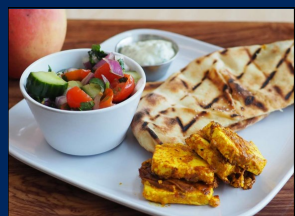




**Brain Injury  
Community Re-entry  
(NIAGARA) INC.**

# Learning & Leisure Guide

## Summer 2024



# 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, and September 2024.

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 Hub**” ([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.

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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 Ontario West HNHB and the government of Ontario.*

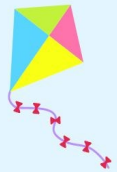
*The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Ontario West HNHB or the government of Ontario.*



# *BIAN Annual*

## *Picnic in the Park*

**Thursday, August 15th, 2024**  
**11am - 2pm**



Join BIAN for their annual picnic catered by Antipastos!

If you have any dietary restrictions or allergies, please plan accordingly  
(eg. bring your own gluten free food)

Lakeside Park  
Neil Peart Pavilion  
\* 1 Lakeport Rd. Port  
\* Dalhousie

Register by August 1, 2024 to  
Katie Hill at 905-682-2678 or  
khill@bicr.org

Please provide own  
transportation



# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## MONDAY GROUP

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.

# Art and Soul



- Location : **THE HUB**, Unit 1B 3300 Merrittville Hwy, Thorold
- Dates: **Series #1: Memory Boxes**  
**Mondays: July 8th, 15th, 22nd**  
**Series #2: Stucco**  
**Mondays: July 29th, August 12th, 19th**  
**Series #3: Water Colours**  
**Mondays: August 26th, September 9th**  
**Series #4: Ceramics with “From the Arts” studio**  
**Mondays: September 16th**
- Time: 1:00pm to 3:00pm
- 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](mailto:khill@bicr.org)
- Comments: **Fee is \$15 per project.** Participants must complete their first project before moving to the next.  
**LATE REGISTRATIONS WILL NOT BE ALLOWED.**

## MONDAY GROUP

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.



# 10 PIN BOWLING

- Location :** Parkway Lanes  
327 Ontario Street, St. Catharines
- Dates:** July 8th—September 30th  
**EXCLUDING HOLIDAYS**
- Time:** 10:00am to 12:00pm
- Transportation:** Not provided.
- Register by:** 48 hours prior to the event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org).
- Comments:** Cost is \$3.50 per game.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## TUESDAY GROUP

Looking for something fun to do on Tuesdays? Come spend the day with us doing various activities around Niagara!

# TERRIFIC Tuesdays



- Location :** Varies week to week
- Dates:** Tuesday, July 16th: Tie Dye—Bring your own T-shirt (The Hub)  
Tuesday, July 30th: Lakeside Park and Ice Cream (Port Dalhousie, bring money for ice cream)  
Tuesday, August 27th: Cupcake decorating with Annie (The Hub)
- Time:** 1pm—3pm
- Transportation:** Not provided. Please arrange your own transportation.
- Register by:** Contact Katie or Shirley at 905-682-2678 or via email at [khill@bicr.org](mailto:khill@bicr.org) one week prior to the event
- Comments:**

## TUESDAY GROUP

Come enjoy time outside with friends and fun in the fresh air. Activities range from rock painting, tie-dye t-shirts, and summer Olympic games. A BBQ lunch will be provided at a cost.



# BBQ with Friends

- Location : Crystal Beach boat launch (3855 Terrace Lane, Fort Erie)
- Dates: July 9th, 23rd  
August 6th, 20th  
September 3rd, 17th
- Time: 11am—2pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Chelsie Yungblut 905-687-6788 ext. 313 or email [cyungblut@bicr.org](mailto:cyungblut@bicr.org)
- Comments: \$5 lunch fee. Activities fee will be communicated in advance (ie. Tie-dye, crafts)

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## TUESDAY 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.

# WOMEN'S GROUP



- Location : Various Locations.
- Dates: **July 23rd: Avondale Dairy Bar 1pm-3pm**  
**August 13th: NOTL Outlet Mall 1pm-3pm (Meet @ Tim Horton's entrance)**  
**August 27th: Port Dalhousie 1pm-3pm (meet @ parking area)**  
**September 10th: Lunch @ Pure and Simple, 12pm-2pm, 290 Glendale Ave. (Cost is price of food)**  
**September 24th: Coffee Time 1pm-3pm (across from Pen Center, 2 Tremont Dr.)**
- Time: Times vary between 1pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Dawn Wolff @ [dwoff@bicr.org](mailto:dwoff@bicr.org) or 905-933-3705
- Comments: Cost will be kept to a minimum at approximately \$5 to \$10 depending on the activity.



