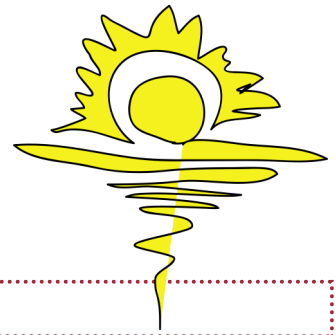


# BIAQD Newsletter

For members of the Quinte Area Brain Injury  
Association



## OCTOBER 2018

HAVE YOU SEEN US ONLINE? [www.biaqd.ca](http://www.biaqd.ca)

### A Day at the Fair....

If you remember, last year we entered a quilt on the Canada 150th Birthday theme. It won First and also best in Category and was to go on to Toronto!! This year we made two Rag quilts. The one we sent to the Belleville fair won 1st! We are on a roll!

This year, we entered other items created by the groups as well....

Belleville Fair: Canada theme Quilt - **Two 1st**  
Pottery - **1st**  
Sewing Apron - 3rd  
Thanksgiving Door Décor - 3rd



Warkworth Fair Rag Quilt - **2nd**  
Painted Stone - **2nd**  
Sewn Apron - 3rd  
Decorated Flower Pot - **2nd**  
Best in Acrylic Painting - 3rd  
Fall Door Wreath - 3rd

Good work EVERYONE!!!

Picton Fair Canadian Theme Rag Quilt - 3rd  
Bird House - **1st**  
Bench - **2nd**  
Beach theme table runner - **1st and a Special Ribbon**  
Snowman "All Flakes Welcome" wall hanging - **1st**  
Blue Flower Cushion - 3rd  
Christmas Burlap wreath - **1st**  
Christmas card - **2nd**  
Red patterned apron - 3rd



**We Did**  
**GOOD**



# **We went to the FAIR..... Belleville Warkworth Picton**

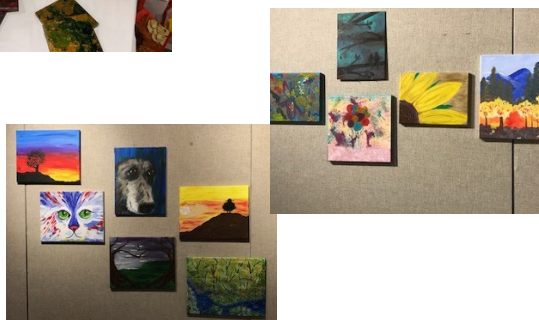
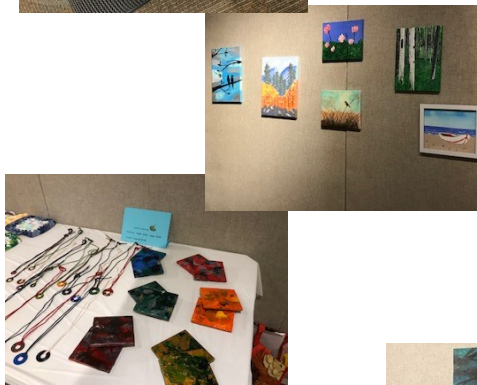
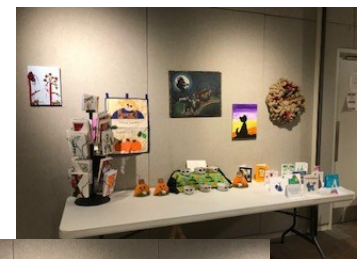
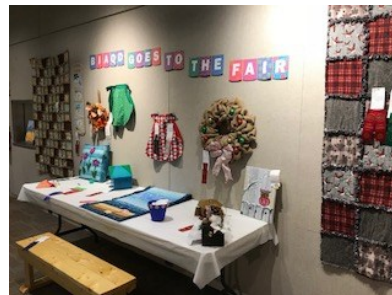
August and September 2018



## **Our "Art Show and Craft Sale"**

This year we thought we would combine our Craft Sale with an art show. What an idea...!

