



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

# Learning & Leisure Guide

## Winter 2024



# 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 2024.

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 1B location, 3300 Merrittville Hwy, Thorold](#). 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.*



# WE ARE MOVING

**PET, REC, and VOC have new addresses!**

## **NEW** LOCATIONS

Join us for all your  
favourite  
programs and  
activities in our  
new spaces.

**PET AND REC:  
3300 MERRITTVILLE  
HWY, UNIT 1B,  
THOROLD  
905-682-2678**

**VOC:  
3340 SCHMON  
PKY, UNIT 2  
THOROLD  
905-687-6788**

# 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 :

**BICR Unit 1B 3300 Merrittville Hwy, Thorold**

Dates:

**Series #1: Painting with stucco**

**Mondays: January 15, 22, 29**

**Series #2: Paint Class**

**Mondays: February 5 and 12**

**Series #3: Ceramics**

**Monday March 4**

**Series #4: Stucco Spring Project**

**Mondays: March 11, 18, 25**

Time:

1:00pm to 3:00pm

Transportation:

Not provided.

Register by:

One week prior to project start date to Katie Hill at 905-682-2678 or via email at [khill@bicr.org](mailto:khill@bicr.org)

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:** January 8—March 25
- 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 [recreation@bicr.org](mailto:recreation@bicr.org).
- Comments:** Cost is \$3.50 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.
- Dates: **January 30**—Welcome back games @ Schmon Pkwy 1-3pm
- February 13**—Jewelry making @ Schmon Pkwy 1-3pm (\$10 cost)
- February 27**—Seaway Mall Welland 1-3pm (meet at the main entrance)
- March 12**—Niagara Falls new casino 1-3pm (meet at water fountain)
- March 26**—Coffee Time @ Turners Corner Hwy 20
- 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:**

January 9—Joey's Only  
February 13—Ricki Jo's  
March 12—Chuck's Roadhouse

### **Welland:**

January 23—Tailgates  
February 27—M.T. Bellies  
March 26—Chuck's Roadhouse

Time: 5pm to 7pm

Transportation: Not provided.

Register by: 48 hours prior to the event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)

Comments: Cost is the price of your meal.

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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 16th:** Games at 1B 1-2:30pm  
**February 20th:** Lunch at Pie Guys (10 MacTurnball Rd.) 12-1:30pm  
**March 19th:** Movie at 1B 12:30-2:30
- Time: Times vary between 12:00pm to 3:00pm
- Transportation: Provided at a cost from 1B
- Register by: 48 hours prior to the event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)
- Comments: Some weeks may have a cost depending on the activity.

## TUESDAY GROUP

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 to put their skills into practice.



# Pre-Employment Training

- Location :** 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates:** EVERY TUESDAY from January 16th—April 2nd.  
Attendance is MANDATORY for each session.
- Time:** 9am—12pm
- Transportation:** Not provided. Please arrange your own transportation.
- Register by:** Contact Dianne in the Vocational Department for screening and intake process at [djackson@bicr.org](mailto:djackson@bicr.org)
- Comments:** There may be a wait for paid employment after the program is complete, so supported and independent volunteer opportunities will be available through PET.

# Learning & Leisure Guide

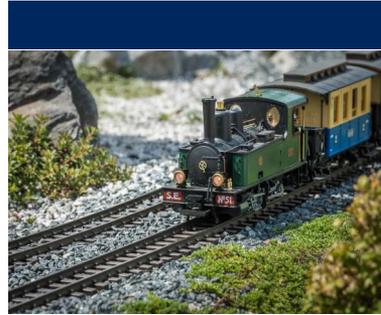
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## TUESDAY GROUP **\*\*NEW GROUP\*\***

The brain child of our participant, Kurt Bouwers, he dreamed of a world where Model Railway Clubs were entirely accessible and inclusive.

Let your creative side out by working as a team to create a real-scale size world or working trains. Learn electrical techniques, model reconstruction, micro-landscaping, hand painting, and carving to make this tiny world come to life.

## Ridgeville Model Railway Club



- Location: Address will be given upon registration
- Dates: February 6th  
March 5th
- Time: 1pm—2:30pm  
Time subject to change depending on activity and availability.
- Transportation: Not provided
- Register by: Katie Hill or Shirley Ely AFTER January 2 at 905-682-2678 or via email [khill@bicr.org](mailto:khill@bicr.org)
- Comments: Fully accessible model space, and HO scale is used in construction.

