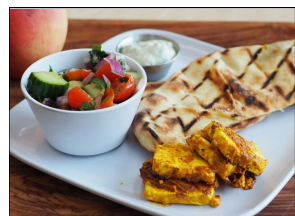
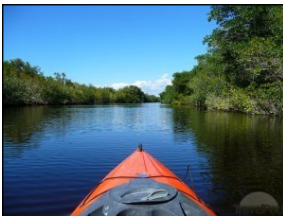




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Winter 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 January, February, March, 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.

SATURDAY EVENT ~ FUNDRAISER

Join us for BICR's Annual Bowl-a-thon at Parkway Lanes, St. Catharines.



ANNUAL BOWL-A-THON

- Location : Parkway Lanes
327 Ontario Street, St. Catharines
- Dates: Saturday, February 10, 2018
- Time: 12pm to 12:30pm - Registration
12:30pm to 2:30pm - Bowling
2:30pm to 3:30pm - Lunch at Boston Pizza
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Wednesday, January 31, 2018
to Dave Horton at 905-687-6788 ext. 641
- Comments: Minimum \$40 in pledges.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

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, January 8 to March 26, 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: Friday, December 22, 2017
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 PIN BOWLING

- Location : Parkway Lanes
327 Ontario Street, St. Catharines
- Dates: Mondays, January 8 to March 26, 2018
(excluding holidays)
- 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: Cost is \$2.50 per game.

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, January 15 to March 26, 2018
(excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Monday, January 8, 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: Mondays: January 29, February 26,
March 26, 2018

Time: 1:00pm to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, January 15, 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.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

The group organizes a variety of activities for 12 week sessions. The times and activities vary. The schedule of activities is provided.

MEN'S GROUP



Location : Various Locations.

Dates: Tuesdays, January 9 to March 27, 2018

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

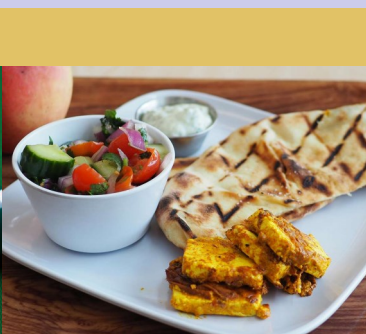
Transportation: Provided at a cost.

Register by: Friday, December 22, 2017
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:
January 9, 2018 - Jack Astor's
February 13, 2018 - Cat's Caboose
March 13, 2018 - Ricki Jo's

Welland - fourth Tuesday of each month:
January 23, 2018 - Swiss Chalet
February 27, 2018 - MT Bellies
March 27, 2018 - CC's Dugout

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:

January 3, 2018 - Pizza Hut NF

February 7, 2018 - Queen's Coach NF

March 7, 2018 - Far East 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

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, January 17 to April 4, 2018

Time: 11:00am to 12:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, January 15, 2018
to Katie Hill at 905-687-6788 ext. 720

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

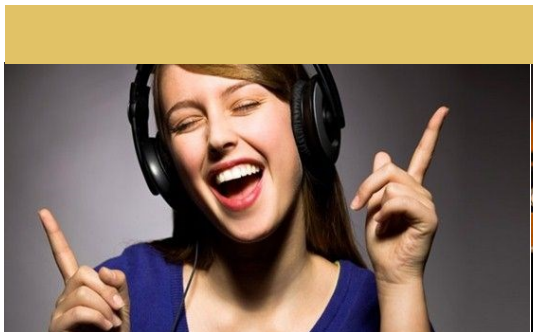
Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

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

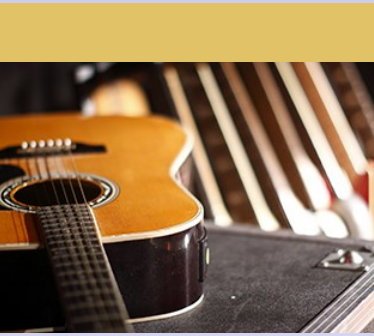
MUSIC TRIVIA



- Location : BICR, Unit 10
- Dates: Second Wednesday of each month:
January 10, February 14, March 14, 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: Wednesdays:
January 17, February 7, February 21,
March 7, March 21, 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.

