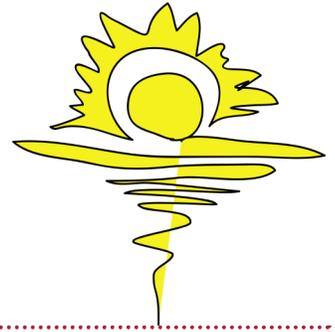


BIAQD Newsletter



For members of the Quinte Area Brain Injury Association

DECEMBER 2017

HAVE YOU SEEN US ONLINE? <http://biaqd.ca>

The best **Christmas** movies for kids
Pause the holiday rush for these great Christmas movies for kids!

It's a Wonderful Life (1946)



Dr. Seuss' How the Grinch Stole Christmas (1966)



Home Alone (1990)



Frozen (2013)



The Muppet Christmas Carol (1992)



A Charlie Brown Christmas (1965)



A Christmas Carol (1951)



Rudolph the Red Nosed Reindeer



Christmas Games Your Whole Family Will Love



Paint a Picture

These extra-vibrant "snow paints" only require two ingredients, so they're super easy to make. Plus, they're perfect for a friendly family art competition or an ice-cold game of Pictionary.

You will need:

Food Dye

Plastic spray bottles



Balance an Ornament

Containing equipment you already have around your house, see how many ornaments each player can balance on the side of a yard stick before they come crashing down.



Pin the Red Nose

A corkboard turns into a cute reindeer face with some construction paper eyes and antlers. Write each player's name on a handmade red nose, and have them pin it to the board while blindfolded.



Remember the Bells

Using dot stickers and a sharpie, stick on combos of matching letters and colours to the bottom of original silver-wrapped Hershey kisses for your own "Silver Bells" version of a classic memory game.



Ornament Beanbag Toss

Amy from *Positively Splendid* created these bean bags from scratch! If you're not as ambitious (or your sewing skills aren't up to par), feel free to buy them. The board itself is easy enough to make — wrapping paper or poster board works just fine. Draw a Christmas tree, segmenting it into different point areas. Have your players toss bean bags and log their points. This game is also a perfect opportunity for teams!



Santa's Reindeer Word Search Puzzle

T H E N A M H E S O F T S F E
A N T A N S P R E H S A D L E
D A N C E R L I G A H T O Y R
E S P I Z R O O F T O P S A N
D E R E T R D H A D H U F R I
S R A E I S U T A T P L P C E
E A N R L E R D R C I L N T V
B A C P B T O O E O M S C I A
U L E L E D N A V M I L X C S
C H R I S T M A S E V E I T F
R U R O M S A I N T N I T N I
A C P H O L A L A C I G A M S
G P R I I N T E D I N H E I G
U H T E D O N N E R E N T W E
S T O R R A C N T Y T H R E E