## 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: **3300 Merrittville Hwy. Unit 1B, Thorold**

Dates:

### January

**17th:** Dancercise  
**24th:** Bust a Move  
with Ali  
**31st:** Gentle Chair  
Exercise

### February

**7th:** Tai Chi with  
Steff  
**14th:** Seated  
Aerobics  
**21st:** Gentle  
Stretches  
**28th:** Bust a Move  
with Ali

### March

**6th:** Tai Chi with  
Steff  
**13th:** Chair Yoga  
**20th:** Dancercise  
**27th:** Bust a Move  
with Ali

Time: 9:30am-12pm

Transportation: Not provided

Register by: Contact Katie or Shirley AFTER January 2 at 905-682-2678 or via email at [khill@bcr.org](mailto:khill@bcr.org)

Comments: Please wear comfortable clothing and supportive footwear.

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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 : **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates: January 24th  
February 28th  
March 27th

Time: 2:00pm to 3:00pm

Transportation: Not provided.

Register by: 48 hours prior to the event to Katie Hill or Shirley Ely AFTER January 2 at 905-682-2678

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 :

Location is 3300 Merritville Hwy, Unit 1B

**January 31—Bonus Bingo with Prizes**

**February 7—Games**

**March 6—Movie**

**January 17—Casino**

**February 21—Casino**

**March 20—Casino**

Time: 1:00pm to 2:30pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to the event to Katie Hill at [khill@bcr.org](mailto:khill@bcr.org) or Dave Horton at [recreation@bcr.org](mailto:recreation@bcr.org)

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.

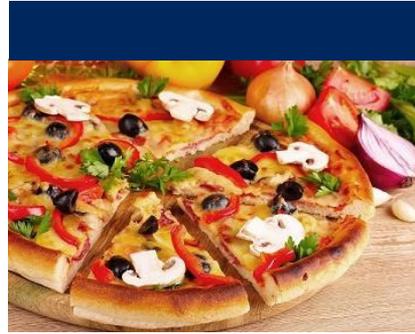
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## WEDNESDAY GROUP

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 :**

**February 14**—Taps Bar and Grill 4680 Queen St.

**March 13**—Triple D's 2895 St. Paul St.

**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 [recreation@bicr.org](mailto:recreation@bicr.org)

**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 : **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates: February 14th, March 13th

Time: 1pm to 3pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)

Comments: N/A

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## THURSDAY GROUP

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

# PUB GAMES



Location : **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates: January 11th—March 28

Time: 1—2:30pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Prior to the event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)

Comments: NA

## THURSDAY GROUP

Join us at Unit 1B every Thursday 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 :** 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates:** Every Thursday from January 11th to March 21st
- Time:** 9am—12pm Please arrive promptly to begin program
- Transportation :** Please provide own transportation
- Register by:** January 9th to Katie or Shirley at 905-682-2678 or via email at [khill@bicr.org](mailto:khill@bicr.org) (Please call AFTER January 2)
- Comments:** This is a structured program with a full curriculum that is cumulative each week. Attendance is expected every week, and to come prepared.

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## 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.

Kurt is very engaging and has found a perfect balance of fun and learning using music.

# MUSIC With Kurt



- Location : **3300 Merrittville Hwy, Unit 1B, Thorold**
- Dates: Fridays, January 12th to March 29th
- Time: 11am—12pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: 48 hours prior to the event to Katie Hill or Shirley Ely AFTER January 2 at 905-682-2678 or via email at [khill@bicr.org](mailto:khill@bicr.org)
- Comments: No cost. This session is also available through Zoom. A link will be provided upon registration.

## FRIDAY GROUP

Join us at **Unit 1B** 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

<b>Location:</b>	<b><u>3300 Merrittville Hwy, Unit 1B, Thorold</u></b>
<b>Dates:</b>	4th Friday of each month January 26th February 23rd March 22nd
<b>Time:</b>	1-pm—2:30pm
<b>Transportation:</b>	Not provided
<b>Register by:</b>	48 hours in advance
<b>Comments:</b>	Please contact Katie or Shirley AFTER January 2 at 905-682-2678 or via email at <a href="mailto:khill@bicr.org">khill@bicr.org</a> .

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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 : **3300 Merrittville Hwy, Unit 1B, Thorold**
- Dates: 2nd Friday of each month:  
January 12th  
February 9th  
March 8th
- Time: 1:00pm to 1:45pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Please call Shirley or Katie AFTER January 2 at 905-682-2678 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:** January 12th—March 29th
- Time:** 10:00am to 11:30am
- Transportation:** Not provided. Please arrange your own transportation.
- Register by:** 48 hrs prior to the date to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)
- Comments:** All attendees must wear full back, closed toed shoes. Absolutely no sandals. Dress weather and activity appropriate.