**Please remember, you can order any of these items from Marketplace or just call the office!  
613-967-2756**



# 3 Cheese Mac & Cheese

**YIELDS:**8 SERVINGS

**COOK TIME:**0 HOURS 30 MINS

**PREP TIME:**0 HOURS 20MINS



## Ingredients

1/2 c.  
(1 stick) unsalted butter,  
plus more for baking dish

1 lb.  
elbow macaroni

1/2 c. flour

5 c.  
whole milk

1 1/2 tsp. salt

Freshly ground black pepper

1 tsp.  
mustard powder

3 c.  
shredded cheddar

2 c.  
shredded Gruyère\*\*

1 1/2 c.  
grated Parmesan, divided

1 c.  
Panko breadcrumbs

3 tbsp.  
extra-virgin olive oil

Freshly chopped parsley, to gar-

## How to Make It

Preheat oven to 375°. Butter a 9"-x-13" baking dish.

In a large pot of salted, boiling water, cook macaroni until al dente. Drain and set aside.

In a large saucepan, melt 1 stick butter. Sprinkle over flour and cook until slightly golden, 2-3 minutes. Pour in milk and whisk until combined. Season with mustard powder, salt, and pepper. Let simmer until starting to thicken, about 5 minutes.

Remove pan from heat and whisk in cheddar, then Gruyère, and then 1 cup Parmesan. Continue whisking until melted and smooth. Stir in cooked macaroni and transfer to prepared baking dish.

In a small bowl, combine remaining Parmesan with Panko and oil. Sprinkle mixture over macaroni, then season with more black pepper.

Bake until bubbly and golden, 25-30 minutes.

Garnish with parsley.

Let sit 10 minutes before serving.

### Our Top Gruyere Cheese Substitute Picks:

- Jarlsberg
- Butterkase
- Swiss

**\*\*** Gruyère cheese is considered to be one of the finest Swiss cheeses. Its taste is nutty and salty when new but varies greatly with age. When fully aged after about a year, the cheese becomes completely hard and develops cracks.



# Has your last year brought you together with 'like' people/friends .....



Come join us!  
Come join us!



BIAQD has become a great place for us to meet and chat, exercise, learn new crafts and get out in group activities!

I cannot stress enough how important it is to so many of us to have a place to get together and not feel judged or looked down upon.

Here are a few pictures of what we are doing...

Call the BIAQD office to discover what awaits there for you to enjoy!

## Friends Just Having FUN



The silliness, friendships and creativity abounds!



A HUGE  
Thank You to  
Cory and  
Leian!



## Riding Hood Stables



My Best  
friend....

## 70's Songs

Find and circle all of these songs from the 1970's that are hidden in the grid.  
The remaining letters spell the title of an additional song from the 70's.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | R | E | K | O | J | E | H | T | R | I | C | H | G | I | R | L | T | H | G |
| L | M | B | V | I | E | A | R | E | Y | H | Y | W | A | D | Y | E | T | L | N |
| Y | L | A | O | I | N | B | S | O | S | O | A | O | A | A | N | E | K | W | I |
| A | O | B | C | G | L | A | R | A | X | T | U | N | V | I | B | C | R | D | M |
| L | S | B | I | A | E | A | W | O | E | A | C | R | K | N | O | I | D | R | A |
| B | U | E | W | R | R | R | N | R | W | I | N | L | S | R | O | B | O | I | E |
| M | P | O | G | O | A | T | L | I | N | N | A | N | E | O | O | C | O | B | R |
| A | E | N | Y | C | C | O | H | G | Y | T | S | L | E | F | N | R | L | E | D |
| G | R | O | R | N | O | E | Q | U | E | A | I | U | K | I | U | G | B | E | S |
| G | S | T | H | K | I | U | N | V | R | D | T | I | G | L | S | F | D | R | E |
| I | T | R | I | A | E | V | I | O | O | P | Z | S | O | A | I | F | A | F | V |
| E | I | A | A | E | D | J | O | C | T | U | A | W | N | C | R | U | B | S | O |
| M | T | G | N | R | D | R | O | L | M | S | D | R | T | L | D | T | U | E | M |
| A | I | E | N | F | H | R | E | P | S | O | E | A | K | E | U | S | O | Y | T |
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| C | R | A | C | K | L | I | N | R | O | S | I | E | Y | H | L | H | S | A | I |
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ANGIE  
BABE  
BAD BLOOD  
BETH  
BROWN SUGAR  
CAR WASH  
CONVOY  
CRACKLIN' ROSIE  
CROCODILE ROCK  
DANCING QUEEN  
DREAMING  
DREAMS