Learning & Leisure Guide

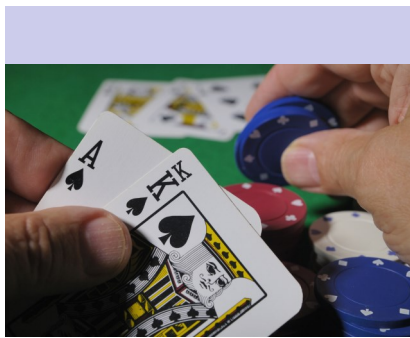
Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

The first Wednesday of every month (with the exception of January) 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: February 7, 2018 - Sloppy Joes
March 7, 2018 - Hotdogs & Chips

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

January 17, 2018
February 21, 2018
March 21, 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

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, January 11 to March 29, 2018
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Monday, January 8, 2018
to Dave Horton at 905-687-6788 ext. 641
- Comments: N/A

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

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, January 12 to March 30, 2018
- Time: 10:00am to 12:30pm
- Transportation: Not provided. Please arrange your own
transportation.
- Register by: Monday, January 8, 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.



MUSIC EXPRESSIONS

- Location : BICR, Unit 10
- Dates: Fridays, January 12 to March 30, 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

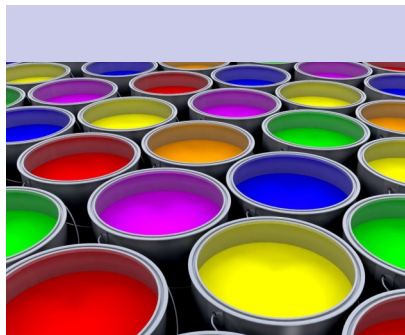
Learning & Leisure Guide

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:
January 26, February 2, February 9, 2018
February 23, 2018 (optional)
March 2, March 9, March 23, 2018
March 30, 2018 (optional)
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Friday, January 19 & Friday, February 23 to Katie Hill at 905-687-6788 ext. 720
- Comments: Cost is \$15 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:
January 19, February 16, March 16, 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.

January 2018

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Music Trivia	Wednesday, January 10	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Yuk Yuks Comedy Show	Friday, January 12	8-10pm	Yuk Yuk;s Niagara Falls	Cost is \$28.25 per person. 
Wacky Wednesday	Wednesday, January 17	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Brock vs Ryerson Men's Hockey	Thursday, January 25	7-10pm	St. Catharines 4Pad Arena	No cost. 
Bingo Bash	Wednesday, January 31	6-8pm	BICR, Unit 10	Please bring a prize valued at \$5. 

January 2018

ST. CATHARINES EVENTS


Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, January 9	5-7pm	Jack Astor's	Cost is the price of your meal.	
Soup and Games	Saturday, January 27	12:30- 2:30pm	Richardson Court	Join us!	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
New Year's Resolution Collage	Monday, January 15	1-3pm	Parkdale	Make a collage of your New Year's resolution.	
Meditation Night	Tuesday, January 16	6:30- 8:30pm	Promenade Richelieu	Enjoy some therap- eutic relaxation, followed by snacks.	
Diner's Club	Tuesday, January 23	5-7pm	Swiss Chalet	Cost is the price of your meal.	

