January 2026 | BIAN Program Calendar

Monday 10AM - 3PM	Tuesday 10AM - 3PM	Wednesday 10AM - 3PM	Thursday 10AM - 3PM
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Clubhouse is closed from December 24th - January 1st **Reopening on Monday, January 5th**			
5 10 Opening Peer Social 11 Meal Preparation Group 12-1 Cheese Burger & Fries 1-2:30 ABC Soup Game	**6** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Burrito Bowls 1-2:30 Baking Shortbread	**7** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Breakfast for lunch 1-2:30 Clubhouse Movie	**8** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Taco's 1-2:30 Men's Peer Support Group 1-2:30 Board Games/Cards
12 10 Opening Peer Social 11 Meal Preparation Group 12-1 Fish N' Chips 1-2:30 Music Trivia	**13** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Grilled Cheese & Tomato Soup 1-2:30 Balloon Painting	**14** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Nacho's 1-2:30 Yoga with Rebecca	**58** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Mini Pizza 1-2:30 Wheel of Fortune
19 10 Opening Peer Social 11 Meal Preparation Group 12-1 Tortellini Bake 1-2:30 Against Maturity Game	**20** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Chicken Burgers & Salad 1-2:30 Animal Trivia	**21** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Veggie & Hummus Wraps 1-2:30 Mindfulness with James	**22** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Tuna Melts 1-2:30 Crazy 8's Tournament
26 10 Opening Peer Social 11 Meal Preparation Group 12-1 Mini Chicken Pot Pie 1-2:30 Game of Things	**27** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Hot Dogs & Veggies 1-2:30 Charades	**28** 10 Opening Peer Social 11 Meal Preparation Group 12-1 Chicken Alfredo 1-2:30 Yoga with Rebecca	**29** 10 Opening Peer Social 11 Meal Preparation Group 12-1 BLT's & Salad 1-2:30 Women's Peer Support Group 1-2:30 Board Games/Cards

January 2026 | Important Communication

NOTES:

- **Sign-up is required Monday through Thursday. Due to capacity, you may be denied access if you have not registered. Contact Tamara at 905-646-2426 extension 1 or tamara@bianiagara.org to sign-up.**
- **Monday - Thursday Lunches: Active participation in preparation is required as part of BIAN's Clubhouse model. The cost is $5.00. Please make arrangements in advance if you have an allergy or dietary restriction.**
- A green highlight on the calendar indicates when a specialized program is running with a guest facilitator.
- A pink highlight on the calendar indicates Women's Group.
- A blue highlight on the calendar indicates Men's Group.

ACTIVITIES /SPECIAL EVENTS:

- Welland Peer Support Group: Friday, January 2nd ***Sign Up is required, please reach out to Rachel at supportgroups@bianiagara.org to register**

CLUBHOUSE CLOSURES:

- **Clubhouse will be closed from Wednesday, December 24th until Thursday, January 1st**
- **Clubhouse will reopen on Monday, January 5th at 10:00am**

BIAN

Brain Injury Association of Niagara