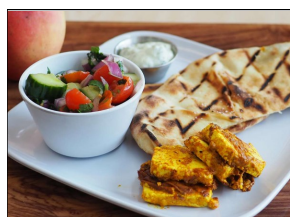
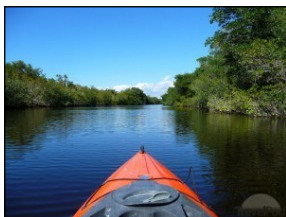
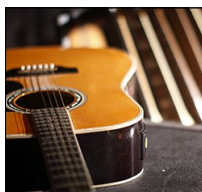




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Spring 2019



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, 2019

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.

MONDAY GROUP

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: Mondays, April 1 to June 24, 2019
(excluding holidays)
- Time: 10:00am to 11:30am
- Transportation: Provided from BICR's Main Office at no cost.
3340 Schmon Parkway, Unit 2, Thorold
- Register by: Monday, March 25, 2019
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.

MONDAY 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 Nature Centre
8215 Kalar Road, Niagara Falls, ON
- Dates: Mondays, April 1 to June 24, 2019
(excluding holidays)
- Time: 10:30am to 12:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Monday, March 25, 2019
to Jeff Spelier at 905-687-6788 ext. 332
- Comments: \$5 per session. After the 10 wood working sessions you will have a variety of completed projects to take home.

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

Details: Mondays, April 1 to June 24, 2019
Parkway Lanes (10 PIN Bowling)
327 Ontario Street, St. Catharines
Cost: \$2.75 per game

Time: 1:00pm to 3:00pm

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.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

MONDAY GROUP

Enjoy spending Monday 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: Mondays, April 1 to June 24, 2019
(excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Monday, March 25, 2019
to Jessica Conroy at 905-687-6788 ext. 531
- Comments: Cost will be kept to a minimum. Approximately
\$5 to \$10 depending on the activity.

MONDAY GROUP

Prepare take home meals to cook at home. Learn about handling and preparing food safely. Practice using cooking aids while preparing healthy, low in sodium and saturated fat meals. Take a meal home to share with your family, or package individual freezer meals to cook at a future date.



COOKING

TAKE HOME MEALS

Location : BICR, Unit 10

Dates: Monday, May 27th, 2019

Time: 1:00pm to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, March 14, 2019
to Katie Hill at 905-687-6788 ext. 720

Comments: A list of grocery items will be provided to purchase and bring the day of the course. If meat or poultry is frozen, do not thaw ahead of time.

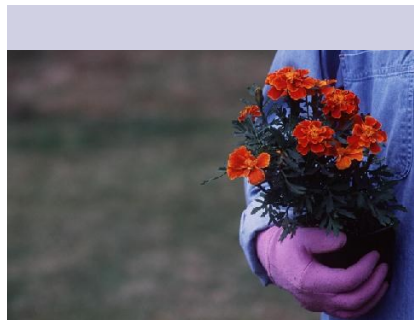
Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

The Horticulture Program focuses on learning and appreciating working outside with flower, herb, and vegetable gardens. Participants plan, plant, and maintain all garden beds. There are raised beds to accommodate participants using assistive devices such as walkers and wheelchairs.

TUESDAY HORTICULTURE PROGRAM



- Location : NTEC
120 Canby Street, Port Robinson
- Dates: Tuesdays, May 14 to June 25, 2019
- Time: 9:30am to 12:30pm
- Transportation: Provided from BICR's Main Office at no cost.
3340 Schmon Parkway, Unit 2, Thorold
- Register by: Tuesday, May 7, 2019 to Jennifer Fenton at
905-687-6788 ext. 508
- Comments: Bring your own lunch or \$3 to \$4 to purchase
lunch from NTEC Cafeteria. Rain or Shine.

TUESDAY GROUP

Come enjoy the outdoors and explore the art of canoeing. It is a great way to enjoy the Niagara Region's beautiful waterways, while at the same time fitting in a low impact activity that can improve your aerobic fitness, strength and flexibility. ***NOTE SIGN UP TIMES***



CANOEING

Location: Jordan Harbour

Dates: Tuesday June 4th and 18th, 2019

Transportation: Not provided. Please arrange your own transportation.

