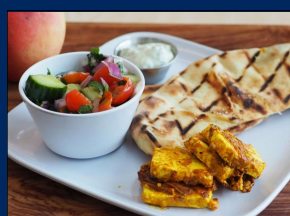




**Brain Injury  
Community Re-entry**  
(NIAGARA) INC.

# Learning & Leisure Guide

## Fall 2023



# Welcome to BICR's Learning & Leisure Guide

Welcome to Brain Injury Community Re-entry (Niagara) Inc.'s (BICR) seasonal Learning and Leisure Guide. This guide profiles program activities that are offered in October, November, and December 2023.

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. Many of the programs and activities being offered will take place in the community as well as the BICR Unit 10 location, 261 Martindale Road. We look forward to your participation in any of these activities. The contacts indicated for each program activity are available to answer questions you may have. Please review this guide and sign up for program activities of your choice.

Thank you and we look forward to hearing from you.

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## Accessible Formats & Communication Supports

Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 extension 663 or [www.bicr.org](http://www.bicr.org).

We are also interested in your comments and feedback about accessibility at BICR. Please send us your comments.

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### *Disclaimer:*

*Brain Injury Community Re-Entry (Niagara) Inc. acknowledges funding support for many of our programs and services from the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) and the Government of Ontario.*

*The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the Government of Ontario.*


 A Halloween-themed poster for a community event. The background is orange with yellow cloud-like shapes and red spider webs. At the top, two black bats are flying. The text 'BRAIN INJURY COMMUNITY RE-ENTRY PRESENTS' is in white, arched, sans-serif font. Below it, 'halloween dance' is written in large, black, stylized script. A curved banner on the left says 'RAFFLE, PIZZA, BEVERAGES, DESSERTS' in white. In the center, a jack-o'-lantern with a smiling face is on a white rectangular box. To its right is a small blue spider hanging from a thread. Below the jack-o'-lantern, the text '5-8:30PM THURSDAY 26TH OCTOBER' is in bold black font. To the right of the white box, the text '\$5 ENTRY GRANTHAM OPTIMIST CLUB PLEASE PROVIDE OWN TRANSPORTATION' is in bold black font.
 

BRAIN INJURY COMMUNITY RE-ENTRY  
PRESENTS

RAFFLE, PIZZA, BEVERAGES, DESSERTS

**halloween  
dance**

5-8:30PM  
**THURSDAY**  
**26TH OCTOBER**

**\$5 ENTRY**  
**GRANTHAM**  
**OPTIMIST CLUB**  
PLEASE PROVIDE OWN  
TRANSPORTATION

**COME DRESSED UP IN YOUR BEST COSTUME AND  
HAVE A BLAST WITH YOUR FRIENDS. DANCE UP A  
STORM WITH DJ DAVEY D AFTER YOU STUFF  
YOURSELF WITH GREAT FOOD!**

**WE WELCOME BACK THE LIVE, INCLUSIVE BAND FROM  
MELODY MINDS WHERE PARTICIPANTS CAN BE PART  
OF THE SHOW! JOIN THE CONSEQUENCES AND LIVE  
YOUR DREAMS OF BEING A ROCK STAR.**

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## MONDAY GROUP

Create a beautiful work of art! Art & Soul uses a variety of techniques, artistic mediums, and tools to create all sorts of different projects.

Join us for paper crafting, stucco painting, acrylic pouring, clay sculpting, and more. Each project is 3 sessions, but may vary.

# Art and Soul



Location : Unit 10

Dates: **Series #1: Fall Pointillism Style Painting**  
**Mondays: October 16th, 23rd, 30th**

**Series #2: Holiday Stucco Painting**  
**Mondays: November 13th, 20th, 27th**

Time: 1:00pm to 3:00pm

Transportation: Not provided.

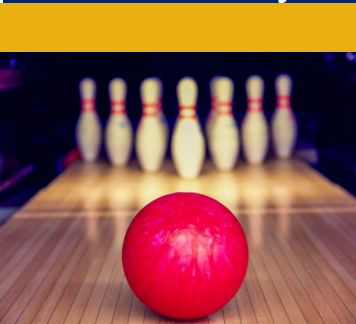
Register by: One week prior to project start date to Katie Hill  
at 905-397-4598 or via email

Comments: **Fee is \$10 per project.** Participants must complete  
their first project before moving to the next.