ANTLERS

ARCTIC

BLITZEN

CARROTS

CHRISTMAS EVE

COMET

CUPID

DANCER

DASHER

DONNER

FAST

FLY

MAGICAL

NORTH POLE

PRANCER

PULL SLEIGH

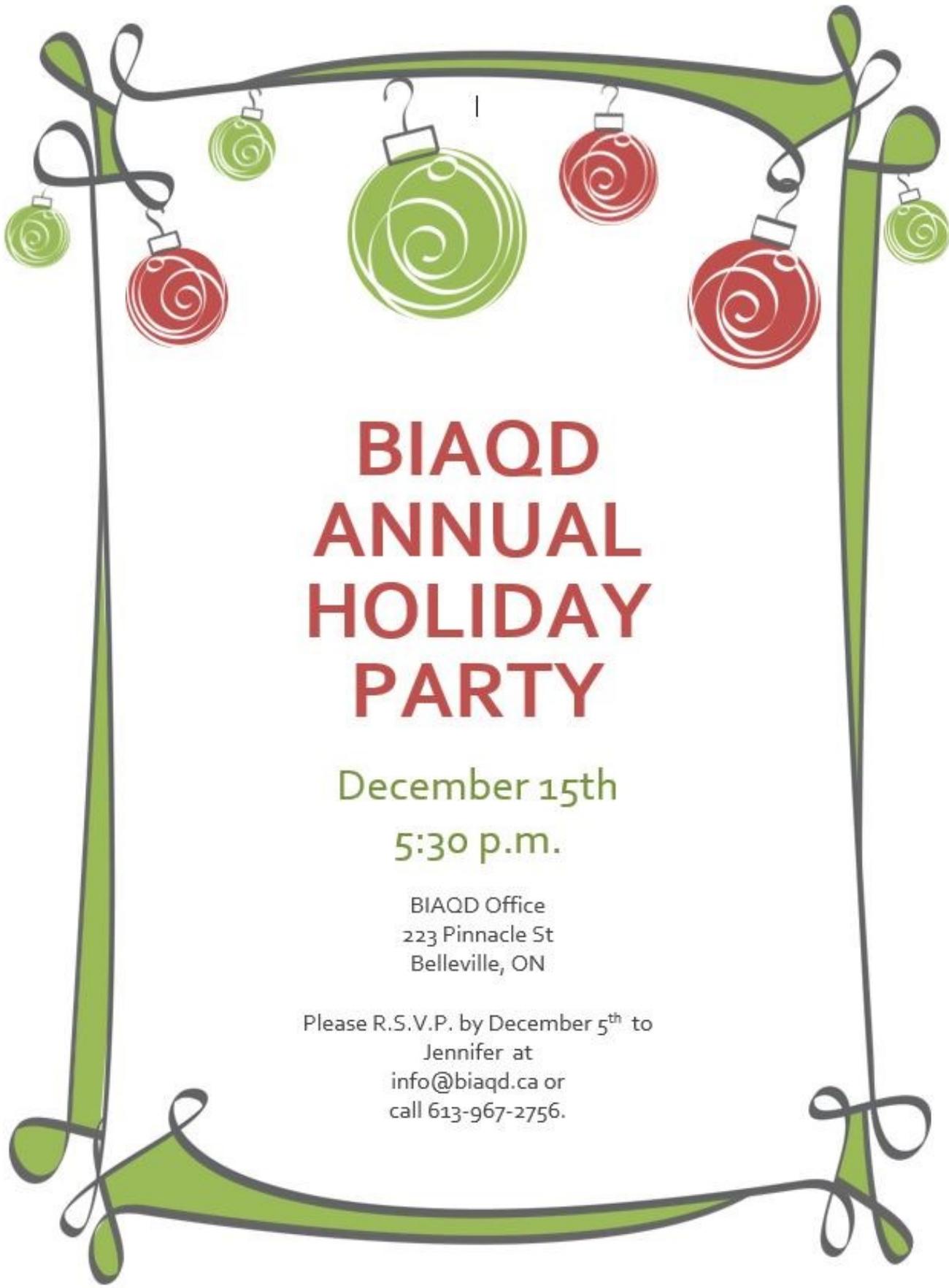
ROOF TOPS

RUDOLPH

SUGAR CUBES

VIXEN





BIAQD ANNUAL HOLIDAY PARTY

December 15th
5:30 p.m.

BIAQD Office
223 Pinnacle St
Belleville, ON

Please R.S.V.P. by December 5th to
Jennifer at
info@biaqd.ca or
call 613-967-2756.

What Is Boxing Day, And Why Do Canadians Celebrate It?

You may have been celebrating Boxing Day for decades without actually knowing what it stands for.

Observed annually on December 26 in Canada, the U.K. and Commonwealth countries around the world, Boxing Day was traditionally the day employers would give their staff Christmas presents, called "boxes," to celebrate the season. But since the day after Christmas is now usually a statutory holiday, in our modern society, we now often give those boxes to ourselves.

Or at least that's one way of looking at this long time tradition, which has been noted for centuries. There's no exact definition of Boxing Day, though some tie it to British servants who helped their lords and ladies with Christmas dinner and literally took home boxes (and got a day off) the next day. [Samuel Pepys noted the existence of such boxes in his diary](#) in 1663.