Time: 9am to 3pm Sign Up Times:
 9am-10:30am
 10:30-12pm
 12:30pm-2pm
 2pm-3pm

Register by: 48 hours prior to the selected dates to Dave Horton at 905-687-6877 ext. 641

Comments: Please provide your own sunglasses, sun-screen, and hat. Dress for the weather and be prepared to get wet.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

The group organizes a variety of activities every other Tuesday for a total of 7 week sessions. The times and activities vary. The schedule of activities is provided.

MEN'S GROUP



Location : Various Locations.

Dates: Every other Tuesday:
April 2, April 16, April 30, May 14, May 28,
June 11, June 25, 2019

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 - second Tuesday of month:
April 9 2019 - Big Marco's
May 14, 2019 - Joey's Only
June 11, 2019 - Ricky Joe's

Welland - fourth Tuesday of each month:
April 23, 2019 - Peter Piper's
May 28, 2019 - Iggy's
June 25, 2019 - The Butcher and Banker

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.

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 :

NF Lunch Club - first Wednesday of month:

April 3, 2019 - Far East

May 1, 2019 - Big Sizzle

June 5, 2019 - Taps Bar and Grill

Time:

11:30am to 1:00pm

Transportation:

Not provided. Please arrange your own transportation.

Register by:

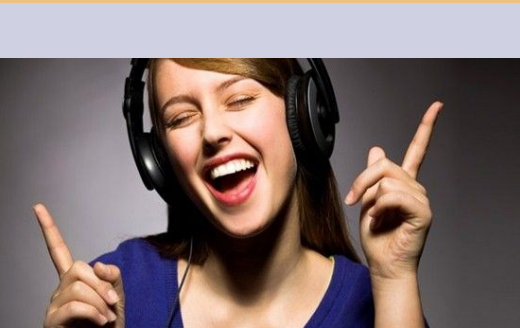
48 hours prior to the event to Dave Horton at
905-687-6788 ext. 641.

Comments:

Cost is the price of your meal.

WEDNESDAY GROUP

Join us the second Wednesday of every month to test your music knowledge and have the chance to win a prize.



MUSIC TRIVIA

- Location : BICR, Unit 10
- Dates: Second Wednesday of each month:
April 10, May 8, June 12, 2019
- Time: 1:00pm to 3:00pm
- 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: N/A

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

Come out and join our very own Phil and Rick for an afternoon of music. Bring your own instrument or just sing along to a variety of tunes. Requests are encouraged.

MUSIC WITH PHIL, RICK & FRIENDS

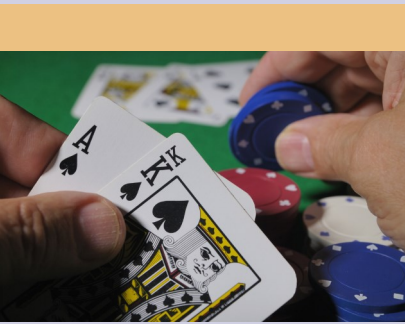


- Location: BICR, Unit 10
- Dates: Wednesdays:
April 3, April 17, May 1, May 15, June 5,
June 19, 2018
- Time: 2:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Katie Hill at
905-687-6788 ext. 720
- Comments: Join us for Music Trivia from 1:00pm to
2:00pm prior to music with Phil, Rick and
Friends.

WEDNESDAY GROUP

The first Wednesday of every month will be Dinner and Games Night. Dinner will be provided at a cost of \$4 per person per week. Play board games and have a good time with friends.

The third Wednesday of every month will be Casino Night. Come and participate in Black Jack, Tex Hold'em and Roulette.



WACKY WEDNESDAY

Location: BICR, Unit 10

Dates: April 3, 2019 - Taco Salad
May 1, 2019 - Mediterranean Pasta Salad
June 5, 2019 - Lemon Basil Chicken on Rice

Bring your dinner and eat it with the group (brown bag style).

April 17, 2019

May 15, 2019

June 19, 2019

Time: 4:00pm to 7:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to the event to Katie Hill at 905-687-6788 ext. 720

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

In partnership with March of Dimes Canada, BICR welcomes the Experience Physical Activity program back again. Participating individuals will work on their balance and coordination through engaging activities while they harmonize their breath with the rhythm of movement in our low key Tai Chi.

TAI CHI

Location : BICR, Unit 10

Dates: Wednesdays, April 3 to May 22

Time: 10:30am to 11:30am

Transportation: Not provided. Please arrange your own transportation.

Register by: Wednesday, March 27, 2019 to Katie Hill at 905-687-6788 ext. 720 or Shirley Ely at ext. 756

Comments: Please wear comfortable clothing and running shoes or other supportive footwear.

