



ABOUT US

A Year in Review: The Oasis Clubhouse Monthly Activity Recap

Take a stroll down memory lane with us as we highlight our monthly activities at the Oasis Clubhouse through pictures.

[READ MORE](#)

CONTACT US:

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December 2023 Issue 10 Vol 2

Celebrating our Successes one step, one day at a time!

Dear Members,

As we approach the end of 2023, I am filled with gratitude and a profound sense of community. Serving as the Program Coordinator for BIAN since September has been an incredible journey, and it's been a pleasure being able to connect with our incredible members.

Throughout the year, we've come together to support one another, share experiences, and navigate the changes and challenges that brain injury can bring. Your stories have inspired us all, reminding us of the importance of empathy, understanding, and the power of unity.

Our culinary celebrations have been a highlight, transforming our kitchen into a space of creativity and joy. Together, we've explored new recipes, shared cooking tips, and enjoyed delicious meals prepared with teamwork and learning. The kitchen isn't just a space for culinary adventures; it's a symbol of the connections we've formed through the simple joy of preparing and enjoying a meal together.

As we wrap up 2023, let's celebrate our successes, acknowledge our growth, and remember the bonds we've forged. The upcoming year holds the promise of new opportunities and continued collaboration. I am excited about the prospects of what we can achieve together in 2024.

Wishing you all a lovely holiday season and a New Year filled with healing, the warmth of friendships, and shared triumphs.

Tamara
Program Coordinator

December Birthdays

Mike 9th

Shauna 20th

Alan 26th

Danielle 28th

Special Dates to Remember

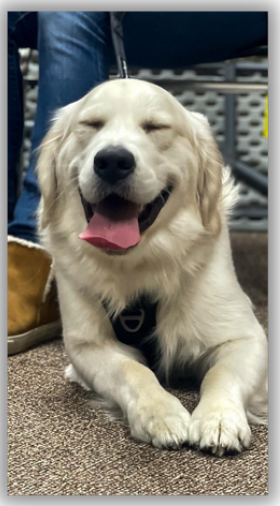
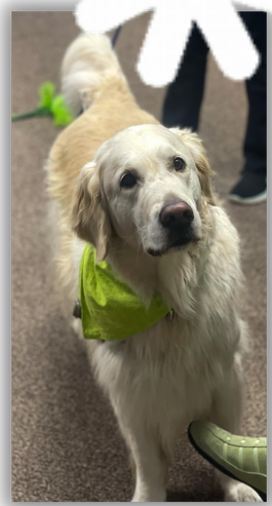
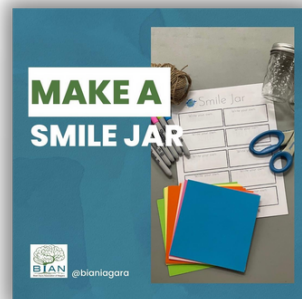
BIAN Clubhouse Holiday Party

Thurs Dec 21st 10 - 3 pm

Clubhouse Closed for the Holidays

Fri Dec 22nd - Mon Jan 1st

Reopened Tues Jan 2nd





**CREATE
STUCCO
ART**

BIAN @bianiagara



VISUAL ART



BIA Niagara Support Groups

What is it?
Support groups offer an opportunity to ask questions, share experiences, strategies, and resources by meeting others in similar situations.

Men's Peer Support Group / Women's Peer Support Group / Friends Helping Friends (in person & online)

(905) 648-2428 ext. 1 info@bianiagara.org

300 Bunting Road St. Catharines, ON

BIA Niagara Support Groups

Friends Helping Friends

This co-ed peer support group provides a forum for emotional expression and encouragement. It offers an opportunity to become part of a greater community.

- 3rd Monday / month (in person) 3rd Monday / month (online)
- 1:00 - 3:00 p.m. (in person) 1:00 - 2:00 p.m. (online)
- 300 Bunting Road, Unit #4 St. Catharines, ON

(905) 648-2428 ext. 1 info@bianiagara.org

BIA Niagara Support Groups

Women's Peer Support Group

This group offers a safe and inclusive space to connect with other women who share similar experiences, joys, hopes, and struggles while healing from a brain injury.