In Canada, as well as the U.K. and Australia, December 26 is now better known as a day for scooping up shopping deals, similar to Black Friday in the U.S. Most stores open their doors early and discount prices on items ranging from clothing to technology to appliances. In recent years, some [shops have started their sales even before Christmas has begun](#), hoping for more spending from customers.

In other countries, December 26 has taken on a different name. In Germany, Poland, Scandinavia and the Netherlands, it's known as Second Christmas Day, simply extending the holiday for an extra day. In Ireland, they celebrate St. Stephen's Day, or the Day of the Wren, [participating in parades in masks and suits](#).

Spot the Difference - Snowman



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!

New and current activities..



The Set Up....



The Results ...



On a new note: If you have an idea you are welcome to try it!!!

I brought in some shingles and made this for my girls stall....

I think she likes it

Painting to finish items for Uncorked... Finished project coming soon...



Cranberry Glazed Turkey Breast with Wild Rice Pilaf

Nutrition profile

[Diabetic Appropriate](#) [Gluten-Free](#) [Healthy Aging](#) [Healthy Immunity](#)

[Heart Healthy](#) [Low-Calorie](#) [Low Sodium](#)



Ingredients

Pilaf

2 tablespoons extra-virgin olive oil, divided

- 1 large carrot, finely chopped
- 1 stalk celery, finely chopped
- 1 medium shallot, finely chopped
- 1 clove garlic, minced
- 2½ cups water
- 1 cup wild rice
- ½ cup dried cranberries
- ½ cup chopped toasted pecans or walnuts
- 2 teaspoons finely chopped fresh sage
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper

Cranberry Glaze & Turkey

- 2 cups fresh cranberries
- ½ cup pure maple syrup
- ¼ cup water
- 1 clove garlic, peeled
- ¾ teaspoon kosher salt, divided
- 1 split bone-in turkey breast (about 4 pounds), skin removed
- ½ teaspoon freshly ground pepper

How to Make It

1. Preheat oven to 400°F.
2. To prepare pilaf: Heat 1 tablespoon oil in a large saucepan over medium heat. Add carrot, celery, shallot and garlic; cook, stirring, until softened, about 3 minutes. Add water and rice. Bring to a boil over high heat. Reduce heat to maintain a gentle simmer. Cover and cook until the rice is split and tender, 45 minutes to 1 hour. Drain any excess liquid. Stir in dried cranberries, nuts, sage, salt, pepper and the remaining 1 tablespoon oil; cover and let stand until ready to serve.
3. Meanwhile, prepare glaze & turkey: Combine fresh cranberries, maple syrup, water, garlic and ¼ teaspoon salt in a medium saucepan. Bring to a simmer over medium heat. Cook, stirring frequently, until the cranberries start to split, 1 to 2 minutes. Transfer to a blender and let cool for 5 minutes. Puree until smooth (use caution when pureeing hot liquids). Set aside half the glaze for serving with the turkey. You'll use the other half for basting.
4. Place turkey bone-side down in a small roasting pan. Sprinkle all over with the remaining ½ teaspoon salt and pepper. Roast for 30 minutes. Generously brush the turkey with some of the cranberry basting glaze. Roast for 15 minutes more, then baste again with more glaze.
5. Continue roasting until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 30 to 45 minutes more.
6. Transfer the turkey to a clean cutting board and let rest for 10 minutes. Reheat the cranberry glaze that was reserved for serving, if desired. Slice the turkey and serve with the glaze and rice pilaf.