## TUESDAY GROUP

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.



# DINER'S CLUB

Dates and Location :

**St. Catharines:**

July 9th: Chuck's Roadhouse

August 13th: Ricki Jo's

September 10th: Cat's Caboose

**Welland:**

July 23rd: Swiss Chalet

August 27th: MT Bellies

September 24th: Mossimo's

Time:

5pm to 7pm

Transportation:

Not provided.

Register by:

48 hours prior to the event to Dave Horton at [recreation@bcr.org](mailto:recreation@bcr.org)

Comments:

Cost is the price of your meal.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## TUESDAY GROUP

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

# MEN'S GROUP



Location : Various Locations

Dates: July 16th: Lunch @ Pie Guys 12pm-2pm

August 20th: Games @ The Hub 1pm-2:30pm

September 17th: Lunch @ Boston Pizza 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](mailto:recreation@bicr.org)

Comments: Some weeks may have a cost depending on the activity.

## TUESDAY GROUP \*\*\*NEW PROGRAM\*\*\*

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 a budget by buying in bulk with friends.



# Take Home Cooking

- Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates: September 10th
- Time: 10am—3pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Contact Katie at 905-682-2678 or via email [khill@bicr.org](mailto:khill@bicr.org)  
Register by August 27th
- Comments: Price of groceries—price determined by number of people registered. Should be \$15-20 for 3-4 meals. Call ahead for menu. **\*\*Individuals on waitlist from spring cooking with be prioritized\*\***

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## TUESDAY GROUP

The brain child of our participant, Kurt Bouwers, he dreamed of a world where Model Railway Clubs were entirely accessible and inclusive.

Let your creative side out by working as a team to create a real-scale size world or working trains. Learn electrical techniques, model reconstruction, micro-landscaping, hand painting, and carving to make this tiny world come to life.

## Ridgeville Model Railway Club



- Location: Address will be given upon registration
- Dates: Starting September 17th  
(will be 1st and 3rd Tuesday of each month for the fall)
- Time: 1pm—2:30pm
- Transportation: Not provided
- Register by: Katie Hill at 905-682-2678 or via email [khill@bicr.org](mailto:khill@bicr.org)
- Comments: Fully accessible model space, and HO scale is used in construction.

## TUESDAY GROUP

Join PET and give back to the community! This is a wonderful opportunity to build employment skills for those wishing to pursue employment, or to simply feel good about giving back.

Volunteer opportunities include Humane Society with the Indoor Volunteer Program.



# Supported Volunteering

- Location: Humane Society of Greater Niagara, 4th Ave. St. Catharines
- Dates: Every Tuesday from July 2nd—August 20th
- Time: 9am-12pm
- Transportation: Not provided
- Register by: Contact Katie at 905-682-2678 or via email at [khill@bicr.org](mailto:khill@bicr.org)  
Ongoing registration
- Comments: Humane Society requires close-toed shoes and clothes that can get dirty.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## TUESDAY GROUP

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 on-class sessions and a 4 week block of volunteering where they can practice their learned skills and knowledge.

# Pre-Employment Training



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: Every Tuesday  
**STARTING** September 17th  
Attendance is **mandatory** for each session.  
This is a 12 week program

Time: 9am—12pm

Transportation: Not provided.

Register by: Please contact Dianne in the vocational department for screening and intake process by August 30th.  
[djackson@bicr.org](mailto:djackson@bicr.org)

Comments: This program is specifically for individuals who wish to return to paid employment or independent volunteering.

## WEDNESDAY GROUP

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.



# WACKY WEDNESDAY

Dates and  
Location :

**THE HUB**, 3300 Merritville Hwy, Unit 1B

July 3rd: Bocce/Boccia

August 7th: Movie

September 4th: Family Feud Game

July 17th, August 21st, September 18th: Casino Games

Time: 1:00pm to 2:30pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to the event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)

Comments: No cost. Please arrive a few minutes early as the movie starts promptly at 1pm. Movie option may change due to availability on streaming services.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## WEDNESDAY GROUP

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!