- Last Thursday / month
- 12:45 - 2:00 p.m.
- 300 Bunting Road, Unit #4 St. Catharines, ON

(905) 648-2428 ext. 1 info@bianiagara.org

BIA Niagara Support Groups

Men's Peer Support Group

This group offers an opportunity to socialize with other men who live with brain injury in a safe and supportive environment. Tell your story, share strategies, and learn from others.

- Second Wednesday / month
- 1:00 - 2:00 p.m.
- 300 Bunting Road, Unit #4 St. Catharines, ON

(905) 648-2428 ext. 1 info@bianiagara.org

February



Music with Andrew



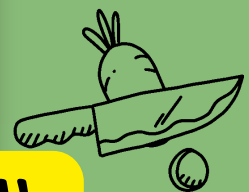
MUSIC



St. Patrick's Day



Cooking Skills

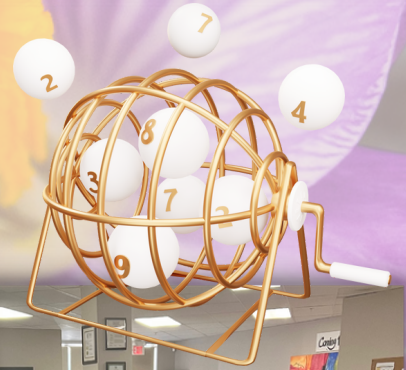


Teamwork Makes the Dream Work!!!

DARTS



Who Wins???



APRIL



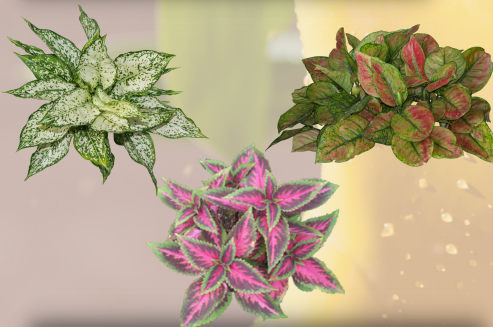


Planter Boxes

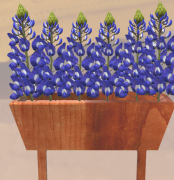
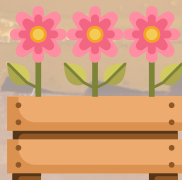
Giselle's Horticulture



Green
Thumbs



MAY





Best \$3 Lunch in Town



Fundraising



BIAN Mix & Mingle
Lock Street Brewery
Thursday, June 22, 2023

Live East Coast music by Ferguson Young ft. Fiddler Liam McGlashan | Silent Auction | Digital Booth by Betty Loo Photobooth | Local beer/wine | Hors d'oeuvres by oddBird.xpress



Wine
Time



JUNE



Thank You!



@biniagara

NIAGARA FALLS

will be illuminated Blue & Green to recognize Brain Injury Awareness Month on June 22 at 10:15 PM



Your Donations matter





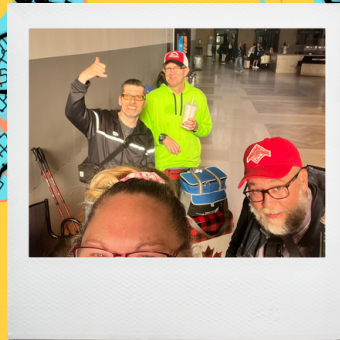
The Pen Centre



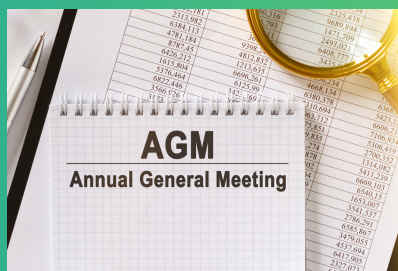
Fairview Mall



JULY



Montreal or Bust!



**AWARD WINNERS- VOLUNTEER OF THE YEAR AWARD WINNERS
Alicia & Christine**

**LIFETIME ACHIEVEMENT AWARD WINNERS
Dr. Sherrie Bieman-Copland & Pat Dracup**





Picnic at Lakeside Park
In Port Dalhousie



AUGUST

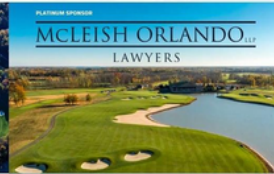
**MUSIC IN THE PARK
WITH ANDREW**





CHARITY GOLF TOURNAMENT

IN SUPPORT OF THE BRAIN INJURY ASSOCIATION OF NIAGARA



PLAY TO ENSURE INDIVIDUALS LIVING WITH THE EFFECTS OF ACQUIRED BRAIN INJURY IN THE NIAGARA REGION HAVE THE COMMUNITY SUPPORT THEY NEED!