- Active 45 m
- Ready In 2 h



December 2017

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Uncorked 	2
3	4 Aqua fit YMCA 10:30 am Knitting Circle Noon	5 Peer Navigation Meeting 1 - 2:30	6 Potluck Art 9:30 Fitness 11:15 am Art 1 pm Rec Program 5:30	7 Music 10 am Computers 12:30	8	9
10	11 Aqua fit YMCA 10:30 am Knitting Circle	12 Walking Club 10:00 am	13 Potluck Art 9:30 Fitness 11:15 am Art 1 pm Rec Program 5:30	14 Music 10 am	15 BIAQD Members Christmas Party	16
17	18 Aqua fit YMCA 10:30 am Knitting Circle	19 Walking Club 10:00 am	20 Potluck Art 9:30 Fitness 11:15 am Art 1 pm Rec Program 5:30	21 Music 10 am Computers 12:30	22 Office Closes at 3pm until January 3rd	23
24 Christmas Eve 	25 Christmas Day 	26 Boxing Day	27	28	29	30
31 New Years Eve						



Merry Christmas



THANKS TO ALL....



It was a busy November at our BIAQD group as we worked on various crafts for the upcoming Uncorked Fundraiser.

We would like to thank those who had the ideas, those who crafted art, at group and at home. Thanks to all who donated their time and skills....

A big thank you to Cory and Leian for hosting our Peer Navigation meeting... It was cool but we enjoyed a small tour and the views... such a calming environment...

Upcoming BIAQD Events

Fundraiser Dinner / Holiday Party

Join the Brian Injury Association Quinte District for a fantastic Evening filled with great food, musical entertainment, live and silent auctions, dessert auction, and more. Tickets are \$75.00 each. All proceeds go to Programming, and Supporting Individuals in our Community living with the effects of Acquired Brain Injury.

