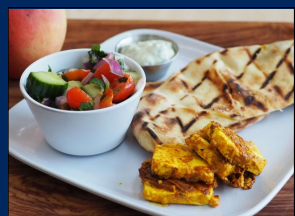




**Brain Injury  
Community Re-entry**  
(NIAGARA) INC.

# Learning & Leisure Guide

## Spring 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 April, May, and June 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.*



Come out for an evening of fun!



# SPRING FLING

THURSDAY, APRIL 20TH

5pm-8pm

Grantham Optimist Club

188 Linwell Rd, St. Catharines

Tickets are \$5 and will be sold  
prior to the event as well as at  
the door.

Raffle tickets, 50/50 tickets,  
pizza, chips, pop, and water  
will also be available at an  
additional cost.



# 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: Spring Stucco**  
April 3, 17, 24  
**Series #2: Ceramics Painting at Painted Turtle**  
**\*\* (SPECIAL NOTE)**  
May 1, 15, 29 (Make and Paint your own pottery)  
**Series #3: Stucco Painting**  
June 5, 12, 19 (Acrylic gel medium painting)
- 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.**  
**\*\*Pottery painting is OFFSITE in Niagara Falls and cost will vary depending on project (\$10-\$25).**  
**Please contact Katie for details.**

## 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:** Monday, April 3 to June 26  
\*\*Excluding April 10 and May 22\*\*
- 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: **April 11:** Coffee Social, Turner's Corners 1pm-3pm  
**April 23:** Jewelry Making, BICR Main Office 1pm-3pm (cost TBD)  
**May 9:** Bowling at Parkway Social 1pm-3pm (Cost \$6)  
**May 23:** Mini putt, Clifton Hill 1pm-3pm (Cost TBD, weather permitting, will move inside if needed)  
**June 6:** Early Bird Restaurant 12pm-2pm (Cost is price of your meal)
- Time: Times vary between 1pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Dawn Wolff @ [dwoff@bicr.org](mailto:dwoff@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:

April 11 @ Chuck's Roadhouse

May 9 @ Ricki Jo's

June 13 @ Boston Pizza (Ontario St.)

Welland

Apr. 25 @ Mossimo's

May 23 @ C C's Dugout

June 27 @ Boston Pizza

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: April 18: 12-2pm—Lunch at Pizza Hut, St. Catharines (cost is the price of your meal)

May 16: Laser tag and bowling at Parkway Social (Cost TBA)

June 20: 12:30-2:30pm—Walk in NOTL

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.



## 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:** Spring Sessions:  
Wednesday, April 26  
Wednesday, May 24  
Wednesday, June 28

**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.

# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## 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:	April	May	June
	5th-Tai Chi	3rd-Tai Chi	7th-Tai Chi
	12th-Gentle Exercise	10th-Gentle Exercise	14th-Gentle Exercise
	19th-Yogacize	17th Yogacize	21st-Yogacize
	26th-Bust a Move	24th-Bust a Move	28th Bust a Move
		31st-Seated Dance Yoga	

Time: 9:30am to 12pm

Transportation: Not provided. Please arrange own transportation.

Register by: Registration is ongoing. Contact Katie Hill or Shirley Ely at 905-397-4598 or via email.

Comments: Please wear comfortable clothing and good footwear. Exercise portion will be available on Zoom from 11am-12pm. Link will be provided with registration.

## 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 :      April 5—Movie  
                                       May 3—Games  
                                       June 7—Movie
- April 19—Casino games  
                                       May 17—Casino games  
                                       June 21—Casino games
- 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

# 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 :

**April 12:** Pizza Hut 6318 Lundy's Lane

**May 10:** Flying Saucer 6768 Lundy's Lane

**June 14:** Taps 4680 Queen Street

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:** April 12, May 10, June 14 2023

**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

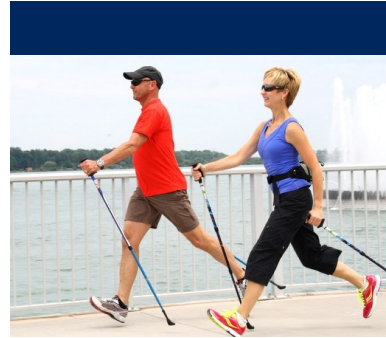
Brain Injury Community Re-entry (Niagara) Inc.