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## FRIDAY GROUP

Come visit the sweet and playful pups at **Unit 1B** on the 3rd Friday of each month for pets, paws, and puppy kisses. Join us for wagging good times.

# PET THERAPY



Location: **3300 Merrittville Hwy, Unit 1B, Thorold**

Dates: 3rd Friday of each month:  
January 19th, February 16th, March 15th

Time: 1:00pm to 2pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Please call Shirley or Katie directly AFTER January 2 at 905-682-2678 or email [khill@bicr.org](mailto:khill@bicr.org)

Comments: Please register 24hrs in advance.



# January 2024

EVENTS OPEN TO EVERYONE  
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Movies	Monday, January 15th	6-9pm	Niagara Square Cinemas	Cost is approx. \$15 plus transportation.
Wacky Wednesday	Wednesday, January 17	1- 2:30pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Casino Games
Music with Phil and Rick	Wednesday, January 24	1-3pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Come out and play your favourite songs.

# January 2024

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, January 9th	5-7pm	Joey's Only Seafood	Cost is the price of your meal.

## WELLAND EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, January 23rd	5-7pm	Tailgates	Cost is the price of your meal.

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# January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 St. Catharines Diner's Club 5-7pm Joey's Only	10	11	12	13

14	15	16	17	18	19	20
	Movies @ Niagara Square 6-9pm 		Wacky Wednesday 1-2:30pm			
21	22	23	24	25	26	27
		Welland Diner's Club 5-7pm Tailgate's	Music with Rick and Phil 1-3pm			
28	29	30	31			

# February 2024

EVENTS OPEN TO EVERYONE  
(  TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Brunch	Saturday, February 3	10am- 12pm	Betty's Restaurant	Cost for meal plus transportation
Wacky Wednesday	Wednesday, February 7	1- 2:30pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	
Music Trivia	Wednesday, February 14	1- 2:30pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Come out and test your music knowledge.
Men's Volleyball	Friday, February 16	8-10pm	Brock University	Cost is \$5 plus transportation.
Wacky Wednesday	Wednesday, February 21	1- 2:30pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Casino Games
Music with Rick and Phil	Wednesday, February 28	1-3pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Come out and play your favourite songs.

# February 2024

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
St. Catharines Diners Club	Tuesday, February 13	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, February 27	5-7pm	M.T. Bellies	Cost is the price of your meal.

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# February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Brunch @ Betty's 10am-2pm 
4	5	6	7 Wacky Wednesday 1-2:30pm	8	9	10

11	12	13	14	15	16	17
		St. Catharine's Diner's Club 5-7pm Ricki Jo's	Music Trivia 1-2:30pm		Waterloo vs Brock Volleyball 8-10pm 	
18	19	20	21	22	23	24
			Wacky Wednesday 1-2:30pm			
25	26	27	28	29		
		Welland Diner's Club 5-7pm M. T. Bellies	Music with Rick and Phil 1-3pm			

# March 2024

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

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, March 6	1-2:30pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Movie
Toronto Rock Lacrosse	Saturday, March 9	5-7pm	First Ontario Centre Hamilton	Cost is \$35 per ticket plus transportation.
Music Trivia	Wednesday, March 13	1-2:30pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Come out and test your music knowledge.
Ice Dogs Game	Sunday, March 17	5-8pm	Meridian Center	Cost is \$15 per ticket plus transportation.
Wacky Wednesday	Wednesday, March 20	1-2:30pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Casino Games.
Music with Rick and Phil	Wednesday, March 27	1-3pm	<b>3300 Merrittville Hwy, Unit 1B, Thorold</b>	Come out and play your favourite songs.

# March 2024

## ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, March 12	5-7pm	Chuck's Roadhouse	Cost is the price of your meal.

## WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, March 26	5-7pm	Chuck's Roadhouse	Cost is the price of your meal.

# March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Wacky Wednesday 1-2:30pm	7	8	9 Colorado vs Toronto Rock Lacrosse 5-7pm 

10	11	12	13	14	15	16
		St. Catharines Diner's Club 5-7pm @ Chuck's Roadhouse	Music Trivia 1-2:30pm			
17	18	19	20	21	22	23
Barrie vs Niagara Ice Dogs 2-5pm 			Wacky Wednesday 1-2:30pm			
24	25	26	27	28	29	30
		Welland Diner's Club 5-7pm Chuck's Roadhouse	Music with Rick and Phil 1-3pm			



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

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