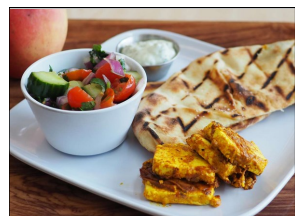
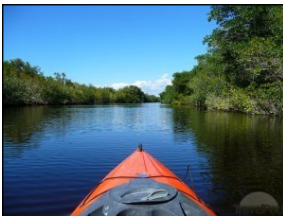




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Summer 2018



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 July, August, and September, 2018

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.



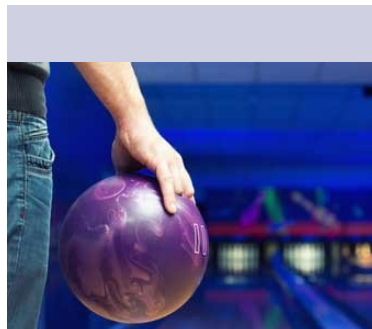
WORK REST&PLAY

- Location : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls
- Dates: Mondays, July 9 to September 24, 2018
(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, June 25, 2018
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.

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&5PIN BOWLING



Details: Mondays, July 9 to August 27, 2018
(excluding holidays)

Plamor Lanes (5 PIN Bowling)
106 Main Street, Port Dalhousie
Cost: \$4.00 per game

Mondays, September 10 to 24, 2018
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.

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

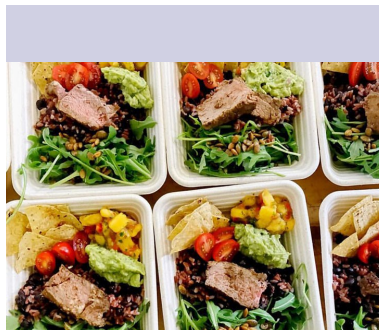
- Location : Various Locations. Meet at Unit 10.
- Dates: Mondays, July 9 to September 24, 2018
(excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Monday, June 25, 2018
to Jessica Conroy at 905-687-6788 ext. 531
- Comments: Cost will 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, September 24, 2018

Time: 1:00pm to 3:00pm

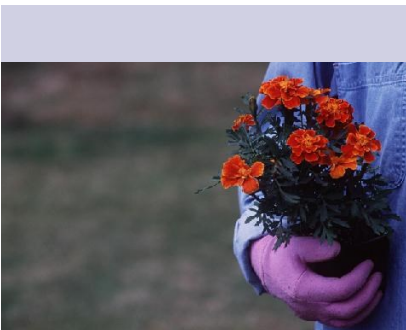
Transportation: Not provided. Please arrange your own transportation.

Register by: Friday, August 31, 2018
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.

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, July 3 to September 11, 2018
- 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, June 26, 2018 to Jennifer Fenton at
905-687-6788 ext. 508
- Comments: Bring your own drink and snack. Dress for the
weather conditions and apply or bring sun-
screen. 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.

***PLEASE NOTE TIME FLUCTUATION**

CANOEING



Dates &
Location:

Tuesdays:

July 3, 2018 - Welland - 9:00am to 3:00pm
July 10, 2018 - Chippawa - 9:00am to 11:00am
July 17, 2018 - Chippawa - 9:00am to 3:00pm
July 24, 2018 - Jordan - 9:00am to 11:00am
July 31, 2018 - Jordan - 9:00am to 3:00pm
Aug 7, 2018 - Welland - 9:00am to 11:00pm
Aug 14, 2018 - Welland - 9:00am to 3:00pm
Aug 21, 2018 - Chippawa - 9:00am to 11:00am
Aug 28, 2018 - Chippawa - 9:00am to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to the selected dates.

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

TUESDAY GROUP

Waverly Beach offers a little of everything for the true nature and history lover. With a beautiful view of the Buffalo Waterfront Wind Turbines, Waverly Beach offers grassy woodland trails and benches, a sandy beach bordered by the beautiful remains of the historical beach pool and dance hall. Free parking and accessible washrooms.



WAVERLY BEACH

- Location : Waverly Beach
South end of Helena St and Edgemere Rd
- Dates: Every other Tuesday:
July 3, July 17, July 31, August 14, August 28, 2018
- Time: 11:30am to 2:00pm
- 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 \$2. Lunch provided: hot dogs or pizza, salads, fruit, snacks, water bottles and juice boxes. Please bring a lawn chair and sun screen.

TUESDAY GROUP

Drumming Circle with Erin is a fun and friendly activity. All levels of musical expertise are welcome. Drum together and share the rhythmical spirit. It is best to attend all sessions however it is not absolutely necessary.

DRUMMING CIRCLE



Location : BICR, Unit 10

Dates: Tuesdays:
July 17, August 7, August 28, 2018

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: For those with noise sensitivities please be advised that this group may be loud at times with deep vibrations.

TUESDAY GROUP

The group organizes a variety of activities every other Tuesday for a total of 6 week sessions. The times and activities vary. The schedule of activities is provided.



