



**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

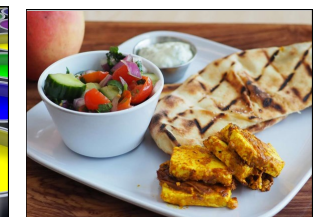
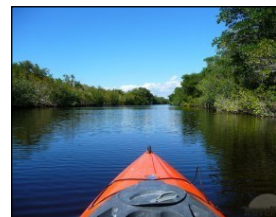
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**Brain Injury
Community Re-entry**
(NIAGARA) INC.

Learning & Leisure Guide

Fall 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 October, November and December, 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. **Please note any new, or important info, highlighted in bold.**

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.

FOR YOUR INFORMATION

It's that time of year, that time where you might be a little sniffling and your throat's a little scratchy....it's coming up to cold and flu season. To help keep you feeling your best, and make sure you don't get others sick if you happen to come down with something, here are some helpful tips to keep in mind.



COLD AND FLU



Get the flu shot.



Wash your hands.



Cover up when you cough or sneeze.



Keep your distance from people who are already sick.



If you're sick, stay home.

**For more information, please contact Niagara Public Health at
1-800-263-7248 ext. 7443**

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COMING SOON...

Keep your calendars handy and an eye open for information coming soon about the Mexico trip!

MEXICO



We are hard at work in the planning stages to offer you an amazing chance to get away for some sun, sand, and relaxation.

Just like in past years, this trip will be a great opportunity to make some amazing memories, and experience a different culture.

Applications will be out in November, contact Dave Horton at 905-687-6788 ext. 641 for details

Stay tuned for more information!

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, October 1 to December 19, 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, September 24, 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

If you would like to learn more about wood working using only non-powered hand tools, then this is a program for you.

Take the first step in learning a new skill while enjoying the beautiful nature setting at Heartland Forest.

WOOD WORKING



- Location : Heartland Forest Nature Centre
8215 Kalar Road, Niagara Falls
- Dates: Mondays, October 1 to December 10, 2018
(excluding holidays)
- Time: 10:30am to 12noon
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Monday, September 24, 2018
to Jeff Spelier at 905-687-6788 ext. 332
- Comments: Cost is \$5 per session, with 10 sessions in total.
All individuals are asked to bring a lunch and dress weather appropriate.

THURSDAY EVENT

Come to PET to celebrate Christmas and the holidays in crafty style. Participants and staff have been hard at work creating gift baskets, preserves, crafts, and plenty of homemade, useful trinkets and yummy goodies for everyone to purchase.

PET CRAFT SHOW

- Location : BICR, Unit 10
- Dates: Thursday, December 6, 2018
- Time: 10:00am to 4:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Contact: Katie Hill at 905-687-6788 ext. 720 or
Shirley Ely at 905-687-6788 ext. 756
- Comments: All proceeds of the event go directly back into programming. Donations for sale are always welcome.

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MONDAY EVENT

Outreach and Modular Services participants are invited to celebrate the holiday season with a traditional turkey dinner catered by Classic Caterers.

Please bring a wrapped and labeled gift for your child (\$10 value) and a food item for Community Care.

COSS/MODULAR HOLIDAY PARTICIPANT PARTY



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 : Grantham Optimist Club
188 Linwell Road, St. Catharines

Dates: Monday, December 3, 2018

Time: 5:00pm to 8:00pm

Transportation: BICR is able to provide transportation (at a cost) for participants living outside of St. Catharines.

Register by: Monday, November 26, 2018
to Dave Horton at 905-687-6788 ext. 641

Comments: Cost is \$5 per person. Participants are invited to bring a maximum of two guests. Contact St. Catharines Para-Transit to arrange a ride by November 19, 2018.

Location : Parkway Lanes
327 Ontario Street, St. Catharines

Dates: Mondays, October 1 to December 19, 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 \$2.75 per game.

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MONDAY GROUP

Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 11 weeks with a different activity each week. The schedule of activities is provided.

ANNUAL FUNDRAISER

Our Annual Poinsettia Fundraiser is quickly approaching. All proceeds from the sale will directly benefit our participants.

WOMEN'S GROUP



POINSETTIA FUNDRAISER

- Location : Various Locations. Meet at Unit 10.
- Dates: Mondays, October 1 to December 17, 2018 (excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Monday, September 28, 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.

Forms will become available in October. We are hoping to offer red and white 6" and 10" pots again this year.

The pick up date will be the last Wednesday in November. Further details to follow. We look forward to your support once again this year with this initiative.

STAY TUNED!

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THURSDAY EVENT

Join us for a spooky time of dancing and socializing. Dress up as your favourite Halloween character.

Refreshments will be available for purchase.