## THURSDAY GROUP

### \*\*NEW PROGRAM\*\*

Join a walking group with PET and walk with poles! Go out and see new sights, get exercise, and visit with friends while trying this fun exercise craze. Join us weekly for fresh air, exercise and sunshine!

# POLE WALKING



Location : BICR, Unit 10

Dates: Thursdays, June 1 to 29

Time: 9:30am to 11:30am

Transportation: Not provided.

Register by: Katie Hill at 905-397-4598 or via email by May 25 (one week prior to walking group), but registration is on-going.

Comments: Walking poles are available through March of Dimes at PET and will be provided for each session. Activity is weather permitting, wear comfortable walking shoes and weather appropriate clothes.

## THURSDAY GROUP

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



# Pub Games

Location: BICR, Unit 10

Dates: April 6 to June 29

Time: 1pm to 2:30pm

Transportation: Not provided.

Register by: Prior to the 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 PET and give back to the community! This is a wonderful opportunity to build employment skills for those wishing to pursue employment, or to simply feel good about giving back.

Volunteer opportunities include Humane Society, Goodwill, as well as Community Care. Participants can sign up for a one or two month block.

# SUPPORTED VOLUNTEERING



- Location : Unit 10
- Dates: Every Thursday  
Block 1: April 6-27  
Block 2: May 4-25
- Time: 9am—noon
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Contact Katie or Shirley at 905-397-4598 or via email.  
Registration is on going, but one week prior to start.
- Comments: Dress code of specific work attire may be required at certain locations. Details will be shared upon 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:** April 7 to June 30, 2023
- Time:** 10:00am to 11:30am
- Transportation:** Not provided. Please arrange your own transportation.
- Register by:** March 31, 2023  
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

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: Friday, April 14  
Friday, May 12  
Friday, June 9

\*\*Dates are subject to change

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

Music therapy is the skillful use of music and musical elements. Sessions are led by Justis Krar, who specializes in community engagement and inclusive music therapy. The sessions are designed to engage participants in music in a fun and meaningful way.



# MUSIC WITH JUSTIS

- Location : BICR, Unit 10
- Dates: Friday, April 7 to June 30  
\*\*Dates subject to change
- 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.

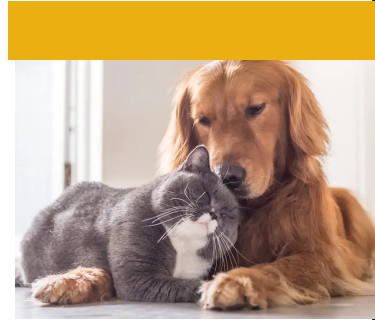
# Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

## FRIDAY GROUP

Pet Therapy is back with Therapy Tails after a long COVID hiatus! 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.

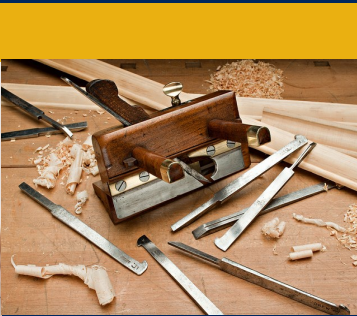
# PET THERAPY



- Location: BICR, Unit 10
- Dates: 3rd Friday of each month:  
April 21, May 19, June 16
- Time: 1:00pm to 1:45pm
- 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.

## FRIDAY 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  
8245 Heartland Forest Rd. Niagara Falls
- Dates:** April 14, 21, 28  
May 5, 12, 26  
June 2
- Time:** 10:00am—11:30am
- 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 class for a total of \$105.