# MUSIC WITH PHIL AND RICK



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: July 24th  
August 28th  
September 25th

Time: 2:00pm to 3:00pm

Transportation: Not provided.

Register by: 48 hours prior to the event to Katie Hill at  
905-682-2678

Comments: PET will be hosting a “Mini Music Trivia” activity from 1-2pm prior to music with Phil for any individuals who wish to attend.



## WEDNESDAY GROUP

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



# MUSIC TRIVIA

- Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates: July 10th, August 14th, September 11th
- Time: 1pm to 3pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to event to Dave Horton at [recreation@bcr.org](mailto:recreation@bcr.org)
- Comments: N/A

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## WEDNESDAY GROUP

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

# Fit 'n Fun



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

| Dates: | July                      | August                     | September                     |
|--------|---------------------------|----------------------------|-------------------------------|
|        | <b>3rd: Bust a Move</b>   | <b>7th: Tai Chi</b>        | <b>4th: Tai Chi</b>           |
|        | <b>10th: Tai Chi</b>      | <b>14th: Jazzercise</b>    | <b>11th: Pole</b>             |
|        | <b>17th: Pole Walking</b> | <b>21st: Bocce/ Boccia</b> | <b>Walking</b>                |
|        | <b>24th: Yoga</b>         | <b>28th: Bust a Move</b>   | <b>18th: Yoga/ stretching</b> |
|        |                           |                            | <b>25th: Bust a Move</b>      |

Time: 11am-12pm

Transportation: Please provide own transportation

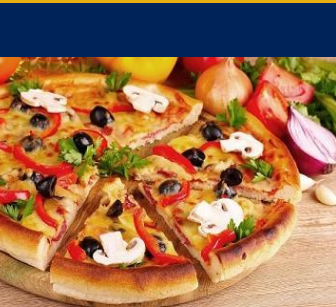
Register by: Contact Katie at 905-682-2678 or via email [khill@bicr.org](mailto:khill@bicr.org)

Comments: Please wear comfortable clothes and supportive footwear. Bust a Move will be available on Zoom.

\*Please note there is no Fit 'n Fun on July 31st

## WEDNESDAY GROUP

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



# LUNCH CLUB

**Dates and  
Location :**

**July 10th: Early Bird (2 Merritt St.,  
St. Catharines)**

**August 14th: The Lanser (85 Hartzel Rd., St.  
Catharines)**

**September 11: Dairy Queen (415 Merritt St., St.  
Catharines)**

**Time:** 11:30am to 1:00pm

**Transportation:** Not provided. Please arrange your own transportation.

**Register by:** 48 hours prior to the event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)

**Comments:** Cost is the price of your meal.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## WEDNESDAY GROUP **\*\*NEW GROUP\*\***

Join the chit chat at the Community Café! 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!

# COMMUNITY CAFE



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: Every Wednesday (**Except July 31**)

Time: 9:30am—11am

Transportation: Not provided. Please arrange your own transportation.

Register & Pay by: Katie at 905-682-2678 or via email [khill@bicr.org](mailto:khill@bicr.org)

Comments: This is an open group for anyone to join.

## THURSDAY GROUP

Join us at Unit 1B every Thursday to learn about brains! This program was developed to help individuals living with ABI to learn about issues surrounding having an injury, how to develop strategies, increase awareness of limitations, and how to focus on your strengths. Participants will receive helpful resources to take home with them to keep and use.



# BRAIN BASICS

- Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates: Every Thursday from July 4th—September 19th (except
- Time: 10am—12pm Please arrive promptly to begin program
- Transportation: Please provide own transportation
- Register by: Katie at 905-682-2678 or via email at [khill@bicr.org](mailto:khill@bicr.org)
- Comments: This is a structured program with a full curriculum that is cumulative each week. Attendance is expected every week, and to come prepared.

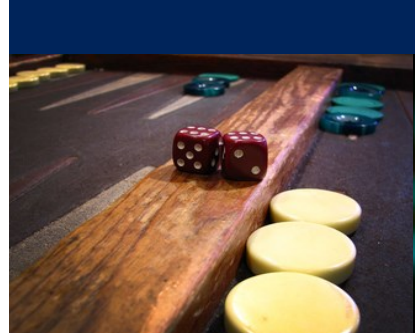
# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## THURSDAY GROUP

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

# PUB GAMES



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: July 4th—September 26th (**Except Aug. 15**)

Time: 1pm—2:30pm

Transportation: Not provided. Please arrange your own transportation.