HALLOWEEN DANCE



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 : Grantham Optimist Club
188 Linwell Road, St. Catharines

Dates: Thursday, October 25, 2018

Time: 5:00pm to 9:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, September 25, 2017
to Dave Horton at 905-687-6788 ext. 641

Comments: Cost is \$5 per person for entry and spending money (raffle table, 50/50 draw, refreshments).

Location : BICR. Unit 10

Dates: Monday, November 26, 2018

Time: 1:00pm to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Friday, November 9, 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.

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TUESDAY GROUP

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

MEN'S GROUP



Location :	Various Locations.
Dates:	Tuesdays, October 2 to December 11, 2018
Time:	Times vary between 12:30pm 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.

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: October 19, 2018 & November 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 or fear of animals or barking may not want to attend this group.

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FRIDAY GROUP

This program is for people who want to try a hand in art and craft stuff but don't think they have a creative bone in their body!

This is a **one-day** session where you'll have a work of art done at the end of the day.

ART
FOR THE NON-ARTSY



- Location : BICR, Unit 10
- Dates: Friday, December 7th, 2018
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Please pay by Friday November 23rd and select which art style you prefer. Contact Katie Hill at 905-687-6788 ext. 720
- Comments: Cost is \$10 for each project. Choose from either acrylic pouring, or creating an inspirational quote.

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:
October 9, 2018 - Ricki Jo's
November 13, 2018 - Fresco's
December 11, 2018 - Swiss Chalet (4th Ave.)
- Welland** - fourth Tuesday of each month:
October 23, 2018 - Pizza Hut
November 27, 2018 - Mossimo's
December 18, 2018 - Blue Star
- 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.

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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 :	NF Lunch Club - first Wednesday of month: October 3, 2018 - Magnolia's, NF November 7, 2018 - Triple D's, NF December 5, 2018 - Swiss Chalet 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.

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, October 5 to December 21, 2018
Time:	11:00am to 12:00noon
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

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FRIDAY GROUP

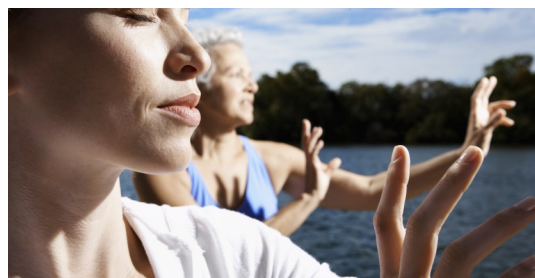
Come and get your hands dirty and relish at the end result. This year round program includes a variety of activities such as weeding, raking, transplanting, seeding, watering and general garden maintenance. See a flower bloom or a vegetable grow and watch the many changing colours of the seasons.

WORK REST&PLAY



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 : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls

Dates: Fridays, October 5 to December 21, 2018

Time: 10:00am to 12:30pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, September 28, 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.

Location : BICR, Unit 10

Dates: Wednesdays, October 10 to November 7, 2018

Time: **10:30am to 11:30am *new time***

Transportation: Not provided. Please arrange your own transportation.

Register by: Late registrations accepted, call for availability.
to Katie Hill at 905-687-6788 ext. 720

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

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:
October 10, November 14, December 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

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:
October 26, 2018, November 2, 2018,
November 23, 2018
November 30, 2018 (optional)

Time: 1:00pm to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Please pay for course no later than October 19, 2018. Contact Katie Hill at 905-687-6788 ext. 720

Comments: Cost is \$10 for each project. After the sessions are completed all individuals will have a complete work of art to take home.

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, October 4 to December 20, 2018

Time: 1:00pm to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, September 27, 2018
to Dave Horton at 905-687-6788 ext. 641

Comments: N/A

WEDNESDAY GROUP

Tu parle français? Viens te joindre à nous. The French committee is hosting a get together for all francophone participants. Meet and greet with other French speaking participants.



FRANCO CAFE

Location : 32 Promenade Richelieu Welland

Dates: Wednesday October 24, 2018

Time: 1pm to 3pm

Transportation: Not provided. Please arrange your own transportation.

Register by:

Comments: Refreshments provided.

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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



MUSIC WITH PHIL, RICK & FRIENDS

Location: BICR, Unit 10

Dates: October 3, 2018 - Spaghetti and Meatballs
November 7, 2018 - Chili night
December 5, 2018 - Taco Salad

Bring your dinner and eat it with the group (brown bag style).
October 17, 2018
November 14, 2018
December 19, 2018

Time: 4:00pm to 7:00pm

Transportation: Not provided. Please arrange your own transportation.

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

Location: BICR, Unit 10

Dates: First and third Wednesdays of each month
October 3, 2018 & October 17, 2018
November 7, 2018 & November 121, 2018
December 5, 2018 & December 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.