# APRIL 2023

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

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Place</b>	<b>Notes</b>
Bingo Bash	Monday, April 3	6-8pm	Unit 10	Please bring a prize valued at \$5
Wacky Wednesday	Wednesday, April 5	1-3pm	Unit 10	Movie
Music Trivia	Wednesday, April 12	1-3pm	Unit 10	Come out and test your music knowledge
Wacky Wednesday	Wednesday, April 19	1-3pm	Unit 10	Casino games and cards
Spring Fling	Thursday, April 20	5-8pm	Grantham Optimist Club 188 Linwell Rd.	Cost is \$5/person, see page 3 in L&L Guide for more information
Music with Phil and Rick	Wednesday, April 26	1-3pm	Unit 10	Come and play to your favourite songs



# APRIL 2023

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, April 11	5-7pm	Chuck's Roadhouse	Cost is the price of your meal.

## WELLAND EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, April 25	5-7pm	Mossimo's Pizza	Cost is the price of your meal.

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# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Bingo at Unit 10 6-8pm 	4	5 Wacky Wednesday 1-3pm	6	7 GOOD FRIDAY OFFICE CLOSED	8

9	10	11	12	13	14	15
		St. Catharines Diner's Club @ Chuck's Roadhouse 5-7pm	Music Trivia 1-3pm			
16	17	18	19	20	21	22
			Wacky Wednesday 1-3pm	<b>SPRING FLING</b> <b>5-8PM</b>		
23	24	25	26	27	28	29
		Welland Diner's Club @ Mossimo's 5-7pm	Music with Phil and Rick 1-3pm			
30						

# May 2023

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

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Place</b>	<b>Notes</b>
Wacky Wednesday	Wednesday, May 3	1-3pm	Unit 10	Games
Medieval Times	Sunday, May 7	4:30-7:30pm	Toronto	Cost is \$67/person. Transportation provided at a cost. Please meet @ Unit 10 for 2pm.
Music Trivia	Wednesday, May 10	1-3pm	BICR, Unit 10	Come out and test your music knowledge
Wacky Wednesday	Wednesday, May 17	1-3pm	Unit 10	Casino games and cards
Music with Phil and Rick	Wednesday, May 24	1-3pm	Unit 10	Come out and sing along to your favourite songs.
Lunch out with friends	Wednesday, May 31	12-2pm	Perkins St. Catharines	Cost is the price of your meal.

# May 2023

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
St. Catharines Diners Club	Tuesday, May 9	5-7pm	Ricki Jo's	Cost is price of your meal.

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## WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, May 23	5-7pm	CC's Dugout	Cost is the price of your meal.

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# May 2023

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

14	15	16	17	18	19	20
			Wacky Wednesday 1+-3pm			
21	22	23	24	25	26	27
	VICTORIA DAY OFFICE CLOSED	Welland Diner's Club 5-7pm CC's Dugout	Music with Phil and Rick 1-3pm			
28	29	30	31			
			Lunch at Perkin's St. Catharines 12-2pm			



# June 2023

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

Event	Date	Time	Place	Notes
Brewer's vs Blue Jays	Thursday, June 1	1-4pm	Toronto	Cost: TBD Please meet at Unit 10 for 10am. Transportation from there at a cost.
Wacky Wednesday	Wednesday, June 7	1-3pm	Unit 10	Movie
Music Trivia	Wednesday, June 14	1-3pm	Unit 10	Come out and test your music knowledge
Wacky Wednesday	Wednesday, June 21	1-3pm	Unit 10	Casino and card games
Music with Phil and Rick	Wednesday, June 28	1-3pm	Unit 10	Come sing along to your favourite songs.
Out for ice cream	Wednesday, June 28	6:30-8:30pm	Avondale Dairy Bar	Cost is the price of your ice cream.

# June 2023

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, June 13	5-7pm	Boston Pizza (Ontario St.)	Cost is the price of your meal.

