



Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Winter 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 January, February and March, 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.

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.

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

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.



Yes! We're
BACK

After having to put activities on hold the last few years, we are excited to announce the BICR Learning and Leisure Guide is back! We have many of your favourite activities to participate in, as well as some fresh new options. We are so excited to be getting back out in the community, having fun, and meeting new people.

We hope to see you at one...or perhaps several...activities!

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MONDAY GROUP ****NEW DAY****

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.

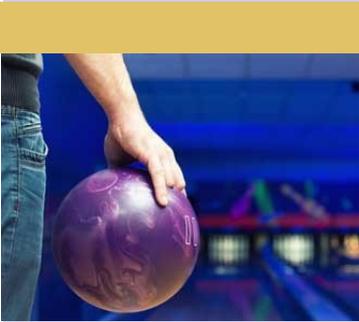
Art and Soul



- Location : Unit 10
- Dates: **Series #1: Winter painting with Stucco**
January 9, 16, and 23
- Series #2: Freestyle Stucco Art**
February 6, 13, and 27
- Series #3: Paper Flower Wreath**
March 13, 20, and 27
- Time: 1:00pm to 3:00pm
- Transportation: Not provided.
- Register by: One week prior to project start date (January 2, January 30, and February 27) 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.

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 January 9 to March 27, 2023
(Excluding holidays)
- 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.

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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: **January 31**—Coffee Time Pen Centre Food Court
February 14—Valentine Bingo – BICR Main Office 3340 Schmon Prkwy \$5.00 prize
February 28—Niagara Falls History Museum Lundy's Lane Cost \$5.00
March 14—Movie @ Landmark Cinemas Time TBA cost of ticket and snacks
March 28—Heartland Forest
- Time: Times vary between 1pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Dawn Wolff @ 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

NEW PROGRAM

Join the Vocational department and PET for a 12 week training program for individuals wishing to return to independent volunteering or paid employment. Participants will complete 8 in-class sessions and a 4 week block of volunteering where they can practice their learned skills and knowledge.



Pre-Employment Training

- Location : In class: 261 Martindale Rd, Unit 10
Volunteer block: location TBD
- Dates: EVERY TUESDAY from January 10 until March 28.
Attendance is mandatory for each session, including volunteer session.
- Time: 9:00am to 12:00pm
- Transportation: Not provided.
- Register by: Friday, January 2nd, 2023
Please contact your CF directly
- Comments: No cost. Please contact your CF or case manager if you are interested. This program is for those who wish to return to paid employment or volunteering. There is a screening process.

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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: January 24—Lunch at Betty's 12pm to 2pm
February 21—Billiards at In the Corner 12:30pm to 2:30pm
March 21—Fallsview Casino 12:30pm to 2:30pm
- Time: Times vary between 12:00pm to 3:00pm
- Transportation: Provided at a cost.
- 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

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
 January 10—Cat's Caboose
 February 14—Joey's Only
 March 14—Kelsey's (YMCA Dr.)
- Welland
 January 24—Blue Star
 February 28—Chuck's Roadhouse
 March 28—M.T. Bellies
- Time: 5:00pm to 7:00pm
- 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.

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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:

January	February	March
4th-Tai Chi	1st-Tai Chi	1st-Tai Chi
11th-Gentle Exercise	8th-Gentle Exercise	8th-Gentle Exercise
18th-Yogacize	15th-Yogacize	15th-Yogacize
25th-Bust a Move	22nd-Bust a Move	22nd-Bust a Move
		29th-Chair 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. 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 :
 January 4, 2023—Music Bingo
 February 1, 2023—Silver Linings Playbook
 March 4, 2023—Trivia Games

January 18, 2023—Casino games
 February 15, 2023—Casino games
 March 15, 2023—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.

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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 : January 18, 2023—The Flying Saucer, Lundy's Lane, Niagara Falls
- February 15, 2023—Magnolias, Lundy's Lane, Niagara Falls
- March 15, 2023—Phyls, Lundy's Lane, Niagara Falls
- 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: January 11, February 8, March 8, 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

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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: Winter sessions:
January 25, 2023
February 22, 2023
March 22, 2023

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: Join us for Music Trivia from 1:00pm to 2:00pm prior to music with Phil and Rick.

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: January 12, 2023 to March 30, 2023
- 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

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THURSDAY GROUP

NEW PROGRAM!!

New to Apple products? Want to learn more how to use your iPhone or iPad to help with communication or memory? PET has teamed up with Tech for Good through March of Dimes to offer a 7-week program that will teach you the basics.