MEN'S GROUP

Location : Various Locations.

Dates: Every other Tuesday:
July 10, July 24, August 7, August 21, Sept 4,
Sept 18, 2018

Time: Times vary between 12:00pm to 3:00pm

Transportation: Provided at a cost.

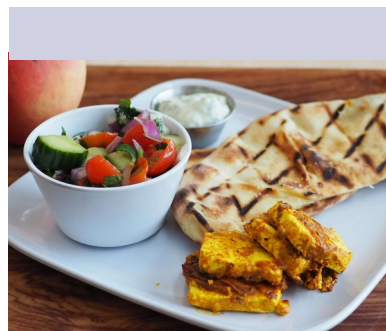
Register by: 48 hours prior to the event to Dave Horton
at 905-687-6788 ext. 641

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:
July 10, 2018 - Lina Linguinis
August 14, 2018 - Joey's Only
September 11, 2018 - Kelsey's YMCA Drives

Welland - fourth Tuesday of each month:
July 24, 2018 - Ye Olde Squire
August 28, 2018 - Mike's Casual Steak House
September 25, 2018 - My Place

Time: 5:00pm to 7:00pm

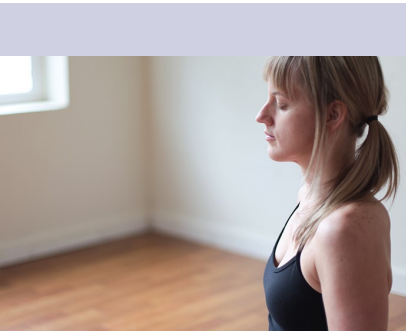
Transportation: Not provided. Please arrange your own transportation.

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.

WEDNESDAY GROUP

Meghan has returned to BICR to lead yoga and meditation! This is a gentle form of yoga completed while seated in a chair or wheelchair. All poses are modified to each individual. You will find peace of mind, relaxation, and improved sense of mind-body connection.



CHAIR YOGA & MEDITATION

- Location : BICR, Unit 10
- Dates: Wednesdays:
July 4 to August 29, 2018
- Time: 11:00am to 12:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Wednesday, June 27, 2018 to Katie Hill
at 905-687-6788 ext. 720
- Comments: Guided meditation will be incorporated in most sessions for a truly relaxing and grounding experience. Wear comfortable, loose clothing and running shoes.

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, September 12 to October 31, 2018
- Time: 11:00am to 12:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Wednesday, August 29, 2018
to Katie Hill at 905-687-6788 ext. 720
- Comments: Please wear comfortable clothing and running shoes or other supportive footwear.

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:

July 4, 2018 - Taps Bar and Grill, NF
August 2, 2018 - The Boat House, NF
September 5, 2018 - Kasbah, NF

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:
July 11, August 8, September 12, 2018

Time: 1:00pm to 3:00pm

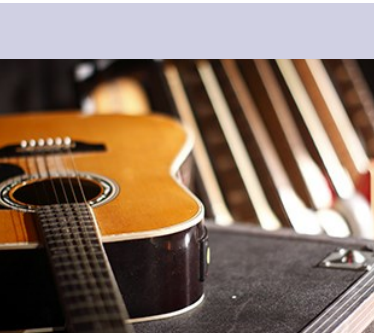
Transportation: Not provided. Please arrange your own transportation.

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

Comments: N/A

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

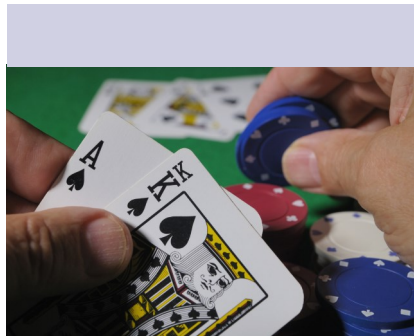
- Location: BICR, Unit 10
- Dates: First and Third Wednesday of each month:
July 4, July 18, August 1, August 15, September 5, September 29, 2018
- Time: 2:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Katie Hill at
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: July 4, 2018 - Garlic Lemon Pasta & Salad
August 1, 2018 - Hot Dogs & Chips
September 5, 2018 - Sloppy Joes

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

July 18, 2018
August 15, 2018
September 19, 2018

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

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.



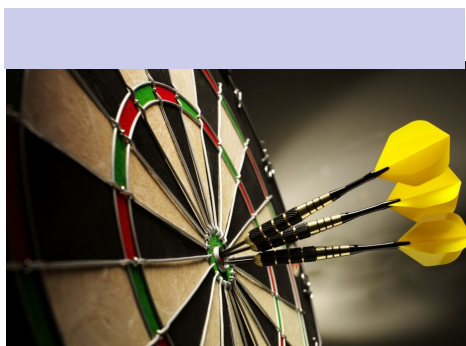
THURSDAY HORTICULTURE PROGRAM

- Location : NTEC
120 Canby Street, Port Robinson
- Dates: Thursdays, July 5 to September 13, 2018
- Time: 9:30am to 12:30pm
- Transportation: Provided from BICR's Main Office at no cost.
3340 Schmon Parkway, Unit 2, Thorold
- Register by: Thursday, June 28, 2018 to Jennifer Fenton
at 905-687-6788 ext. 508
- Comments: Bring your own drink and snack. Dress for the weather conditions and apply or bring sunscreen. Rain or Shine.