FAME  
FREE BIRD  
GREASE  
HEART OF GLASS  
HOT STUFF  
HOTEL CALIFORNIA  
ISLAND GIRL  
JIVE TALKIN'  
LAYLA  
LE FREAK  
LOLA



LOVIN' YOU  
LOWDOWN  
MACARTHUR PARK  
MAGGIE MAY  
MISS YOU  
MONEY  
NIGHT MOVES  
OHIO  
POP MUZIK  
RHIANNON  
RHINESTONE COWBOY

RICH GIRL  
ROXANNE  
SAD EYES  
SIR DUKE  
STAYIN' ALIVE  
SUPERSTITION  
THE JOKER  
TRAGEDY  
VENUS  
WATERLOO  
YOUR SONG

market@biaqd.ca

# A Word About Our MARKETPLACE

market@biaqd.ca

Our Marketplace page was created for us to inform the public of the amazing crafts our different groups are making.

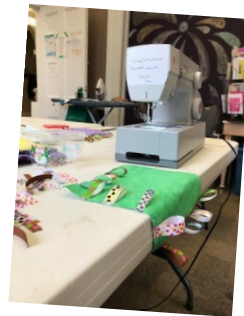
In this way we are getting funding, from the sales to our wonderful supporters, that will keep our craft programs going.

We do woodworking and painting/staining/decorating of same, sewing, knitting, painting, card making and much more as inspiration strikes. Here are a few things done recently...

We also have sales and will do a 'giveaway' item from time to time.... Keep an eye on the web site for our next special!

If you have an event coming you can now order your cards and personalize them!

We are thinking Fall and Christmas....oh and some scary stuff too!



*Coming soon....*

*Save this date! - Saturday, December 1st*  
*Gala Dinner*  
*Auction*  
*Raffle*

*UNCORKED*



4 PICTURES THAT HAVE 1 WORD IN COMMON  
WHAT IS IT?



THREE LETTER WORD

|  |  |  |
|--|--|--|
|  |  |  |
|--|--|--|



FIVE LETTER WORD

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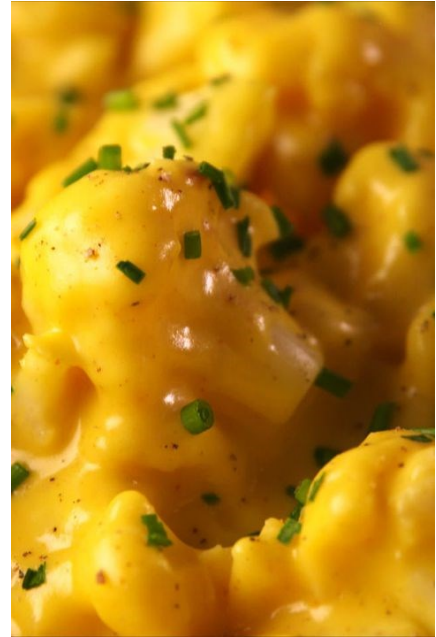
# Cauliflower Mac and Cheese

For Jennifer ha ha ha

**YIELDS:**6

**PREP TIME:**0 HOURS 15 MINS

**TOTAL TIME:**0 HOURS 30 MINS



## Ingredients

- 2 medium heads cauliflower, cut into florets
- 1/2 c. unsalted butter
- 1/2 c. flour
- 3 c. whole milk
- 1 tsp. hot sauce, such as Cholula ?
- 1 tsp. kosher salt
- 1 tsp. mustard powder
- Freshly ground black pepper
- 3 c. shredded Cheddar
- 2 c. mozzarella



## DIRECTIONS

1. In a large pot of boiling water, blanch cauliflower, 5-7 minutes until fork tender.
2. In a large saucepan, melt butter. Sprinkle over flour and cook until slightly golden, 2-3 minutes. Pour in milk and whisk until combined. Season with mustard powder, hot sauce, salt, and pepper. Let simmer until it starts to thicken, about 5 minutes.
3. Turn off heat and stir in cheeses until they are completely melted. Stir in cauliflower and stir until fully coated in cheese sauce.
4. Season with salt and pepper and garnish with chives. Serve.