Register & Pay by: Register 48 hours in advance prior to the event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)

Comments: No cost.

## FRIDAY GROUP

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.



# WORK REST&PLAY

- Location : Niagara Parks, School of Horticulture  
Niagara Parkway, Niagara Falls
- Dates: July 5th—September 27th
- Time: 10:00am to 11:30am
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hrs prior to the date to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)
- Comments: All attendees must wear full back, closed toed shoes. Absolutely no sandals. Dress weather and activity appropriate.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## FRIDAY GROUP

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!

# LAUGHTER YOGA



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: 2nd Friday of each month:  
Starting September 13th

Time: 1:00pm to 1:45pm

Transportation: Not provided. Please arrange your own transportation.

Register & Pay by: Please call Katie at 905-682-2678 or email [khill@bicr.org](mailto:khill@bicr.org).

Comments: 48 hours notice for registration.



## FRIDAY GROUP

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.



# MUSIC With Kurt

|                        |   |
|------------------------|---|
| <b>Location:</b>       | <b>THE HUB, 3300 Merrittville Hwy, Unit 1B,<br/>Thorold</b>   |
| <b>Dates:</b>          | <b>Fridays, July 5th—September 27th</b>   |
| <b>Time:</b>           | <b>11am—12pm</b>  |
| <b>Transportation:</b> | <b>Not provided</b>   |
| <b>Register by:</b>    | <b>Please contact Katie at<br/>905-682-2678 or via email at <a href="mailto:khill@bicr.org">khill@bicr.org</a>.<br/>48 hours in advance</b> |
| <b>Comments:</b>       | <b>Music with Kurt is available on Zoom for those<br/>that wish to participate virtually.</b>   |

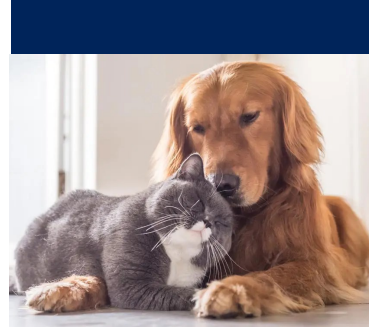
# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## FRIDAY GROUP

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.

# PET THERAPY



Location: **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: 3rd Friday of each month:  
July 19th, August 16th, September 20th

Time: 1:00pm to 2pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Please call Katie directly at  
905-682-2678 or email [khill@bicr.org](mailto:khill@bicr.org)

Comments: Please register 48hrs in advance.

BRAIN INJURY COMMUNITY RE-ENTRY

# 25TH ANNUAL

# GOLF

# -TOURNAMENT-

**20<sup>TH</sup>**  
**SEPTEMBER**



**20**  
**24**

Play a round of golf  
Provide a raffle prize  
Sponsor a hole  
~OR~  
Contribute all three ways!

**Willodell Golf Club**  
**10325 Willodell Rd.,**  
**Niagara Falls**

**PLAY A ROUND**  
**INCLUDES**  
18 holes of golf and golf cart  
Lunch, dinner, and a prize  
Use of the driving range  
**\$150/PERSON**

**For more information contact Jen MacLean:**

905-687-6788 EXT. 690    [jmaclean@bicr.org](mailto:jmaclean@bicr.org)

1-800-996-8796

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 by visiting [www.bicr.org](http://www.bicr.org).



# **HALLOWEEN DANCE**

October 2024

*More info to come*







# July 2024

**EVENTS OPEN TO EVERYONE**  
**(  TRANSPORTATION PROVIDED)**

| Event                    | Date                  | Time         | Place               | Notes   |
|--------------------------|-----------------------|--------------|---------------------|---|
| Wacky Wednesday          | Wednesday<br>July 3   | 1-<br>2:30pm | The Hub             | Come out and play some Bocce/Boccia                             |
| Music Trivia             | Wednesday,<br>July 10 | 1-<br>2:30pm | The Hub             | Come out and test your music knowledge.                         |
| TFC Game                 | Saturday,<br>July 13  | 7-10pm       | Toronto             | Cost is \$48 per ticket, plus trans. Meet at The Hub for 4pm.   |
| Wacky Wednesday          | Wednesday<br>July 17  | 1-<br>2:30pm | The Hub             | Casino Games  |
| Music with Rick and Phil | Wednesday,<br>July 24 | 1-3pm        | The Hub             | Come out and play your favourite songs.                         |
| African Lion Safari      | Wednesday,<br>July 31 | 9am-<br>3pm  | African Lion Safari | Cost is \$40 per person plus trans. Meet at The Hub for 8:30am. |