VISIT WWW.BIANIAGARA.ORG FOR DETAILS OR TO REGISTER.



MONDAY, AUGUST 21, 2023 LEGENDS ON THE NIAGARA






- HIKING
- PICNIC AREA
- BONFIRE
- TRAILS
- SHOWERS

September

#RowansLawDay
In honour of Rowan Stringer



A concussion is a brain injury. It's important to know the symptoms.

OBIA
Concussion resources: www.obia.ca



Compassionate

Reliable

Enthusiastic

Caring





Flowers are Us!





ST. CATHARINES ROAD RUNNERS

Supporters



Runners



October 14, 2023

HEAD FOR THE HILLS
WHITE MEADOWS FARM



OCTOBER



Supporting Others



Friendships



love



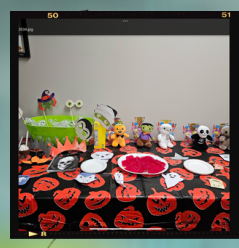
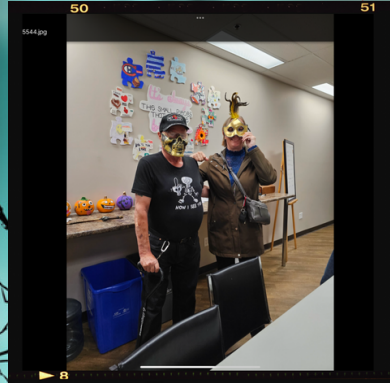
Music with Andrew



TRICK or TREAT



Halloween Party

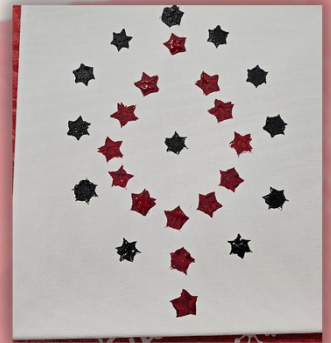
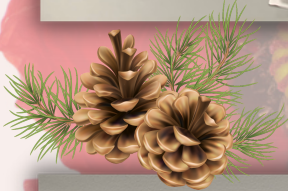




Thankful
Grateful
Blessed

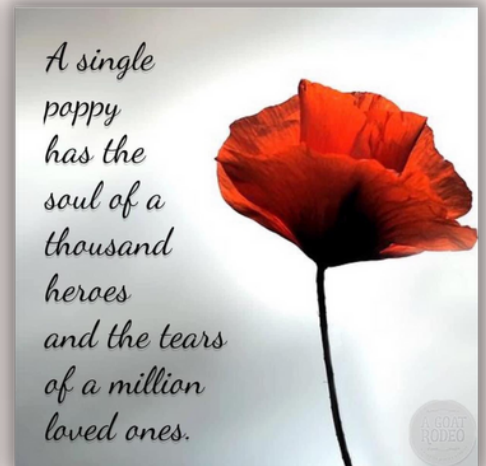


Card games



art

NOVEMBER



A BOAT RODEO



GINGERBREAD

HOUSE & PERSON





in Town

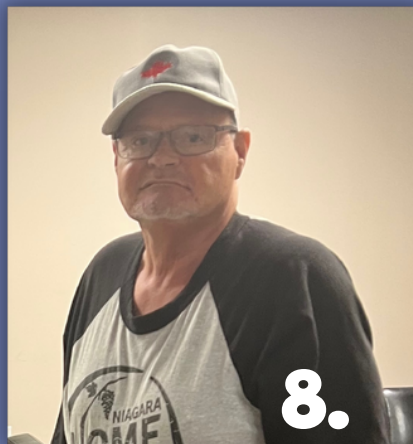
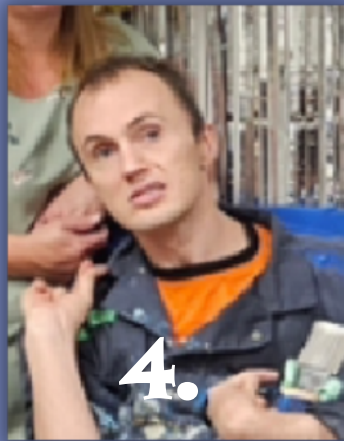


Lunch

\$3



WHO AM I?