## The Top 8 Health Benefits of Cauliflower

Cauliflower is an extremely healthy vegetable that's a significant source of nutrients.

It also contains unique plant compounds that may reduce the risk of several diseases, including heart disease and cancer.

Additionally, it's weight loss friendly and incredibly easy to add to your diet.

Here are 8 science-based health benefits of cauliflower.



## 1. Contains Many Nutrients

Cauliflower is very low in calories yet high in vitamins. In fact, cauliflower contains some of almost every vitamin and mineral that you need

Here is an overview of the nutrients found in 1 cup, or 128 grams, of raw cauliflower

- **Calories:** 25
- **Fiber:** 3 grams
- **Vitamin C:** 77% of the RDI
- **Vitamin K:** 20% of the RDI
- **Vitamin B6:** 11% of the RDI
- **Phosphorus:** 4% of the RDI
- **Folate:** 14% of the RDI
- **Pantothenic acid:** 7% of the RDI
- **Potassium:** 9% of the RDI
- **Manganese:** 8% of the RDI
- **Magnesium:** 4% of the RDI

## 2. High in Fiber

There are 3 grams of fiber in one cup of cauliflower, which is 10% of your daily needs

Fiber is important because it feeds the healthy bacteria in your gut that help reduce inflammation and promote digestive health

Consuming enough fiber may help prevent digestive conditions like constipation, diverticulitis and Inflammatory bowel disease (IBD)

Moreover, studies show that a diet high in fiber-rich vegetables like cauliflower is linked with a lower risk of several illnesses, including heart disease, cancer and diabetes

Fiber may also play a role in obesity prevention, due to its ability to promote fullness and reduce overall calorie intake

## 3. Good Source of Antioxidants

Cauliflower is a great source of antioxidants, which protect your cells from harmful free radicals and inflammation.

Similar to other cruciferous vegetables, cauliflower is particularly high in glucosinolates and isothiocyanates, two groups of antioxidants that have been shown to slow the growth of cancer cells

In test-tube studies, glucosinolates and isothiocyanates have been shown to be especially protective against colon, lung, breast and prostate cancer

Cauliflower contains carotenoid and flavonoid antioxidants as well, which have anti-cancer effects and may reduce the risk of several other illnesses, including heart disease

What's more, cauliflower contains high amounts of vitamin C, which acts as an antioxidant. It is well-known for its anti-inflammatory effects that may boost immune health and reduce the risk of heart disease and cancer.

## 4. May Aid in Weight Loss

First, it is low in calories with only 25 calories per cup, so you can eat a lot of it without gaining weight. It can also serve as a low-calorie substitute for high-calorie foods, such as rice and flour.

As a good source of fiber, cauliflower slows digestion and promotes feelings of fullness. This may automatically reduce the number of calories you eat throughout the day, an important factor in weight control.

High water content is another weight loss friendly aspect of cauliflower. In fact, 92% of its weight is made up of water. Consuming lots of water-dense, low-calorie foods is associated with weight loss .

## 5. High in Choline

Cauliflower is high in choline, an essential nutrient that many people are deficient in.

One cup of cauliflower contains 45 mg of choline, which is about 11% of the adequate intake (AI) for women and 8% for men

Choline has several important functions in the body.

To begin with, it plays a major role in maintaining the integrity of cell membranes, synthesizing DNA and supporting metabolism

Choline is also involved in brain development and the production of neurotransmitters that are necessary for a healthy nervous system. What's more, it helps prevent cholesterol from accumulating in the liver

Those who don't consume enough choline may have a higher risk of liver and heart disease, in addition to neurological disorders like dementia and Alzheimer's

Not many foods contain choline. Cauliflower, along with broccoli, is one of the best plant-based sources of the nutrient.