# July 2024

## ST. CATHARINES EVENTS

| Event        | Date               | Time        | Place                | Notes                              |
|--------------|--------------------|-------------|----------------------|------------------------------------|
| Diner's Club | Tuesday,<br>July 9 | 5pm-<br>7pm | Chuck's<br>Roadhouse | Cost is the price of<br>your meal. |

## WELLAND EVENTS

| Event        | Date                | Time        | Place        | Notes                              |
|--------------|---------------------|-------------|--------------|------------------------------------|
| Diner's Club | Tuesday,<br>July 23 | 5pm-<br>7pm | Swiss Chalet | Cost is the price of<br>your meal. |

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# July 2024

| Sun | Mon | Tue   | Wed                              | Thu | Fri | Sat  |
|-----|-----|---|----------------------------------|-----|-----|--|
|     | 1   | 2   | 3<br>Wacky Wednesday<br>1-2:30pm | 4   | 5   | 6  |
| 7   | 8   | 9<br>St. Catharines<br>Diner's Club<br>5pm-7pm<br>Chucks<br>Roadhouse | 10<br>Music Trivia<br>1pm-2:30pm | 11  | 12  | 13<br>TFC game<br>7:30pm<br> |

|    |    |  |  |    |    |    |
|----|----|--|--|----|----|----|
| 14 | 15 | 16   | 17                                     | 18 | 19 | 20 |
|    |    |  | Wacky<br>Wednesday<br>1pm-2:30pm       |    |    |    |
| 21 | 22 | 23   | 24                                     | 25 | 26 | 27 |
|    |    | Welland<br>Diner's Club<br>5pm-7pm<br>Swiss Chalet | Music with Rick and<br>Phil<br>1pm-3pm |    |    |    |
| 28 | 29 | 30   | 31                                     |    |    |    |
|    |    |  | African Lion Safari<br>9am-3pm         |    |    |    |



# August 2024

**EVENTS OPEN TO EVERYONE**  
**(  TRANSPORTATION PROVIDED)**

| Event                     | Date                 | Time       | Place                  | Notes   |
|---------------------------|----------------------|------------|------------------------|---|
| Wacky Wednesday           | Wednesday, August 7  | 1pm-2:30pm | The Hub                | Movie afternoon   |
| Ice Cream Outing          | Wednesday, August 7  | 6-8pm      | Avondale Dairy Bar     | Beat the heat with some ice cream.                                    |
| Music Trivia              | Wednesday, August 14 | 1-2:30pm   | The Hub                | Come out and test your music knowledge.                               |
| Welland Jackfish Baseball | Saturday, August 17  | 6-8pm      | Welland Sports Complex | Cost is \$23 per person. Includes burger or hotdog, ticket, and drink |
| Wacky Wednesday           | Wednesday, August 21 | 1-2:30pm   | The Hub                | Casino Games  |
| Music with Phil and Rick  | Wednesday, August 28 | 1pm-3pm    | The Hub                | Come out and play your favourite songs.                               |

# August 2024

## ST. CATHARINES EVENTS

| Event                      | Date               | Time    | Place      | Notes                       |
|----------------------------|--------------------|---------|------------|-----------------------------|
| St. Catharines Diners Club | Tuesday, August 13 | 5pm-7pm | Ricki Jo's | Cost is price of your meal. |


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## WELLAND EVENTS

| Event                | Date               | Time    | Place        | Notes                           |
|----------------------|--------------------|---------|--------------|---------------------------------|
| Welland Diner's Club | Tuesday, August 27 | 5pm-7pm | M.T. Bellies | Cost is the price of your meal. |