**LATE REGISTRATIONS WILL NOT BE ALLOWED.**

## MONDAY GROUP

Join in on all the benefits bowling has to offer. Bowling helps to burn calories and work muscle groups not usually exercised. The activity also strengthens friendships and creates new ones. Partake in one or two games of 10 pin bowling and cheer on your friends.



# 10 PIN BOWLING

- Location :** Parkway Lanes  
327 Ontario Street, St. Catharines
- Dates:** October 2—December 18, 2023  
\*\*Excluding October 9\*\*
- Time:** 10:00am to 12:00pm
- Transportation :** Not provided. Please arrange your own transportation.
- Register by:** 48 hours prior to the event to Dave Horton at 905-687-6788 ext. 641.
- Comments:** Cost is \$3 per game.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## TUESDAY GROUP

Enjoy spending Tuesday afternoon with BICR's Women's Recreation Group. The group will run for 10 weeks with a different activity each week. The schedule of activities is provided.

# WOMEN'S GROUP



- Location : Various Locations. Meet at Unit 10.
- Dates: **October 10**—Dufferin Island NF @1-3pm (paid parking)  
**October 24**—Puddicombe Farms @1-3pm (cost of apples and food)  
**November 7**—Bingo @ Main office (Schmon Parkway) 1-3pm \*Please bring a \$5 prize\*  
**November 28**—Guest speaker, Nutritional Health @ Main office (Schmon Parkway) 1-3pm  
**December 12**—Industria Pizza lunch @ Pen Center followed by Christmas shopping 12-4pm
- Time: Times vary between 1pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Dawn Wolff @ [dwolff@bicr.org](mailto:dwolff@bicr.org) or 905-933-3705
- Comments: Cost will be kept to a minimum at approximately \$5 to \$10 depending on the activity.

## TUESDAY GROUP

Good food, good friends, good times! Join us at a different restaurant located in St. Catharines and Welland each month for a reasonably priced dinner. Taste the local cuisine, try something new or enjoy your favorite dish, it's up to you. Bring a smile and a hearty appetite.



# DINER'S CLUB

Dates and  
Location :

### St. Catharines:

October 10—Kelsey's (YMCA Dr.)

November 14—Boston Pizza (Ontario St.)

December 12—Swiss Chalet (4th Ave.)

### Welland

October 24—Blue Star

November 28—Mossimo's

December 19—Swiss Chalet

Time:

5pm to 7pm

Transportation: Not provided.

Register by:

48 hours prior to the event to Dave Horton at 905-687-6788 ext. 641

Comments:

Cost is the price of your meal.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## TUESDAY GROUP

The group organizes a new activity each month for you to enjoy and socialize at. The schedule of activities is provided below.

# MEN'S GROUP



Location : Various Locations.

Dates: October 17—Billiards @ In the Corner  
1pm-2:30pm  
November 21—Lunch @ Ricki Jo's

Time: Times vary between 12:00pm to 3:00pm

Transportation: Provided at a cost from Unit 10

Register by: 48 hours prior to the event to Dave Horton at  
905-687-6788 ext. 641

Comments: Some weeks may have a cost depending on  
the activity.

## TUESDAY GROUP

Are you interested in learning how to work with wood in a safe setting under the expertise of a qualified wood worker? If you would like to learn more about wood working using only non-powered hand tools, then this is a program for you. Your end result will exceed your expectations.



# WOOD WORKING

**Location :** Heartland Forest

**Dates:** October 10, 17, 24, 31  
November 7, 14, 21, 28  
December 5, 12

**Time:** 12:30-2pm

**Transportation:** Not provided. Please arrange your own transportation.

**Register by:** Contact Jeff Spelier at 905-687-6788 ext. 640 or email [jspelier@bicr.org](mailto:jspelier@bicr.org)

**Comments:** Cost is \$15 per session

# Learning & Leisure Guide

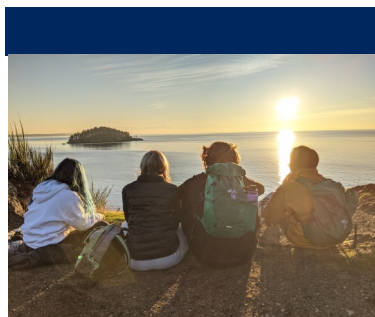
Brain Injury Community Re-entry (Niagara) Inc.

