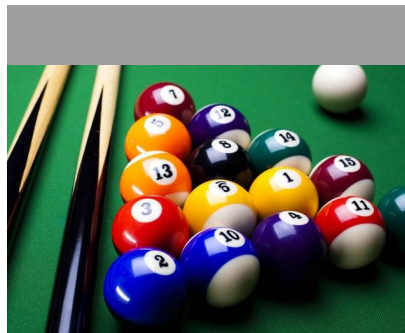


Location,	January 15	New Year Resolution Collage	12:30-3pm	At Parkdale.
Dates &	January 22	Guided Meditation & Stretch	1-3pm	No cost.
Times	January 29	Colouring for Relaxation	1-3pm	No cost.
	February 5	Tea & Dessert Outing	12:30-3pm	Cost is the price of your treat.
	February 12	Chick Flick at BICR, Unit 10	1-3pm	No cost.
	February 26	Board Games	1-3pm	No cost.
	March 5	Lunch Outing	12:30-3pm	Cost is the price of your meal.
	March 12	Movie Theatre Outing	12:30-3pm	Cost is the price of your ticket.
	March 19	Spring Craft	1-3pm	Cost is \$5.
	March 26	Bowling at Parkway Lanes	12:30-3pm	Cost is the price of your game.

TUESDAY GROUP

The group organizes a variety of activities for 12 week sessions. The times and activities vary. The schedule of activities is below.

MEN'S GROUP



Location,	January 9	Bowling at Parkway Lanes	1-3pm	Cost \$5.
Dates &	January 16	Themed Music Trivia at Unit 10	1-3pm	No cost.
Times	January 23	Blueline Diner	12-3pm	Cost is the price of your meal.
	January 30	Captain Jack's	12-3pm	Cost TBA.
	February 6	4D Ride, Niagara Falls	12:30-3pm	Cost TBA.
	February 13	Painted Turtle at Unit 10	12:30-3pm	Cost TBA.
	February 20	Heartland Forest Wood Working	12-3pm	One day project. Cost TBA.
	February 27	Planning Day at Unit 10	1-3pm	No cost.
	March 6	Billiards at In the Corner	1-3pm	Cost \$5.
	March 13	Movie at Pen Center	12-4pm	Cost \$10.
	March 20	Glass Blowing Demo & Lunch	12-3pm	Cost is the price of your meal.
	March 27	Easter Build at Unit 10	12:30-3pm	Cost \$5.