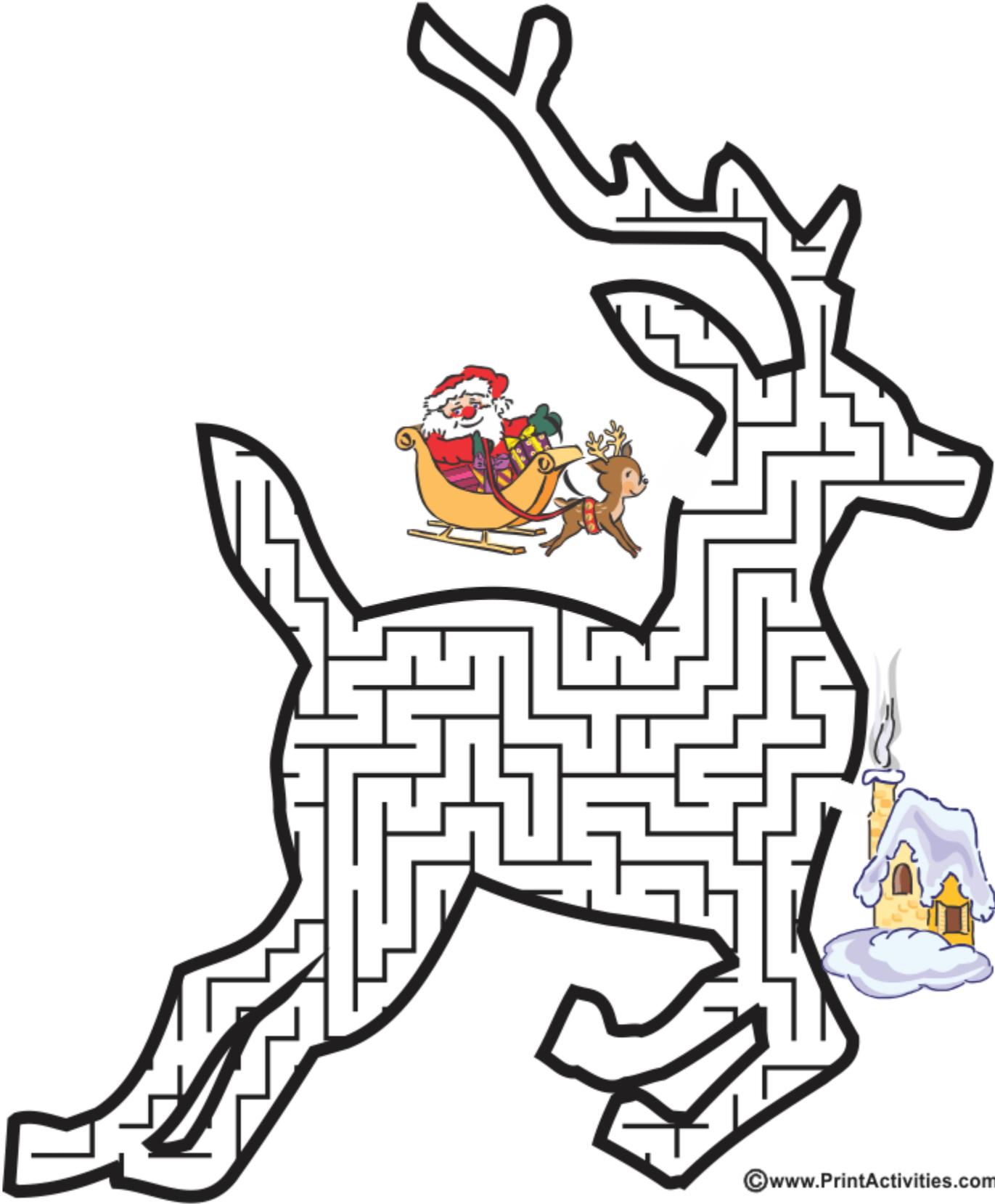


BIAQD **CHRISTMAS** PARTY

Our Christmas dinner will be held on December 15th at 5:30. Come Join us at the Core Centre for a wonderful festive evening. Do not forget to call the office to let them know you are coming



Fly Santa through the reindeer maze to deliver presents to the house.



Blueberry-Lemon Ricotta Pound Cake



Ingredients

- ¾ cup granulated sugar
- 5 tablespoons unsalted butter, at room temperature
- 3 large eggs, at room temperature (see Tip)
- ¾ cup part-skim ricotta cheese
- 2 tablespoons lemon zest
- 2 tablespoons lemon juice plus 1 teaspoon, divided
- 1 teaspoon vanilla extract
- 1½ cups white whole-wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups fresh blueberries
- 2 tablespoons packed confectioners' sugar

How to Make It

[Nut-Free](#) [Soy-Free](#) [Healthy Pregnancy](#) [High Fiber](#)

- Active 30 m
- Ready In 4 h



1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray and line the bottom with parchment paper.
 2. Beat sugar and butter in a large bowl with an electric mixer on medium-high speed until creamy. Beat in eggs, one at a time, until fully incorporated. Reduce the mixer speed to medium-low and beat in ricotta, lemon zest, 2 tablespoons lemon juice and vanilla until just combined. Sprinkle flour on top, then evenly sprinkle baking powder and salt over the flour. With the mixer on low speed, beat until almost combined. Add blueberries and gently fold into the batter. Transfer to the prepared pan.
 3. Bake the cake until starting to brown around the edges and a tester inserted in the center comes out clean, about 1 hour. Let cool in the pan on a wire rack for 20 minutes. Run a knife around the edge to loosen the cake, then invert it onto the rack. Carefully turn it right-side up. Let cool completely.
 4. Clean the bowl, add confectioners' sugar and whisk in the remaining 1 teaspoon lemon juice until smooth. Brush the glaze on the cake.
- **Make Ahead Tip:** Wrap cooled cake airtight and store at room temperature for up to 1 day; glaze shortly before serving.
 - Room-temperature eggs make cakes fluffier. Here's a quick trick—place them (in the shell) in a bowl of lukewarm water for about 5 minutes.

Rosemary Citrus Spritzer

- 2 lemons
- 2 oranges
- 4 (4-inch) sprigs fresh rosemary
- ¾ cups sugar
- ¼ cup honey
- Ice
- Soda water
- Rosemary and lemon for garnish (optional)



Peel off thick strips of zest from 1 lemon.

Juice the lemons and oranges into a liquid measuring cup - you should have about 1 cup of juice. Top off with water if necessary to make 1 cup.