## TUESDAY GROUP

Looking for something fun to do on Tuesdays? Come spend the day with us doing various activities around Niagara.

Activities will include; indoor track walking, Kiwanis swim, creative cooking, supported volunteering, and so much more!

## Community Outings

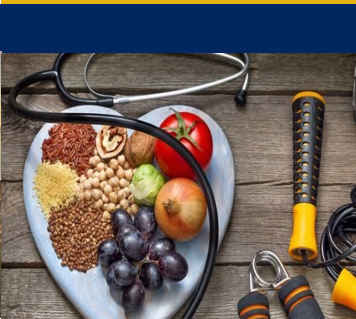


Location:	Locations will vary week by week.
Dates:	Every Tuesday
Time:	10am—3pm Time subject to change depending on activity and availability.
Transportation:	Not provided
Register by:	Friday before each session to Katie Hill or Shirley Ely at 905-397-4598 or by email.
Comments:	Specific programs will be listed on the monthly calendar and details will be provided upon request/registration.

WEDNESDAY GROUP

Every Wednesday morning, join PET in discussions about all aspects of healthy living. This includes topics from physical health, social health, and mental health.

After the discussion, the group will have an hour of adapted exercise. This may include Tai Chi, dance, or yoga.



The Art  
Of Healthy  
Living

Location: Unit 10

Dates:	<b>October:</b>	<b>November</b>	<b>December</b>
	<b>4th:</b> Tai Chi	<b>1st:</b> Tai Chi	<b>6th:</b> Tai Chi
	<b>11th:</b> Gentle Exercise	<b>8th:</b> Chair Cardio	<b>13th:</b> Chair Cardio
	<b>18th:</b> Yogacize	<b>15th:</b> Yogacize	
	<b>25th:</b> Bust a Move	<b>22nd:</b> Bust a Move	
		<b>29th:</b> Gentle Exercise	

Time: 9:30am-12pm

Transportation: Not provided

Register by: Contact Katie or Shirtly at 905-397-4598 or via email

Comments: Please wear comfortable clothing and supportive footwear.

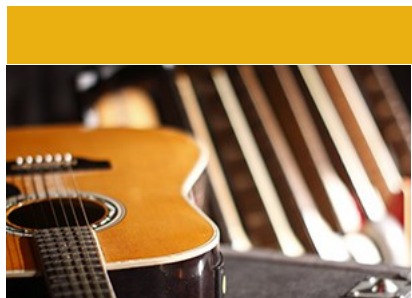
# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## WEDNESDAY GROUP

Come out and join Phil and Rick for a classic afternoon of amazing music with our much loved duo. Feel free to request your favourite songs!

# MUSIC WITH PHIL AND RICK



Location : BICR, Unit 10

Dates: Fall sessions:  
Wednesday, October 25th  
Wednesday, November 22nd

Time: 2:00pm to 3:00pm

Transportation: Not provided.

Register by: 48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598

Comments: PET will be hosting a “Mini Music Trivia” activity from 1-2pm prior to music with Phil for any individuals who wish to attend.

## WEDNESDAY GROUP

The first Wednesday of every month will be games or a movie. Play board games and have a good time with friends.

The third Wednesday of every month will be Casino Night. Come and challenge the dealer to a game of Blackjack.



# WACKY WEDNESDAY

Dates and Location :	<p>October 4—Movie</p> <p>November 1—Games</p> <p>November 30—Bonus Bingo with Prizes</p> <p>December 6—Movie</p>
	<p>October 18—Casino</p> <p>November 15—Casino</p> <p>December 20—Casino</p>
Time:	1:00pm to 3:00pm
Transportation:	Not provided. Please arrange your own transportation.
Register by:	48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598
Comments:	No cost. Please arrive a few minutes early as the movie starts promptly at 1pm. Movie option may change due to availability on streaming services.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## WEDNESDAY GROUP

Lunch time Diner's Club. Join us at different restaurants located in Niagara Falls once a month for a reasonably priced lunch.