## 6. Rich in Sulforaphane

Many test-tube and animal studies have found sulforaphane to be particularly helpful for suppressing cancer development by inhibiting enzymes that are involved in cancer and tumor growth

According to some studies, sulforaphane may also have the potential to stop cancer growth by destroying cells that are already damaged

Sulforaphane appears to be most protective against colon and prostate cancer but has also been studied for its effects on many other cancers, such as breast, leukemia, pancreatic and melanoma

Research shows that sulforaphane may also help reduce high blood pressure and keep arteries healthy — both major factors in preventing heart disease

Finally, animal studies suggest that sulforaphane may also play a role in diabetes prevention and reducing the risk of diabetes-induced complications, such as kidney disease

## 7. Low-Carb Alternative to Grains and Legumes

A cup of cauliflower contains 5 grams of carbs. At the same time, a cup of rice contains 45 grams of carbs — nine times the amount of cauliflower

Here are some examples of recipes ideas that can be made with cauliflower instead of grains and leg-

**Cauliflower rice:** Replace white or brown rice with cauliflower that has been grated and then cooked

**Cauliflower pizza crust:** By pulsing cauliflower in a food processor and then making it into a dough

**Cauliflower hummus:** Chickpeas can be replaced with cauliflower in hummus recipes

**Cauliflower mash:** Instead of making mashed potatoes

**Cauliflower tortillas:** Combine pulsed cauliflower with eggs to make low-carb tortillas that can be used for wraps, taco shells or burritos

**Cauliflower mac and cheese:** Cooked cauliflower can be combined with milk, cheese and spices to make mac and cheese

## 8. Easy to Add to Your Diet

There are many ways to add cauliflower to your diet. It can be consumed cooked or raw and makes a fantastic addition to just about any dish.

# 10 things you didn't know about Halloween in Canada

## 1. Celtic harvest

An ancient Celtic festival planted the seed for what we now call Halloween. The Celts celebrated the end of the harvest and the start of the long winter with a festival, called Samhain. The festival was celebrated on Oct. 31, the day the Celts believed the boundary between the living and the dead was at its weakest.

## 2. Bobbing for apples

After the Romans took over Celtic land in AD 43 a few new traditions were tacked onto the Celtic celebration. One such celebration honoured the Roman goddess Pomona, the goddess of fruit and trees. The symbol for Pomona — an apple — is seen in present day Halloween celebrations in the tradition of bobbing for apples.

## 3. Meet Jack, the lantern

The tradition of pumpkin carving began in Ireland with the legend of Stingy Jack. As the fable goes, Jack made a habit of playing tricks on the devil. Once Jack died, God did not allow him into heaven, nor did the devil allow Jack into hell. Instead he was banished to live in eternal night. For his punishment, the devil gave Jack an ember to light his way. The legend claims Jack placed the ember in a hollowed out turnip, the predecessor for a carved pumpkin.

## 4. Carving pumpkins

The use of pumpkins as Jack-o'-lanterns didn't begin until the 1800s. Upon their arrival to the United States, Irish immigrants discovered pumpkins were much easier to carve than turnips.

## 5. Candy

In October 2011, Canadians spent more than \$350 million on candy products. This recent data goes to show that candy spending on Halloween is second only to spending in December, where Canadians spend more than \$450 million on Christmas confections.

## 6. Wicked wallets

According to a Scotiabank poll done this year, the average Canadian will spend \$70 on Halloween — with 15 per cent of Canadians saving in advance for the event.

## 7. Trick-or-treating

Trick-or-treating originated around AD 1000. During this time Christianity had spread to most Celtic lands and had begun taking over most pagan ceremonies. The church designated Nov. 2 as "All Souls Day" — a day dedicated to honouring the dead. On this day, the poor frequented the houses of the wealthy and received soul cakes. In exchange for the cakes, the poor would say a prayer for the homeowner's deceased relatives.

## 8. UNICEF

In Canada, trick-or-treaters visited homes on Halloween to ask for two things: candy and spare change. The candy was quickly disposed of, but the spare change went to supporting children in need around the world. The iconic UNICEF orange coin collection boxes were very much a part of Canada's trick-or-treating history, until 2006 when UNICEF moved to an online donation system. On average, Canadians continue to donate \$3 million every Halloween.