Combine zest, juice, rosemary, sugar, and honey in a saucepan over medium heat. Boil for 1 minute, stirring constantly to dissolve the sugars.

Remove from heat and let sit 10 minutes. Strain, discard solids, and let syrup cool completely.

To serve, fill an 8-ounce glass halfway with ice cubes, add 2-3 tablespoons syrup, fill with soda water, and stir. Garnish with rosemary sprigs and/or lemon slices, if desired.



Colour Me

Synopsis

What starts out as a lavish train ride through Europe quickly unfolds into one of the most stylish, suspenseful and thrilling mysteries ever told. From the novel by best-selling author Agatha Christie, a Murder on the Orient Express tells the tale of thirteen strangers stranded on a train, where everyone is a suspect. One man must race against time to solve the puzzle before the murderer strikes again. Kenneth Branagh directs and leads an all-star cast including Penelope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Michelle Pfeiffer, Daisy Ridley and Josh Gad. This movie was excellent... very on track with the book!

For those who have not had the privilege of enjoying a good read of this book, they will still enjoy the twists and turns of this 'who done it!' It is quite the mind bender.... Can you deduct who is the murderer before the end?



Synopsis



In the sequel to the 2015 global smash, father and stepfather, Dusty (Mark Wahlberg) and Brad (Will Ferrell), have joined forces to provide their kids with the perfect Christmas. Their newfound partnership is put to the test when Dusty's old-school, macho Dad (Mel Gibson) and Brad's ultra-affectionate and emotional Dad (John Lithgow) arrive just in time to throw the holiday into complete chaos.

Our first Christmas themed movie and if you are looking for a funny movie with lots of laughs this is it! This had a few twists but only to funnier scenes....

For a stress reliever I recommend this highly...



GRINCH PUNCH

Ingredients

- 2 13oz packets Unsweetened Lemon-Lime Kool-Aid
- 2 Cups Sugar
- 1 12oz Can Pineapple Juice
- 1 12oz Frozen Lemonade Concentrate, thawed
- 1/2 liter of Sprite
- Ice

Red Sanding Sugar for Glass Trim

How to Make It

1. Pour 2 quarts of water in a 1 gallon pitcher.
2. Add the Kool-aid mix and sugar and stir until the sugar is dissolved.
3. Add the pineapple juice and lemonade and stir well.
4. To top the rim of a glass, dip the top in water then dip into the sanding sugar.
5. Just before serving, add the Sprite and ice.
6. Serve and Enjoy!



THE GRINCH CUPCAKES

Ingredients

For Cupcakes:

- 1 1/3 Cups Flour
- 1/4 Teaspoon Baking Soda
- 2 Teaspoons Baking Powder
- 3/4 Cup Unsweetened Cocoa Powder
- 1/8 Teaspoon Salt
- 3 Tablespoons Unsalted Butter (at room temperature)
- 1 1/2 Cups Sugar
- 2 Eggs
- 3/4 Teaspoon Vanilla Extract
- 1 Cup Milk

For Frosting:

- 1 Cup Unsalted Butter (at room temperature)
- 4 Cups Powdered Sugar
- 4 Tablespoon Heavy Whipping Cream

Green Gel Food Coloring



How to Make It

1. Preheat oven to 350 degrees. Line a cupcake pan with paper liners.
2. In a bowl add the flour, baking powder, baking soda, cocoa and salt together. Sift before adding to the other ingredients.
3. In another bowl, cream the butter and sugar together until light and fluffy.
4. Mix in the eggs one at a time, beating well with each addition, then add in the vanilla.
5. Add the flour mixture, 1 cup at a time, alternately with the milk; beat well.
6. Fill the muffin cups 3/4 full.
7. Bake at 350 degrees for 20 to 25 minutes or until a toothpick inserted into the cake and it comes out clean.





Peer Navigation Meeting

Next Meeting December 5,
2017



What Transpired at our November Meeting....

AGENDA ...