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# August 2024

| Sun | Mon | Tue | Wed  | Thu | Fri | Sat |
|-----|-----|-----|--|-----|-----|-----|
|     |     |     |  | 1   | 2   | 3   |
| 4   | 5   | 6   | 7<br>Wacky<br>Wednesday<br>1-2:30pm<br><hr/> Avondale<br>6-8pm<br> | 8   | 9   | 10  |

|    |    |   |                                      |    |    |  |
|----|----|---|--------------------------------------|----|----|--|
| 11 | 12 | 13  | 14                                   | 15 | 16 | 17   |
|    |    | St. Catharines<br>Diner's Club<br>5-7pm<br>Ricki Jo's | Music Trivia<br>1-2:30pm             |    |    | Welland Jackfish<br>6-8pm<br> |
| 18 | 19 | 20  | 21                                   | 22 | 23 | 24   |
|    |    |   | Wacky<br>Wednesday<br>1-2:30pm       |    |    |  |
| 25 | 26 | 27  | 28                                   | 29 | 30 | 31   |
|    |    | Welland Diner's<br>Club<br>5-7pm<br>M.T. Bellies      | Music with Phil<br>and Rick<br>1-3pm |    |    |  |

# September 2024

**EVENTS OPEN TO EVERYONE**  
**(  TRANSPORTATION PROVIDED)**

| <b>Event</b>             | <b>Date</b>             | <b>Time</b> | <b>Place</b>               | <b>Notes</b>                            |
|--------------------------|-------------------------|-------------|----------------------------|---|
| Wacky Wednesday          | Wednesday, September 4  | 1pm-2:30pm  | The Hub                    | Family Feud Game                        |
| Canadian Warplane Museum | Wednesday, September 4  | 9am-3pm     | Hamilton                   | Cost TBA, meet at The Hub for 8:30am    |
| Music Trivia             | Wednesday, September 11 | 1pm-2:30pm  | The Hub                    | Come out and test your music knowledge. |
| Wacky Wednesday          | Wednesday, September 18 | 1pm-2:30    | The Hub                    | Casino Games                            |
| Music with Rick and Phil | Wednesday, September 25 | 1-3pm       | The Hub                    | Come out and play your favourite songs. |
| Crossfire Wrestling      | Sunday, September 29    | TBA         | Merritton Community Center | Cost is \$20 per person                 |



# September 2024

## ST. CATHARINES EVENTS

| Event        | Date                        | Time        | Place         | Notes                              |
|--------------|-----------------------------|-------------|---------------|------------------------------------|
| Diner's Club | Tuesday,<br>September<br>10 | 5pm-<br>7pm | Cat's Caboose | Cost is the price of<br>your meal. |

## WELLAND EVENTS

| Event                   | Date                     | Time        | Place     | Notes                              |
|-------------------------|--------------------------|-------------|-----------|------------------------------------|
| Welland<br>Diner's Club | Tuesday,<br>September 24 | 5pm-<br>7pm | Mossimo's | Cost is the price of<br>your meal. |

# September 2024

| Sun | Mon | Tue                                  | Wed  | Thu | Fri | Sat |
|-----|-----|--------------------------------------|--|-----|-----|-----|
| 1   | 2   | 3                                    | 4<br>Canadian Warplane<br>Museum<br>9am-3pm<br> | 5   | 6   | 7   |
|     |     |                                      | <hr/> Wacky Wednesday<br>1-2:30pm  |     |     |     |
| 8   | 9   | 10<br>St. Catharines<br>Diner's Club | 11<br>Music Trivia<br>1-2:30pm   | 12  | 13  | 14  |

|                               |    |   |                                      |    |    |    |  |
|-------------------------------|----|---|--------------------------------------|----|----|----|--|
|                               |    |   |                                      |    |    |    |  |
| 15                            | 16 | 17  | 18                                   | 19 | 20 | 21 |  |
|                               |    |   | Wacky Wednesday<br>1-2:30pm          |    |    |    |  |
|                               |    | 5-7pm<br>Cat's Caboose                        |                                      |    |    |    |  |
|                               |    |   |                                      |    |    |    |  |
| 22                            | 23 | 24  | 25                                   | 26 | 27 | 28 |  |
|                               |    | Welland Diner's<br>Club<br>5-7pm<br>Mossimo's | Music with Phil and<br>Rick<br>1-3pm |    |    |    |  |
|                               |    |   |                                      |    |    |    |  |
| 29                            | 30 |   |                                      |    |    |    |  |
| Crossfire<br>Wrestling<br>TBA |    |   |                                      |    |    |    |  |
|                               |    |   |                                      |    |    |    |  |





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