## 9. Old Wives' Tales

In Scotland during the 1900s common folklore had it that if a woman ate a concoction made from walnuts, nutmeg and hazelnuts before falling asleep on Halloween night, she would dream of her future husband.

## 10. Spiders

Spiders are a common symbol on Halloween. But they may not be as evil as popular culture would have you think. Many myths explain that spotting a spider on Halloween is actually a loved one watching over you.



# S'mores Apples Pops

**YIELDS:**8 SERVINGS

**PREP TIME:**0 HOURS 15 MINS

**TOTAL TIME:**0 HOURS 30 MINS



## Ingredients

2 c.  
chocolate chips, melted

1 tbsp.  
coconut oil

2  
apples

1/2 c.  
marshmallow bits

1/2 c.  
crushed graham crackers

Caramel, for drizzling

## How to Make It

1. In a medium bowl, stir coconut oil into melted chocolate.
2. Place apples upright on a cutting board and cut into 1/2" to 3/4" slices. Using a paring knife, make a small cut onto the bottom of each apple slice. Insert popsicle stick.
3. Line a large baking sheet with parchment paper and grease with cooking spray. Dip each apple slice into melted chocolate then sprinkle immediately with marshmallow bits, chocolate, and graham crackers and place on the baking sheet. Refrigerate until chocolate sets, 8 to 10 minutes.
4. Drizzle with caramel and return to refrigerator until caramel sets, about 5 minutes. Serve immediately or store in refrigerator.



## Our UPDATED Web Page....

With many thanks to our summer student, Mallory, we now are enjoying a newly designed and up to date web site! She worked very hard on this getting much information from Jennifer. If there was content they wanted but did not have, Jennifer knew where and who to go to. There are still a couple of pages that need to be completed and a couple of ongoing spots that will need updating, but overall it is an amazing site!

Please take a look and enjoy!

**Word Game Answers** - 3 Letter Can  
5 Letter Train



# Rice Krispie Treat Mummies

**PREP TIME** 10 MINUTES

**SERVINGS** 6

3 Ingredient rice krispie treat mummies are the perfect halloween party treat.

---



## Ingredients

- 6 snack-size rice krispie treats
- 3 cup white chocolate chips
- black edible piping gel or icing (found near cake decorating supplies)
- optional: red food coloring

## Instructions

Unwrap rice krispie treats and set aside. Place white chocolate chips in a microwave-safe bowl and microwave on half power for 2 minutes. Stir and return to microwave for 20 seconds at a time (still on half power) stirring after each until chocolate is completely melted and smooth.

Dip rice krispie treats in the chocolate being sure to coat the front and sides (the back side can remain uncovered). Place uncovered-side-down on a foil-lined plate or small baking sheet.

Repeat process with remaining rice krispie treats. Transfer plate/baking sheet to fridge or freezer to cool for 2-3 minutes.

While treats are cooling, spoon melted white chocolate into a small zip lock bag. Remove treats from fridge/freezer. Use scissors to snip off a tiny bit of one bottom corner of the chocolate-filled bag, then drizzle chocolate in a random pattern over the treats to create the look of mummy wrapping. Return treats to fridge or freezer for 1-2 minutes.

Pipe two dots onto each rice krispie treat to create mummy eyes. (Optional step, dip a Q-tip in red food coloring and dap two dots onto the rice krispie treats before adding the eyes to create a creepy "bloodshot" look.) Serve or store in airtight container up to 1 week.

Poker Themed

4th Annual  
BIAQD  
**WALKATHON**

Win Prizes!

When: Wednesday, August 15th, 2018  
Where: Tom Gavey Pavilion (Zwisch's)  
Time: 5 pm  
BBQ: After Walk-A-Thon  
Hamburgers  
Hotdogs  
Salads

PLEDGE FORMS AVAILABLE AT THE OFFICE....  
Bring and hand in your completed Pledge form  
at the Walk-A-Thon.

All Prize Donations Welcomed!  
All Donations can be left at the office.

Brain Injury Association  
QUINTE DISTRICT

Walk-A-thon  
Fundraiser

# RAINED OUT

## BUT

We made new plans, and boy was it a good time!