## NIAGARA FALLS LUNCH CLUB



**Dates and  
Location :**

**October 18:** Pizza Hut (6318 Lundy's Lane)

**November 15:** The Big Sizzle (6683 Fallsview Blvd)

**December 13:** Swiss Chalet (3770 Montrose Rd.)

**Time:** 11:30am to 1:00pm

**Transportation:** Not provided. Please arrange your own transportation.

**Register by:** 48 hours prior to the event to Dave Horton at 905-687-6788 ext. 641.

**Comments:** Cost is the price of your meal.

## WEDNESDAY GROUP

Join us the second Wednesday of every month to test your music knowledge .



# MUSIC TRIVIA

Location : BICR, Unit 10

Dates: October 11, November 8, December 13

Time: 1pm to 3pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to event to Dave Horton at 905-687-6788 ext. 641

Comments: N/A

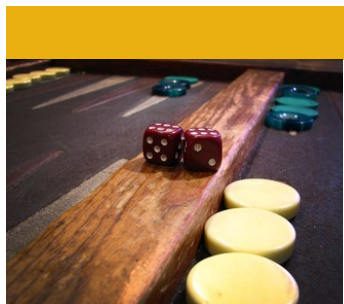
# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## THURSDAY GROUP

Join us for a variety of games including; darts, trivia, indoor corn hole, cards, bocce, and more.

# PUB GAMES



Location : Unit 10

Dates: October 5—December 21, 2023

Time: 1—2:30pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Prior to the event to Dave Horton at  
905-687-6788 ext. 641

Comments: NA

## THURSDAY GROUP **\*\*New Group\*\***

Join us at Unit 10 every Tuesday to learn about brains! This program was developed to help individuals living with ABI to learn about issues surrounding having an injury, how to develop strategies, increase awareness of limitations, and how to focus on your strengths.

Participants will receive helpful resources to take home with them to keep and use.



# BRAIN BASICS

Location : Unit 10

Dates: Every Thursday from October 5th to December 14th, 2023

Time: 9am—12pm Please arrive promptly to begin

Transportation : Please provide own transportation

Register by: ASAP to Katie or Shirley at 905-397-4598 or via email

Comments: This is a structured program with a full curriculum that is cumulative each week. Attendance is expected every week, and to come prepared.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## FRIDAY GROUP

Music therapy is the skillful use of music and musical elements. Sessions are led by our music therapist, and are designed to engage participants in music in a fun and meaningful way.

# MUSIC Therapy



Location :	BICR, Unit 10
Dates:	October 6—December 15
Time:	10:30am to 11:30am
Transportation:	Not provided. Please arrange your own transportation.
Register & Pay by:	48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598 or via email.
Comments:	No cost. This session is also available through Zoom. A link will be provided upon registration.

## FRIDAY GROUP

Join us at Unit 10 once a month to experience the Paralympic sport of Boccia! This is a sport of precision, focus, and accuracy.

Similar to Bocce, this sport uses softer balls and an indoor court, which is open to adaptations and assistive devices based on limitations.



# Boccia Club

Location:	Unit 10
Dates:	4th Friday of each month October 27th November 24th
Time:	1-pm—2:30pm
Transportation:	Not provided
Register by:	48 hours in advance
Comments:	Please contact Katie or Shirley at 905-397-4598 or via email.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## FRIDAY GROUP

Join us for a laughing good time at BICR's Laughter Yoga!  
Laughing boosts your mood, increases energy, reduces stress, helps relieve pain, and boosts your immune system!

# LAUGHTER YOGA



Location : BICR, Unit 10

Dates: 2nd Friday of each month:

October 13th

November 10th

December 8th

Time: 1:00pm to 1:45pm

Transportation: Not provided. Please arrange your own transportation.

Register & Pay by: Please call Shirley or Katie at 905-397-4598 or email [khill@bicr.org](mailto:khill@bicr.org).

Comments: 24 hours notice for registration.

## FRIDAY GROUP

Come and get your hands dirty and relish at the end result. This year round program includes a variety of activities such as weeding, raking, transplanting, seeding, watering and general garden maintenance. See a flower bloom or a vegetable grow and watch the many changing colours of the seasons.



