



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

Learning & Leisure Guide

Summer 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.

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.



HELLO ~~~~~
Summer



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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: Painting with stucco**
Mondays July 17 & 31, Aug. 14

Series #2: Stucco Painting
Mondays Aug. 28, Sept. 11 & 18

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:** July 3—September 25
Excluding August 7 and September 4
- 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: **July 4**—Port Dalhousie: Meet at the pavilion 1-3
July 18—NOTL outlet mall: Meet at the Tim's entrance 1-3
Aug. 1—Blue Star lunch Welland
Aug. 15—Happy Rolph's: Meet at entrance 1-3
Aug. 29—Brock mini putt 1-3 (cost TBA)
Sept. 12—Coffee time Pen Center: Meet at food court
Sept. 29—Movies @ The Pen Center (cost and time TBA)
- 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

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:

July 11—Lina Linguini's

Aug. 8—Big Marco's

Sept. 12—Fresco's

Welland

July 25—Swiss Chalet

Aug. 22—Chuck's Roadhouse

Sept. 26—M.T. Bellies

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.

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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: Aug. 15—Lunch @ Perkins 12-2pm
Sept. 19—Games @ Unit 10 1-2:30pm

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 **NEW GROUP**

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

Activities will include playing Yardzee and Boccee in the park, movies and lunch at the Pen Center, walk and picnic on Marritt Island in Welland, picnic at Happy Rolph's, and so much more!



Community Outings

- Location:** Locations will vary week by week.
- Dates:** Every Tuesday: July 18 to September 26
- 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.

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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:

July	August	September
5th-Tai Chi	2nd-Tai Chi	6th-Tai Chi
12th-Gentle Exercise	9th-Chair Cardio	13th-Chair Cardio
18th-Yogacize	16th Yogacize	20th-Yogacize
26th-Bust a Move	23rd-Bust a Move	27th Bust a Move with Ali & ABI & Aging Symposium
	30th-Gentle Exercise	

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. 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 : July 5—Games
 Aug. 2—Movie
 Aug. 30—Bonus Bingo with Prizes
 Sept. 6—Games
- July 19—Casino games
 Aug. 16—Casino games
 Sept. 20—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 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 :

July 12: Queen's Coach, 2845 St. Paul Ave.

Aug. 16: Magnolia's, 7666 Lundy's Lane

Sept. 13: Betty's, 8921 Sodom 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: July 12, Aug. 9, Sept. 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

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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: Summer sessions:
Wednesday, July 26
Wednesday, Aug. 23

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.

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: July 6—Sept. 28
- 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

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: July 20—Aug. 10
Block 2: Aug. 17—Sept. 7
- 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.

THURSDAY 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 where they can practice their learned skills.



PRE-EMPLOYMENT TRAINING

- Location:** Unit 10
- Dates:** ****NEW DAY****
Every THURSDAY from Sept. 21—Dec. 7.
Attendance is **MANDATORY** for each session.
- Time:** 9am—12pm
- Transportation:** No provided
- Register by:** Sept. 7
- Comments:** This program is specifically for individuals who wish to return to paid employment or independent volunteering. There may be a wait for paid employment after the program is complete, so supported and independent volunteer opportunities will be available through PET.

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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, September 8

*Dates 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

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
- Dates: July 7—Sept. 29
- 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.

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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:
July 21, Aug. 18, Sept. 15
- 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
- Comments: Please register 24hrs in advance.

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:** Fridays, July 7 to September 29
**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

JULY 2023

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, July 5	1-3pm	Unit 10	Games
Live Comedy Show	Friday, July 7	8-10pm	Showtime Comedy	Cost is \$10/person, plus transportation.
Music Trivia	Wednesday, July 12	1-3pm	Unit 10	Come out and test your music knowledge
Wacky Wednesday	Wednesday, July 19	1-3pm	Unit 10	Casino games
Dinner and magic show	Monday, July 24	5:30-9:30pm	Greg Frewin Theater NF	Cost is 56/person plus transportation. Register by JULY 7, 2023.
Music with Phil and Rick	Wednesday, July 26	1-3pm	Unit 10	Come and play to your favourite songs

JULY 2023

ST. CATHARINES EVENTS

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

WELLAND EVENTS

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

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Wacky Wednesday 1-3pm	6	7 Showtime Comedy Time 8-10pm Transportation \$10 	8

9	10	11	12	13	14	15
		St. Cartharine's Diner's Club @ Big Marco's 5-7pm	Music Trivia 1-3pm			
16	17	18	19	20	21	22
			Wacky Wednesday 1-3pm			
23	24	25	26	27	28	29
	Greg Frewin Magic Show 5:45 	Welland Diner's Club @ Swiss Chalet 5-7pm	Music with Phil and Rick 1-3pm			
30	31					

August 2023

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, Aug. 2	1-3pm	Unit 10	Movie
Music Trivia	Wednesday, Aug. 9	1-3pm	Unit 10	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, Aug. 16	1-3pm	BICR, Unit 10	Casino games
Welland Jackfish Baseball	Saturday, Aug. 19	6-8pm	Welland Jackfish Stadium	Cost is \$10/person, plus transportation. Sign up by Fri. Aug. 4
Music with Phil and Rick	Wednesday, Aug. 23	1-3pm	Unit 10	Come out and sing along to your favourite songs.
TFC soccer game	Wednesday, Aug. 30	7-10pm	Toronto	Cost is \$37/person, plus transportation.
Wacky Wednesday	Wednesday, Aug. 30	1-3 pm	Unit 10	Bonus bingo with prizes.

August 2023

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
St. Catharines Diners Club	Tuesday, Aug. 8	5-7pm	Lina Linguini's	Cost is price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, Aug. 22	5-7pm	Chuck's Roadhouse	Cost is the price of your meal.

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Wacky Wednesday 1-3pm	3	4	5
6	7	8 St. Catharine's Diner's Club 5-7pm @ Lina Linguini's	9 Music Trivia 1-3pm	10	11	12

September 2023

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, Sept. 6	1-3pm	Unit 10	Games
Music Trivia	Wednesday, Sept. 13	1-3pm	Unit 10	Come out and test your music knowledge
Dirt Track Car Racing	Saturday, Sept. 16	7-10pm	Merrittville Speedway	Cost TBD
Wacky Wednesday	Wednesday, Sept. 20	1-3pm	Unit 10	Casino and card games
Movies	Monday, Sept. 25	6-9pm	Pen Center	Cost is \$12-\$15/person plus transportation.
Music with Phil and Rick	Wednesday, Sept. 27	1-3pm	Unit 10	Come out and sing along to your favourite songs.

September 2023

ST. CATHARINES EVENTS

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

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, Sept. 26	5-7pm	M.T. Bellies	Cost is the price of your meal.

September 2023

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

10	11	12	13	14	15	16
		St. Catharines' Diner's Club 5-7pm @ Fresco's	Music Trivia 1-3pm			Merrittville Speedway 7-10pm 
17	18	19	20	21	22	23
			Wacky Wednesday 1-3pm			
24	25	26	27	28	29	30
	Movies @ Pen Center 6-9pm 	Welland Diner's Club 5-7pm @ M.T. Bellies	Music with Phil and Rick 1-3pm			



**Brain Injury
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(NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

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