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 St. Catharines Diner's Club Jack Astor's 5-7pm	10 Music Trivia 1-3pm	11	12 Yuk Yuks Comedy Show 8-10pm 	13

14	15 New Year's Resolution Collage at Parkdale 1-3pm	16 Meditation Night at Promenade Richelieu 6:45-8:30pm	17 Wacky Wednesday Casino Night at Unit 10 4-7pm	18	19	20
21	22	23 Welland Diner's Club Swiss Chalet 5-7pm	24	25 Brock vs Ryerson Men's Hockey 7-10pm 	26	27 Soup & Games at Richardson Crt 12:30-2:30pm
28	29	30	31 Bingo Bash at Unit 10 6-8pm 			

February 2018

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, February 7	4-7pm	BICR, Unit 10	Dinner and games night. Cost \$4 for Sloppy Joes.
Brock vs Lakehead Men's Basketball	Friday, February 9	8-10pm	Brock University	No cost. 
BICR Annual Bowl-a-thon	Saturday, February 10	12-3:30pm	Parkway Lanes	See page 3 for details. 
Music Trivia	Wednesday, February 14	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, February 21	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
River Lions vs London Men's Basketball	Wednesday, February 25	2-5pm	Meridian Center	Cost is \$15 per ticket. 

February 2018

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Super Bowl Party	Sunday, February 4	Time: TBA	Richardson Court	Snacks provided.	
Diner's Club	Tuesday, February 13	5-7pm	Cat's Caboose	Cost is the price of your meal.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Games	Sunday, February 17	1-3pm	Parkdale	No cost.	
Lunch and Movie with Promenade	Saturday, February 24	11:30-3pm	Seaway Mall	Cost is the price of your meal and movie admission	
Diner's Club	Tuesday, February 27	5-7pm	MT Bellies	Cost is the price of your meal.	

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 Super Bowl Party at Richardson Crt Time: TBA	5	6	7 Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	8	9 Brock vs Lakeshead Men's Basketball 8-10pm 	10 BICR's Annual Bowl-a-thon 12-3:30pm

11	12	13	14	15	16	17
		St. Catharines Diner's Club Cat's Caboose 5-7pm	Music Trivia 1-3pm 			Games at Parkdale 1-3pm
18	19	20	21	22	23	24
			Wacky Wednesday Casino Night at Unit 10 4-7pm			Movie & Lunch at Seaway Mall with Promenade Richelieu 11:30am-3pm
25	26	27	28			
River Lions vs London at Meridian Center 2-5pm 		Welland Diner's Club MT Bellies 5-7pm				

March 2018

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, March 7	4-7pm	BICR, Unit 10	Dinner and games night. Cost \$4 for Hotdogs and Chips.
Brunch	Saturday, March 10	11am-1pm	Betty's Restaurant NF	Cost TBA. 
Ice Dogs vs Windsor Hockey	Sunday, March 11	2-5pm	Meridian Center	Cost \$15 per ticket. 
Music Trivia	Wednesday, March 14	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, March 21	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Lunch and Show	Wednesday, March 28	12-3pm	Oh Canada Eh! NF	Cost \$47 per person. 

March 2018


ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, March 13	5-7pm	Ricki Jo's	Cost is the price of your meal.	
Minute to Win It	Saturday, March 24	6:30- 8:30pm	Richardson Court	Games night.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Lunch with Parkdale.	Saturday, March 3	12-2pm	Seaway Mall	Cost is the price of your meal.	
Diner's Club	Saturday, March 17	5:30- 8pm	Promenade Richelieu	No cost. Corn beef and cabbage meal.	
Diner's Club	Tuesday, March 27	5-7pm	CC's Dugout	Cost is the price of your meal.	

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Lunch at Seaway Mall with Parkdale 12-2pm
4	5	6	7 Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	8	9	10 Brunch at Betty's Restaurant 11am-1pm 

11	Ice Dogs vs Windsor Hockey 2-5pm 	12	13	St. Catharines Diner's Club Ricki Jo's 5-7pm	14	Music Trivia 1-3pm	15	16	17	St. Patty's Day Party at Promenade Richelleu 5:30-8pm
18		19	20		21	Wacky Wednesday Casino Night at Unit 10 4-7pm	22	23	24	Minute to Win It at Richardson Crt 6:30-8:30pm
25		26	27	Welland Diner's CC's Dugout 5-7pm	28	Oh Canada Eh Lunch & Show Niagara Falls 12-3pm 	29	30	31	



**Brain Injury
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(NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

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