## WELLAND EVENTS

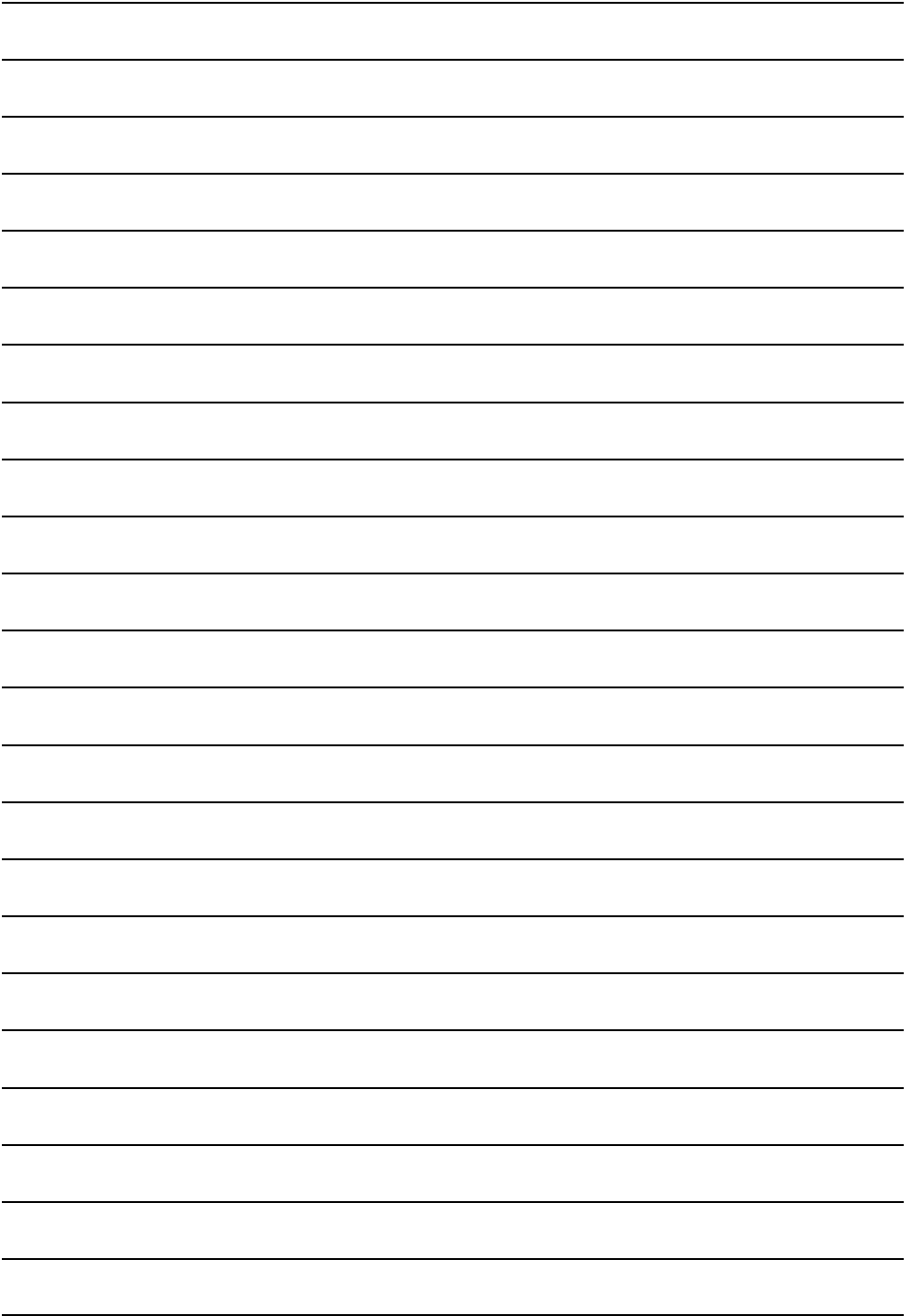
Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, June 27	5-7pm	Boston Pizza (Niagara St.)	Cost is the price of your meal.

# June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	1 Brewer's Vs Blue Jays 1pm start 	2	3
			Wacky Wednesday 1-3pm	8	9	10

11	12	13	14	15	16	17
		St. Catharines Diner's Club @ Boston Pizza (Ontario St.) 5-7pm	Music Trivia 1-3pm			
18	19	20	21	22	23	24
			Wacky Wednesday 1-3pm			
25	26	27	28	29	30	
		Wellad Diner's Club @ Boston Pizza 5-7pm	Music with Phil and Rick <hr/> 1-3pm Avondale Dairy Bar 6:30-8pm 			







**Brain Injury  
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*Turning the Key to Opportunity in Niagara since 1988*

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