# WORK REST&PLAY

**Location :** Niagara Parks, School of Horticulture  
Niagara Parkway, Niagara Falls

**Dates:** October 6—December 22, 2023

**Time:** 10:00am to 11:30am

**Transportation :** Not provided. Please arrange your own transportation.

**Register by:**  
to Dave Horton at 905-687-6788 ext. 641

**Comments:** All attendees must wear full back, closed toed shoes. Absolutely no sandals. Dress weather and activity appropriate.

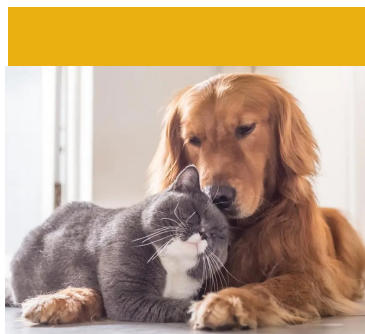
# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## FRIDAY GROUP

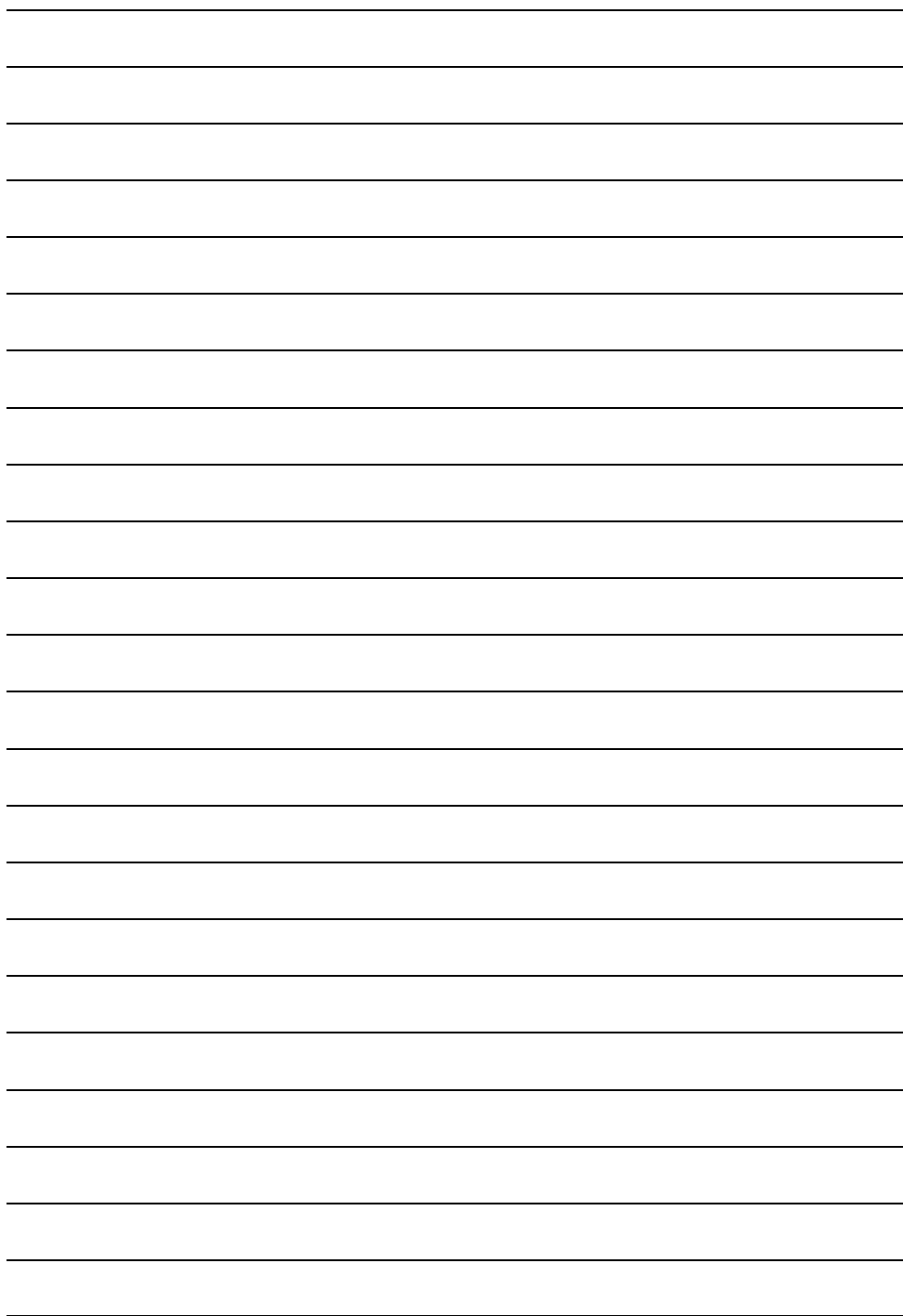
Come visit the sweet and playful pups at Unit 10 on the 3rd Friday of each month for pets, paws, and puppy kisses. Join us for wagging good times.