Guess the pictures above from the list of names of NEW Clubhouse MEMBER who joined us during 2023.

Answers will be in the January/February issue.


Sincere apologies for not having all faces of our new members.

- Alan
- Andrew D
- Andy L
- Ben
- Brad D
- Brandon
- Cory
- Danielle
- Neal
- Kajan
- Patricia
- (Tricia)
- Rebecca
- Sharon
- Shawna
- Shawn
- Stephen
- Taylor
- Tina
- Trevor
- Wayne
- Yvon



Mark
YOUR
Calendar



Monday 10:00am - 3:00pm	Tuesday 10:00am - 3:00pm	Wednesday 10:00am - 3:00pm	Thursday 10:00am - 3:00pm
<p>4</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 11:30 Breakfast Club - Smoothie Bowls 1-2:30 Decorate the Clubhouse - Holiday Edition!</p> 	<p>5</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Chicken Pot Pie 1-2:30 Cornhole & Darts</p> 	<p>6</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Hamburgers & Salad 1-2:30 Board Games - Scattergories Edition</p> 	<p>7</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Bagel Pizza's 1-2:30 Bake/Decorate Holiday Cookies</p> 
<p>11</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 11:30 Breakfast Club - Pancakes 1-2:30 Music Trivia</p> 	<p>12</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Chicken Stir Fry 1-2:30 Chair Yoga & Mindfulness</p> 	<p>13</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Bacon, Lettuce, Tomato Sandwiches & Salad 1-2:30 Mindful Colouring 1-2:30 Men's Peer Support Group</p> 	<p>14</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 One Pot Mac & Cheese 1-2:30 Holiday Horticulture Event</p>  <p>*Please RSVP by December 8th</p>

<p>18</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 11:30 Breakfast Club - Bacon, Eggs and Hashbrowns 1-2:30 Art Your Heart Out - Chalk Prints</p> 	<p>19</p> <p>10 Opening Peer Social 11-17 Meal Preparation Group 12-1 Taco Tuesday 1-2 Interactive Music with Andrew</p> 	<p>20</p> <p>10 Opening Peer Social 11 Morning Meeting + Lunch Prep 12-1 Chicken Cesar Wraps & Veggies 1-2:30 Jeopardy / Hangman</p> 	<p>21</p> <p>10-11 Peer Social & Hot Chocolate 12 Mix n Mingle Lunch 1-3 Holiday Celebration</p> <p>Check out our hot chocolate station and join in on some fun festive games. Wear your favourite holiday sweater or festive attire!</p>
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Clubhouse Closed:
December 22nd - January 1st
We will reopen on Tuesday, January 2nd



EVENTS:

- Friday, December 1st - Friends Helping Friends: Welland Peer Support Group (First Friday of every month)
- Monday, December 11th (5:00pm - 7:00pm) - Educational Talk - Vestibular Rehabilitation Following MTBI - Online or in person at the clubhouse - Please register through Eventbrite. *Ask Sarah, Community Engagement Coordinator for more information in person, through email sarah@bianiagara.org or by telephone at 905 646 2476 ext 2
- Thursday, December 14th - Holiday Horticulture Event *Please RSVP by December 8th
- Thursday, December 21st - Clubhouse Holiday Party

NOTES:

We are closed December 22nd - January 1st *We are reopening on January 2nd
 The Women's Peer Support Group will resume on the last Thursday of the month on January 25th
 Please email newsletter submissions to brainmattersnewsletter@gmail.com by December 15th
 Breakfast Club - Brunch on Monday's is free! Sponsored by McLeish Orlando Lawyers LLP
 Lunch - Tuesday through Thursday, cost is \$3.00 (please prepare in advance if you have an allergy or dietary restriction)

LETTER FROM THE EDITOR

Celebrating the Holidays and Our Growing Newsletter

As the holiday season approaches, I just wanted to express my gratitude for this year. Our "little" newsletter has continued to thrive, with both an increase in content and members on the newsletter committee. Every dedicated member has worked hard on their assigned articles, and we have seen our readership expand with the launch of our very own Facebook page. Thank you all for your contributions to making this year a success!