THURSDAY GROUP

Come out and join us for a 12 week dart league. There will be teams of two or three playing a variety of games. Track points for league end standups and for a prize at the end of the year.



BICR DART LEAGUE

- Location: BICR, Unit 10
- Dates: Thursdays, April 4 to June 27, 2019
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Monday, March 25, 2019
to Dave Horton at 905-687-6788 ext. 641
- Comments: N/A

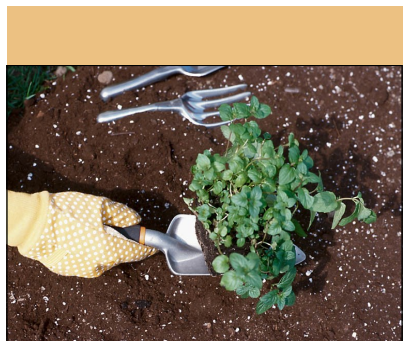
Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

THURSDAY GROUP

The Horticulture Program focuses on learning and appreciating working outside with flower, herb, and vegetable gardens. Participants plan, plant, and maintain all garden beds. There are raised beds to accommodate participants using assistive devices such as walkers and wheelchairs.

THURSDAY HORTICULTURE PROGRAM



- Location : NTEC
120 Canby Street, Port Robinson
- Dates: Thursdays, May 16 to June 27, 2019
- Time: 9:30am to 12:30pm
- Transportation: Provided from BICR's Main Office at no cost.
3340 Schmon Parkway, Unit 2, Thorold
- Register by: Tuesday, May 9, 2019 to Jennifer Fenton at
905-687-6788 ext. 508
- Comments: Bring your own lunch or \$3 to \$4 to purchase
lunch from NTEC Cafeteria. Rain or Shine.

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: Fridays, April 5 to June 28, 2019
- Time: 10:00am to 12:30pm
- Transportation: Not provided. Please arrange your own
 transportation.
- Register by: Monday, March 25, 2019
 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.

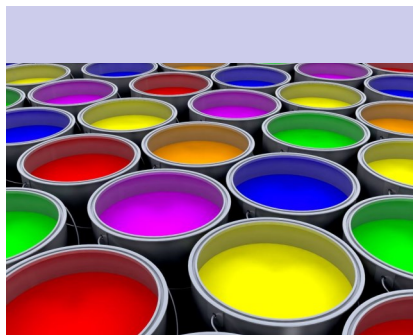
Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

FRIDAY GROUP

Express yourself artistically with this unique form of art using stucco and other textiles. BICR welcomes back Laurie Rahm, a self-taught local artist who has agreed to share her talent and passion for art. Laurie's style of painting allows all individuals to participate regardless of ability.

STUCCO ABSTRACT ART



- Location : BICR, Unit 10
- Dates: Fridays:
April 12, April 26, May 3, 2019
May 10, 2019 (optional)
May 24, May 31, June 7, 2019
June 28, 2019 (optional)
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Friday, April 5 and May 17, 2019 to Katie Hill at 905-687-6788 ext. 720
- Comments: Cost is \$10 for the three sessions. After the sessions are completed, all individuals will have a complete work of art to take home.

FRIDAY GROUP

Hosted by Therapy Tails Niagara, Pet Therapy is a visiting program where trainers come into Unit 10 with the therapy dogs and they visit for an hour. If you love dogs and want to spend an hour with these furry little friends, this group is for you!



PET THERAPY

- Location : BICR, Unit 10
- Dates: Third Friday of each month:
May 17, and June 21, 2019
- Time: 1:00pm to 2:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Katie Hill at
905-687-6788 ext. 720
- Comments: This is a therapy dog program, those participants that have allergies, fear of animals or barking may not want to attend this group.

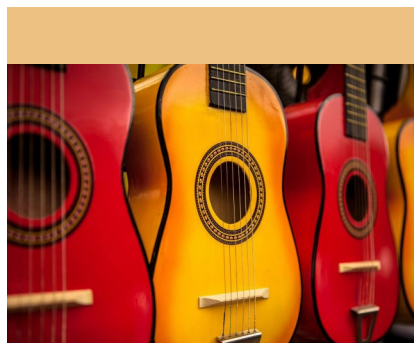
Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

FRIDAY GROUP

Music therapy is the skillful use of music and musical elements. Facilitated by Laura Cowal, accredited music therapist. The group will gather to sing, play music, have fun and gain confidence with others.