## PET THERAPY



- Location: BICR, Unit 10
- Dates: 3rd Friday of each month:  
October 20th, November 17th, December 15th
- Time: 1:00pm to 2pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Please call Shirley or Katie directly at 905-397-4598 or email [khill@bicr.org](mailto:khill@bicr.org)
- Comments: Please register 24hrs in advance.

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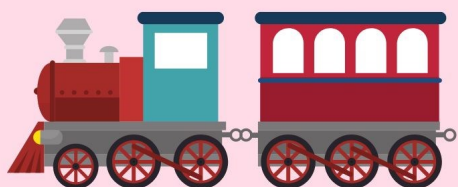


# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

# Model Railway Train Club Open House

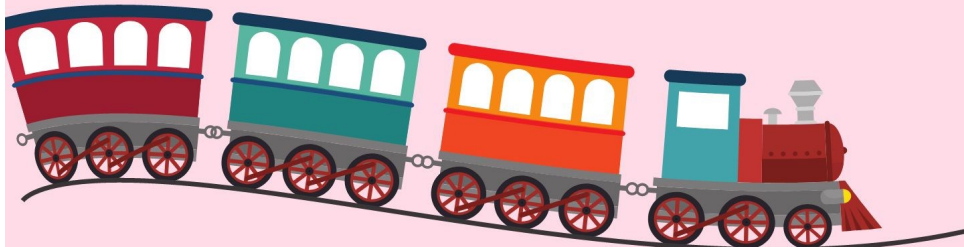
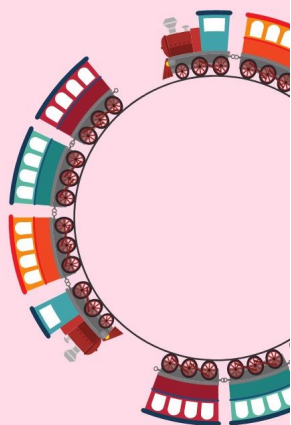
**Tuesday,  
November 14,  
2023  
1pm-2:30pm**



**A new program is starting  
in January where you get to  
be part of the process!**

Come and share your love of trains or building models and help create a whole model railway world. There is something for everyone! Join us at the Open House to learn what's coming in January.

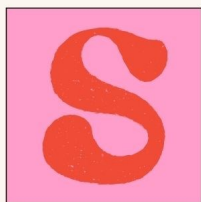
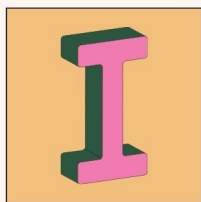
**Contact Katie to register at  
905-397-4598 or via email**






# PET






# CRAFT SALE



December 4: 9am to 2pm

Unit 10

December 5: 12:30pm to 3:30pm

Main Office






# October 2023

**EVENTS OPEN TO EVERYONE**  
**(  TRANSPORTATION PROVIDED)**

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, October 4	1-2:30pm	Unit 10	Movie
Music Trivia	Wednesday, October 11	1-2:30pm	Unit 10	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, October 18	1-2:30pm	Unit 10	Casino
Ice Dogs vs Kitchener	Wednesday, October 18	7-10pm	Meridian Credit Center	Cost is \$15 per ticket plus transportation
Music with Rick and Phil	Wednesday, October 25	2-3pm	Unit 10	Come out and play to your favourite songs.
Halloween Dance	Thursday, October 26	5-8:30pm	Grantham Optimist Club	Cost is \$5 for entry. Please see flyer in L&L Guide for details.

# October 2023

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, October 10	5-7pm	Kelsey's @ YMCA Dr.	Cost is the price of your meal.	

## WELLAND EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, October 24	5-7pm	The Blue Star	Cost is the price of your meal.	