THURSDAY GROUP

Come out and join us for a 13 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, July 5 to September 27, 2018
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Monday, June 25, 2018
to Dave Horton at 905-687-6788 ext. 641
- Comments: N/A

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

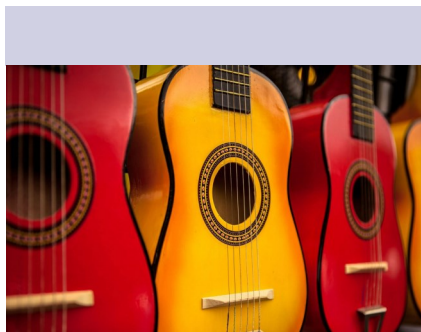
- Location : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls
- Dates: Fridays, July 6 to September 28, 2018
- Time: 10:00am to 12:30pm
- Transportation: Not provided. Please arrange your own
transportation.
- Register by: Monday, June 25, 2018
to Dave Horton at 905-687-6788 ext. 641
- Comments: All attendees must wear full back, closed toed
shoes. Absolutely no sandals. Dress weather
and activity appropriate.

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.

***PLEASE NOTE DATE FLUCTUATION**

MUSIC EXPRESSIONS



- Location : BICR, Unit 10
- Dates: Fridays, July 6, July 20, August 3, August 17, August 31, September 7, September 14, September 21, September 28, 2018
- 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

FRIDAY GROUP

Join Katie for crafts that Grandma would **NEVER** dream of making! Make Grandma blush with this modern and humorous take on traditional crafts that give you the chance to express yourself and let your creativity side fly. Learn how to follow a pattern using different stitches.



NOT YOUR GRANDMA'S CROSS-STITCH

Location : BICR, Unit 10

Dates: Fridays:
July 13, July 27, August 3, August 10, August 24, 2018

Time: 1:00pm to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

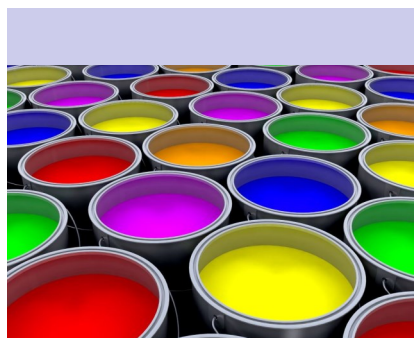
Register by: Friday, July 6, 2018 to Katie Hill at
905-687-6788 ext. 720

Comments: If you wish to purchase your project, you will be charged for materials only. Any other completed projects will be sold at the PET Christmas Craft Sale.

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:
August 31, September 7, September 14, 2018
September 28, 2018 (optional)
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Friday, August 24, 2018 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:
July 20, August 17, September 21, 2018
- 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.

FOUR DAY TRIP

Spend four fabulous days relaxing on the calm lake of Chouchaching, Orillia, Ontario. Swim, canoe, enjoy nature walks, complete a craft or read under a shady tree.

GENEVA PARK



Location : Geneva Park, Orillia

Dates: Community Outreach Services
August 13 to 16, 2018

Residential Services
August 27 to 30, 2018

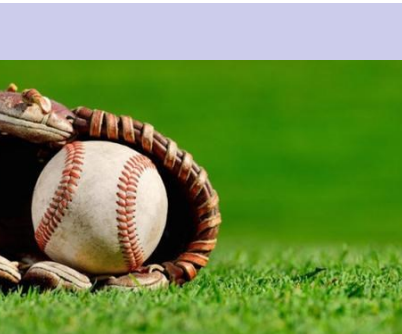
Transportation: Provided from the Main Office.

Register by: Friday, July 13, 2018 to Dave Horton at
905-687-6788 ext. 641

Comments: Cost is \$300.
Only 4 wheelchair spots available per trip.

THURSDAY EVENT

The fun day is certainly an event that will get your blood pumping whether you are pitching or keeping an eye out for fly balls in the outfield. Bring an enthusiasm for the sport and a hearty appetite as a BBQ lunch is available.



BASEBALL FUN DAY

- Location : Grantham Optimist Club,
188 Linwell Road, St. Catharines
- Dates: Thursday, September 6, 2018
- Time: 9:00am to 1:00pm
- Transportation: Not provided. Please arrange your own
transportation.
- Register by: Thursday, August 30, 2018 to Dave Horton
905-68-6788 ext. 641
- Comments: Please bring \$10 for BBQ lunch and sun-
screen, hat, baseball glove, bat, etc. We will
have extra gloves and bats if you don't have
them.



**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
Thorold, Ontario L2V 4Y6

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