IPAD TRAINING



Location: BICR, Unit 10

Dates: Thursday, February 2nd to March 16th, 2023

Time: 9:30am to 11:30am

Transportation: Not provided. Please arrange your own transportation.

Register by: Katie Hill at 905-397-4598 by January 26, 2023

Comments: Participants can bring their own devices or sign one out for free from March of Dimes to use and practice.

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: January 13, 2023 to March 31, 2023
- Time: 10:00am to 11:30am
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Thursday December 20, 2022
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.

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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, January 13, 2023
Friday, February 10, 2023
Friday, March 10, 2023

**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.

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, January 6th to March 31st, 2023
- 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
- Comments: No cost. This session is also available through Zoom. A link will be provided upon registration.

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Winter Driving Tips

1. Prepare your vehicle for winter driving (ie. Winter tires, snow scraper)
2. Drive slowly and smoothly. Do not make abrupt stops or drive too fast.
3. Don't tailgate. Leave enough room in case you have to stop suddenly, or you start sliding.
4. Brake before making turns.
5. Learn to properly stay in control in a skid. Turn into the skid and accelerate. This helps transfer weight from the front to the rear and aids in regaining control.
6. Resist the temptation to use cruise control.
7. Don't "pump" the breaks.
8. Pay attention at all times.



**More details on this
much loved trip are to
follow, so stay tuned!**

January 2023

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, January 4	1-3pm	Unit 10	Music Bingo
Music Trivia	Wednesday, January 11	1-3pm	Unit 10	Come out and test your music knowledge
Wacky Wednesday	Wednesday, January 18	1-3pm	Unit 10	Casino games
Windsor vs Brock Men's Hockey	Saturday, January 21	5-8pm	Brock Arena	Cost is \$3 per ticket. Transportation provided at a cost
Music with Phil and Rick	Wednesday, January 25	1-3pm	Unit 10	Come out for some live music with our duo, Phil and Rick
Movie Out	Monday, January 30	6-9pm	Niagara Square	Cost is \$12 per person.

January 2023

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, January 10	5-7pm	Cat's Caboose	Cost is the price of your meal.

WELLAND EVENTS

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

January 2023

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



February 2023

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, February 1	1-3pm	Unit 10	Movie: Silver Linings Playbook
Toronto vs Brock Basketball	Friday, February 3	8-10pm	Brock University	Cost is \$3 per person plus transportation.
Music Trivia	Wednesday, February 8	1-3pm	BICR, Unit 10	Come out and test your music knowledge
Wacky Wednesday	Wednesday, February 15	1-3pm	Unit 10	Afternoon casino games
Georgia Swarm vs Toronto Rock Lacrosse	Saturday, February 18	7-10pm	First Ontario Centre, Hamilton	Cost is \$32.50 per ticket plus transportation.
Music with Phil and Rick	Wednesday, February 22	1-3pm	Unit 10	Come out for some live music with our duo, Phil and Rick

February 2023

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
St. Catharines Diners Club	Tuesday, February 14	5-7pm	Joey's Only	Cost is price of your meal.

WELLAND EVENTS

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

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wacky Wednesday 1-3pm	2	3 Toronto vs Brock University Basketball 8-10pm 	4
5	6	7	8 Music Trivia 1-3pm	9	10	11



March 2023

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, March 1	1-3pm	Unit 10	Trivia games
Hamilton vs Niagara Ice Dogs Hockey	Friday, March 3	7-10pm	Meridian Center	Cost is \$12 per person plus transportation.
Music Trivia	Wednesday, March 8	1-3pm	Unit 10	Come out and test your music knowledge
Wacky Wednesday	Wednesday, March 15	1-3pm	Unit 10	Afternoon casino games
Crossfire Wrestling	Saturday, March 18	4-6pm	Merritton Community Centre	Cost is \$15 per person plus 
Music with Phil and Rick	Wednesday, March 22	1-3pm	BICR, Unit 10	Come out for some live music with our duo, Rick and Phil

March 2023

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, March 14	5-7pm	Kelsey's (YMCA Dr.)	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, March 28	5-7pm	M.T. Bellies	Cost is the price of your meal.

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wacky Wednesday 1-3pm	2	3 Hamilton vs Niagara Ice Dogs 7-10pm 	4
5	6	7	8 Music Trivia 1-3pm	9	10	11







**Brain Injury
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(NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

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