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# October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Wacky Wednesday 1-2:30pm	5	6	7
8	9	10 St. Catharines Diner's Club 5-7pm Kelsey's	11 Music Trivia 1-2:30pm	12	13	14

15	16	17	18 Wacky Wednesday 1-2:30pm <hr/> Ice Dogs vs Kitchener 7-10pm 	19	20	21
22	23	24 Welland Diner's Club 5-7pm The Blue Star	25 Music with Rick and Phil 2-3pm	26 Halloween Dance 5-8:30pm	27	28
29	30	31				

# November 2023

**EVENTS OPEN TO EVERYONE**  
**(  TRANSPORTATION PROVIDED)**

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, November 1	1-2:30pm	Unit 10	Games
Music Trivia	Wednesday, November 8	1-2:30pm	Unit 10	Come out and test your music knowledge.
Brock vs Laurier Men's Hockey	Sunday, November 12	2-5pm	Canada Games Arena	Cost is \$5 per person plus transportation.
Wacky Wednesday	Wednesday, November 15	1-2:30pm	Unit 10	Casino
Music with Phil and Rick	Wednesday, November 22	2-3pm	Unit 10	Come out and sing along to your favourite songs.
Brock vs Queens Men's Basketball	Friday, November 24	8-10pm	Brock U Sports Complex	Cost is \$5 per person plus transportation.

# November 2023

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
St. Catharines Diners Club	Tuesday, November 14	5-7pm	Boston Pizza, Ontario St.	Cost is price of your meal.	

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## WELLAND EVENTS

Event	Date	Time	Place	Notes	
Welland Diner's Club	Tuesday, November 28	5-7pm	Mossimo's	Cost is the price of your meal.	

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# November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wacky Wednesday 1-2:30pm	2	3	4
5	6	7	8 Music Trivia 1-2:30pm	9	10	11

12	Brock vs Laurier Hockey 2-5pm 	13	14	St. Catharines Diner's Club 5-7pm Boston Pizza	15	Wacky Wednesday 1-2:30pm	16	17	18	
19		20	21		22	Music with Phil and Rick 2-3pm	23	24	25	Brock vs Queens Basketball 8-10pm 
26		27	28	Welland Diner's Club 5-7pm Mossimo's	29		30			

# December 2023

**EVENTS OPEN TO EVERYONE**  
**(  TRANSPORTATION PROVIDED)**

Event	Date	Time	Place	Notes
Crossfire Wrestling	Saturday, December 2	4-7pm	Merriton Community Center	Cost is \$10 per person plus transportation.
Wacky Wednesday	Wednesday, December 6	1-2:30	Unit 10	Movie
Christmas Bingo	Monday, December 11	6-8pm	Unit 10	Please bring a gift valued at \$5 plus a cost for transportation.
Music Trivia	Wednesday, December 13	1-2:30pm	Unit 10	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, December 20	1-2:30pm	Unit 10	Casino

# December 2023

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, December 12	5-7pm	Swiss Chalet, 4th Ave.	Cost is the price of your meal.	

## WELLAND EVENTS

Event	Date	Time	Place	Notes	
Welland Diner's Club	Tuesday, December 19	5-7pm	Swiss Chalet	Cost is the price of your meal.	

# December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Crossfire Wrestling 4-7pm 
3	4	5	6 Wacky Wednesday 1-2:30pm	7	8	9

10	11 Christmas Bingo 6-8pm	12 St. Catharines Diner's Club 5-7pm @ Swiss Chalet	13 Music Trivia 1-2:30pm	14	15	16
17	18	19 Welland Diner's Club 5-7pm @ Swiss Chalet	20 Wacky Wednesday 1-2:30pm	21	22	23
24	25	26	27	28	29	30



**Brain Injury  
Community Re-entry**  
(NIAGARA) INC.

*Turning the Key to Opportunity in Niagara since 1988*

Brain Injury Community Re-entry (Niagara) Inc.  
3340 Schmon Parkway, Unit 2  
Thorold, Ontario L2V 4Y6

Phone: 905-687-6788 or 1-800-996-8796  
Fax: 905-641-2785  
Email: [staff@bicr.org](mailto:staff@bicr.org)  
Website: [www.bicr.org](http://www.bicr.org)