MUSIC EXPRESSIONS



Location : BICR, Unit 10

Date: Fridays, April 5 to June 28, 2019
(with the exception of April 19, 2019)

Time: 11:00am to 12:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to the event to Katie Hill at
905-687-6788 ext. 720

Comments: N/A

THURSDAY EVENT

Celebrate Spring with a dance party. Dance along to the music by DJ Davey D. Pizza will be available for purchase.

SPRING FLING DANCE

- Location : Grantham Optimist Club
 188 Linwell Road, St. Catharines
- Date: Thursday, April 25, 2019
- Time: 5-9pm
- Transportation: Not provided
- Register by: 48 hours prior to the event
 to Dave Horton at 905-687-6788 ext. 641
- Comments: Tickets are available to purchase at \$5 for adults, and \$3 for children under 12.

April 2019

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, April 3	4-7pm	BICR, Unit 10	Dinner and games night.
Comedy Show	Friday, April 5	6-10pm	Showtime Comedy	Cost is \$15 per person. 
Music Trivia	Wednesday, April 10	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, April 17	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
BICR Spring Fling	Sunday, April 25	5-9pm	Grantham Optimist Club 188 Linwell	See flyer on page for more details.
Live Wrestling	Wednesday, April 28	3-7pm	Merritton Community Center	Cost \$15 per person. 

April 2019

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, April 9	5-7pm	Big Marco's	Cost is the price of your meal	
Bingo	Friday, April 12	6-8pm	RC	Please bring a prize valued at \$5.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Movie	Saturday, April 20	12:30- 2:30pm	Parkdale	Movie and Treats.	
Easter Brunch	Sunday, April 21	10am- 12pm	Domenic's	Cost is price of your meal (TBA).	
Diner's Club	Tuesday, April 23	5-7pm	Peter Piper's	Cost is the price of your meal.	

May 2019

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, May 1	4-7pm	BICR, Unit 10	Dinner and games night.
Canadian War Plane Museum	Saturday, May 4	10am-2pm	Hamilton	Cost is \$12 per person 
Music Trivia	Wednesday, May 8	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Oh Canada EH Dinner Show	Wednesday, May 8	6-9pm	Niagara Falls	Cost TBA
Wacky Wednesday	Wednesday, May 15	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Red Sox vs Blue Jays	Wednesday, May 22	6-10pm	Niagara Square	Cost is approximately \$15 per ticket. Limited number of tickets. Meet at office for 3pm. 

May 2019

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Spring Handmade Market	Saturday, May 11	12-2pm	12th Street Winery	Live music, market art. Lunch @ your own expense.	
Diner's Club	Tuesday, May 14	5-7pm	Joey's Only	Cost is the price of your meal.	


WELLAND EVENTS

Event	Date	Time	Place	Notes	
Games Night	Monday, May 6	5:30-7:30pm	Parkdale	No Cost	
Victoria Day BBQ	Monday, May 20	11:30-2pm	Promenade	No Cost	
Diner's Club	Tuesday, May 28	5-7pm	Iggy's Pub	Cost is price of your meal.	

June 2019

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Lunch Out	Saturday, June 1	12-2pm	St. Catharines Mandarin	Cost is the price of your meal. (Approx \$25)
Wacky Wednesday	Wednesday, June 5	4-7pm	BICR, Unit 10	Join us for some fun and games.
Music Trivia	Wednesday, June 12	1-3pm	Unit 10	Come out and test your musical knowledge.
River Lions vs Guelph Nighthawkes	Friday, June 14	7pm- 10pm	Meridian Center	Cost \$21 per person 
Wacky Wednesday	Wednesday, June 19	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
TFC vs Atlanta	Wednesday, June 26	8-10pm	Toronto	Cost is \$40/person. Meet at office for 4pm. 

June 2019

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, June 11	5pm-7pm	St. Catharine's Mandarin	Cost is the price of your meal.	
Big Backyard Games	Sunday, June 23	1-3pm	RC	No cost.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Picnic Lunch and Walk	Saturday, June 22	11:30am -2pm	Merritt Island	Nature at it's finest with a picnic walk and lunch.	
Diner's Club	Tuesday, June 25	5-7pm	The Butcher and The Banker	Cost is the price of your meal.	
Burgers on the Patio	Saturday, June 29	4:30- 6:30pm	Parkdale	Cost is \$5 per person.	



**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
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Website: www.bicr.org