







OCTOBER 2023 - Fall Festivities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SHORT STORY REFLECTION 10:00am –11:00am COFFEE & CARDS 11:00am - 12:00pm WOMEN2WOMEN 1:00pm –3:00pm <i>Focus: Fall Discussion & Fall Bucket List Activity</i> 	3 CLIENT MEETING 10:00am - 11:00am <i>FAMILY & FRIENDS EVENT - VIRTUALLY</i> PAINT BY NUMBER 11:00am - 12:00 pm LUNCH @ GROUP (Group DROP-IN) Meal: Taco Tuesday \$5.00 12:00pm - 1:00pm BINGO @ GROUP 1:00pm—2:00pm DROP IN @ GROUP 2:00 pm - 3:00pm 	4 NIAGARA GROUP 10:00am - 11:30am Location: Ravenda VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Yoga)</i> VIRTUAL SHORT STORY REFLECTION 1:30pm - 2:30pm	5 THANKSGIVING CARD WORKSHOP 10:00am - 11:30am BRAIN WORK OUT 11:30am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm GET MOVING 1:00pm - 1:30pm FEEL THE MUSIC - KARAOKE 1:30pm - 2:30pm DROP IN @ GROUP 2:00 pm - 3:00pm	6 CREATIVE EXPRESSION <i>PROJECT: Gratitude Trees</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS 1:00pm - 3:00pm (<i>Rummy</i>) BRANT GROUP 1:00pm - 3:00pm (<i>Leisure Auction</i>) <i>Speak with Group Staff to Sign up!</i> VIRTUAL FRIDAY NIGHT <i>Guess the Celebrity</i> 6:00pm—7:00pm 
9 GROUP CLOSED FOR THANKSGIVING 	10 BOWLING @ MOUNTAIN LANES <i>(335 Upper Wentworth—Meet Group At Bowling)</i> 10:30am—11:30am \$10.00 for bowling & shoes  LIMERIDGE MALL LUNCH & WALK <i>*Take the Bus with Staff to the mall from bowling or meet by Old Navy</i> FOODCOURT LUNCH or Bag Lunch 12:30pm- 1:30pm (<i>Cost based on meal</i>) MALL WALK 1:30pm - 2:00pm	11 NIAGARA GROUP 10:00am - 11:30am Location: Kenny VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Dance)</i> VIRTUAL DOCUMENTARIES & DISCUSSION <i>Benefits of Gratitude</i> 1:30pm - 2:30pm	12 JEOPARDY 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm GET MOVING 1:00pm—1:30pm FEEL THE MUSIC - NAME THAT TUNE 1:30pm - 2:30pm DROP IN @ GROUP 2:00 pm - 3:00pm	13 CREATIVE EXPRESSION <i>PROJECT: Nature Art</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS 1:00pm - 3:00pm (<i>Yes I have Game</i>) NIAGARA GROUP 1:00pm - 3:00pm <i>BIAN Clubhouse—300 Bunting Rd,</i> VIRTUAL FRIDAY NIGHT <i>Celebrating the Fall</i> 6:00pm—7:00pm 

For Information, Contact a GROUP STAFF

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Head Injury
 Rehabilitation
 Ontario

A Promise of Hope After ABI

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 SHORT STORY REFLECTION 11:00am – 11:00am COFFEE & CARDS 11:00am - 12:00pm WOMEN2WOMEN 1:00pm – 3:00pm <i>Focus: Reflections and Cocoon Project</i> 	17 DROP IN @ GROUP 10:00am - 11:00am BRUNCH @ GROUP Meal: Waffles, bacon & fruit \$5.00 11:00am - 12:30pm WOODEN PUMPKIN WORKSHOP 12:30pm—2:30pm <i>Come to group to build and create a personalized Wooden Pumpkin decoration</i> *Please Register with Beth*	18 NIAGARA GROUP 10:00am - 11:30am Location: CH and CWP VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Yoga)</i> VIRTUAL CREATIVE EXPRESSIONS 1:30pm - 2:30pm <i>(Halloween Art)</i>	19 COCOON TIMECAPSULE WORKSHOP  10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP (Group DROP-IN) 12:00pm - 1:00pm GET MOVING 1:00pm - 1:30pm FEEL THE MUSIC - MUSIC VIDEOS 1:30pm - 2:30pm DROP IN @ GROUP 2:30 pm - 3:00pm	20 CREATIVE EXPRESSION PROJECT: Scarecrow Creative Canvas 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS 1:00pm - 3:00pm (Jeopardy) BRANT GROUP 1:00pm - 3:00pm (Expressive Writing) <i>Speak with Group Staff to Sign up!</i> VIRTUAL FRIDAY NIGHT Bracket Tournament 6:00pm—7:00pm 
23 <div>GROUP CLOSED FOR THE MORNING</div> WOMEN2WOMEN 1:00pm – 3:00pm <i>Focus: Pumpkin Spice & Everything Nice</i>	24 FALL COMMUNITY WALK 10:00am - 11:00 am <i>*Meet Group to go for a Community Walk</i> BRAIN WORK OUT 11:00am - 12:30pm LUNCH @ GROUP (Group DROP-IN) Meal: Soup & Sandwich \$5.00 12:30pm - 1:30pm MUSIC THERAPY @ GROUP 1:30pm—2:30pm DROP IN @ GROUP 2:30 pm - 3:00pm	25 VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Dance)</i> VIRTUAL TRIVIA 1:30pm - 2:30pm <i>(October Jeopardy)</i>	26 FALL BAKING CHALLENGE 10:00am - 11:30pm NURSING PRESENTATION with SONIA 11:30am - 12:00pm BRING YOUR OWN LUNCH @ GROUP (Group DROP-IN) 12:00pm - 1:00pm GET MOVING 1:00pm - 1:30pm FEEL THE MUSIC - KARAOKE 1:30pm - 2:30pm DROP IN @ GROUP 2:30 pm - 3:00pm	27 CREATIVE EXPRESSION PROJECT: Halloween Character Wood Art 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS 1:00pm - 3:00pm (Halloween Pictionary) NIAGARA GROUP 1:00pm - 3:00pm <i>BIAN Clubhouse—300 Bunting Rd,</i> HALLOWEEN PARTY @ GROUP  5:00pm—7:00pm COST: \$8.00 - Pizza Dinner & Dessert
30 SHORT STORY REFLECTION 10:00am – 11:00am COFFEE & CARDS 11:00am - 12:00pm WOMEN2WOMEN 1:00pm – 3:00pm <i>Focus: Tea Time & Fall Coasters</i>	31 HALLOWEEN CELEBRATION  10:00am - 3:00pm Join Group for a Halloween Themed Celebration <i>*Costumes Encouraged*</i> LUNCH @ GROUP Meal: Spaghetti & “Eyeballs” with Salad COST: \$5.00 12:00pm - 1:00pm	<div>CALENDAR LEGEND</div> <div> <div>COMMUNITY PROGRAM</div> <div>VIRTUAL PROGRAM</div> <div>Both Virtual & In-PERSON </div> <div>BRANT PROGRAM</div> <div>NIAGARA GROUP</div> </div>		