And the walk begins...



We MAY have  
lost someone  
in the shuffle



The scenery was spectacular!

# Halloween Stories.....

Read at your own risk



## 1. THE PUPPY IN THE BASEMENT

"Mommy told me never to go in the basement, but I wanted to see what was making that noise. It kind of sounded like a puppy, and I wanted to see the puppy, so I opened the basement door and tiptoed down a bit. I didn't see a puppy, and then Mommy yanked me out of the basement and yelled at me. Mommy had never yelled at me before, and it made me sad and I cried. Then Mommy told me never to go into the basement again, and she gave me a cookie. That made me feel better, so I didn't ask her why the boy in the basement was making noises like a puppy, or why he had no hands or feet."

## 2. This new old house'

We bought an old house, my boyfriend and I. He's in charge of the "new" construction - converting the kitchen in to the master bedroom for instance, while I'm on wallpaper removal duty. The previous owner papered EVERY wall and CEILING! Removing it is brutal, but oddly satisfying. The best feeling is getting a long peel, similar to your skin when you're peeling from a sunburn. I don't know about you but I kinda make a game of peeling, on the hunt for the longest piece before it rips. Under a corner section of paper in every room is a person's name and a date. Curiosity got the best of me one night when I Googled one of the names and discovered the person was actually a missing person, the missing date matching the date under the wallpaper! The next day, I made a list of all the names and dates. Sure enough each name was for a missing person with dates to match. We notified the police who naturally sent out the crime scene team. I overheard one tech say "yup, it's human." Human? What's human? "Ma'am, where is the material you removed from the walls already? This isn't wallpaper you were removing."

## 3. 'Seeing Red (The First Day of School)'

Everyone loves the first day of school, right? New year, new classes, new friends. It's a day full of potential and hope, before all the dreary depressions of reality show up to ruin all the fun. I like the first day of school for a different reason, though. You see, I have a sort of power. When I look at people, I can...sense a sort of aura around them. A colored outline based on how long that person has to live. Most everyone I meet around my age is surrounded by a solid green hue, which means they have plenty of time left. A fair amount of them have a yellow-orangish tinge to their auras, which tends to mean a car crash or some other tragedy. Anything that takes people "before their time" as they say. The real fun is when the auras venture into the red end of the spectrum, though. Every now and again I'll see someone who's basically a walking stoplight. Those are the ones who get murdered or kill themselves. It's such a rush to see them and know their time is numbered. With that in mind, I always get to class very early so I can scout out my classmates' fates. The first kid who walked in was basically radiating red. I chuckled to myself. Too damn bad, bro. But as people kept walking in, they all had the same intense glow. I finally caught a glimpse of my rose-tinted reflection in the window, but I was too stunned to move. Our professor stepped in and locked the door, his aura a sickening shade of green.







# Bottle Drive Fundraiser

For The Brain Injury Association  
Quinte District  
223 Pinnacle St. Belleville, ON

BIAQD is raising funds to purchase a new portable piano so the music group can perform in the community.

Help  
BIAQD to  
reach their  
goal of  
\$1,500.00 !  
Every Little  
Bit Counts  
😊

BIAQD has  
proudly  
supported  
individuals  
with ABI in the  
Hastings, and  
Prince Edward  
counties for  
25 years!





# Paint Night Fundraiser

**Tickets  
\$50.00**

Are you looking for an exciting night out  
and want to support a great cause?

Come to our Paint Night Fundraiser!

Where: 223 Pinnacle St. Belleville

When: Thursday October 25th, 6:30pm  
(Doors open at 6:00)

Why: To have a great time and  
Support BIAQD programs



Tickets available at BIAQD office - 223 Pinnacle St.  
Belleville, ON 613-967-2756 or [info@biaqd.ca](mailto:info@biaqd.ca)



# It's a Holiday Party

*BIAQD Family Holiday Party!*  
*Friday December 14th, 2018*  
*5:30 P.M.*



Turkey Dinner with all the Trimmings

Entertainment & Crafts for Younger Guests

Meet a Special Visitor



*To Attend  
Please RSVP  
by December  
5th  
613-967-2756*