- * Meet farm owners Leian and Cory Hood
- * Take a tour of the farm as much as wanted ... rain we stay inside
- * Brainstorming to set topics for future meetings
- * Enjoy the calming effect of this amazing place!

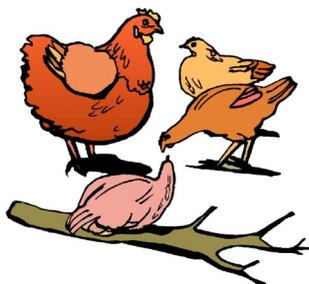
It was a cool at the barn this day, but the tour was still given and enjoyed. Cory and Leian were busy but came in to see how we were making out....

Leslie started the meeting with an account of the course she recently attended on "Happiness and Brain Injury". She gave us examples of positions presented and asked our experiences that may apply. It was very interesting....

We also brainstormed on topics we would like presented at future meetings. There was a discussion on the "Healthy Light" and how it works... perhaps more on that ...

Also questions were asked regarding the board of BIAQD and how things are run and decided. We would like more on this....

At the end there was a close up viewing of Maggie Mae and then we enjoyed the calming sight of all the horses in the fields. Oh, the chickens enjoyed a visit too...



Can You Help Us?

The Music Group is fundraising for a new portable piano. They are collecting empty bottles. If you or anyone you know has some empty bottles, please drop them off at the office or give us a call and we will come pick them up. There is also an online donation campaign through Canada Helps. All donations receive a charitable donation receipt for you to use on your taxes. Click the link below to donate, and tell all your friends and family as well.

<https://www.canadahelps.org/en/pages/music-group-needs-a-new-piano/#.WOz3-D6Yp9k.facebook>



A huge thank you to those who helped with the sewing machines



Also,

we would LOVE a Cricut machine to save us buying stickers and paper with designs. The new one also cuts material, wood and more! Help us please ...



THE NEW CRICUT MAKER™ IS HERE!

Cricut Maker™

THE ULTIMATE SMART CUTTING MACHINE

- 10x More Cutting Power!
- Cuts More Materials Than Ever!
- More tools. More materials. More possibilities.

BUY NOW >



Thank You

Thank you for helping us continue to create and continue ways to support the healing of our members in the BIAQD area.

2018 Canadian holiday calendar

Holiday	Date in 2018	Observance
<u>New Year's Day</u>	January 1, Monday	National
<u>Islander Day</u>	February 19, Monday	PEI
<u>Louis Riel Day</u>	Feb 19, Monday	MB
<u>Heritage Day</u>	February 19, Monday	NS
<u>Family Day</u>	February 19, Monday (Feb 12 in BC)	BC, AB, SK, ON
<u>Valentine's Day</u>	February 14, Wednesday	Not a stat holiday
<u>Leap Day</u>	Not a leap year	-
<u>St. Patrick's Day</u>	March 17, Saturday	Not a stat holiday
<u>Good Friday</u>	March 30, Friday	National except QC
<u>Easter Monday</u>	April 2, Monday	QC
<u>Mother's Day</u>	May 13, Sunday	Not a stat holiday
<u>Victoria Day</u>	May 21, Monday	National except NB, NS,
<u>Father's Day</u>	June 17, Sunday	Not a holiday
<u>Aboriginal Day</u>	June 21, Thursday	NWT
<u>St. Jean Baptiste Day</u>	June 24, Sunday	QC
<u>Canada Day</u>	July 1, Sunday	National
<u>Civic Holiday</u>	August 6, Monday	AB, BC, SK, ON, NB, NU
<u>Labour Day</u>	September 3, Monday	National
<u>Thanksgiving</u>	October 8, Monday	National except NB, NS,
<u>Halloween</u>	October 31, Wednesday	Not a holiday
<u>Remembrance Day</u>	November 11, Sunday	National except MB, ON,
<u>Christmas Day</u>	December 25, Tuesday	National
<u>Boxing Day</u>	December 26, Wednesday	ON

Plan Ahead!

Mistletoe... Use Colours

