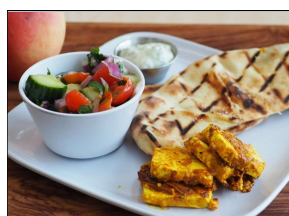
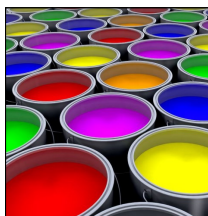
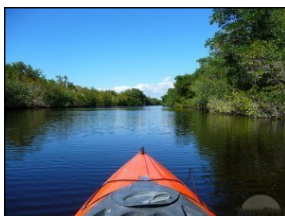




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Winter 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 January, February, March, 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.



BICR'S 18th ANNUAL BOWLING TOURNAMENT

MINIMUM PLEDGE

\$40 - Adults or
\$20 - Child

THIS INCLUDES

2 games (10 pin)
Shoe Rental
Pizza Lunch at Parkway Lanes

REGISTRATION

12:00 – 12:15 P.M. Parkway
Lanes

BOWLING

12:15 – 2:15 P.M.
Parkway Lanes

LUNCH

2:30 – 3:30 P.M.
Parkway Lanes

PARKWAY LANES

333 Ontario Street
St. Catharines



SATURDAY, FEBRUARY 9th, 2019

Be there or be square!
Come dressed in your best cool cat DISCO 70's
wear.
You dig it!

To register please contact **DAVE HORTON** by Fri-
day, February 1st, 2019 at 905-687-6788 ext. 641 or
at recreation@bicr.org

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 7 to March 25, 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: Friday, December 17, 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 PIN BOWLING

- Location : Parkway Lanes
327 Ontario Street, St. Catharines
- Dates: Mondays, January 7 to March 25, 2019
(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.

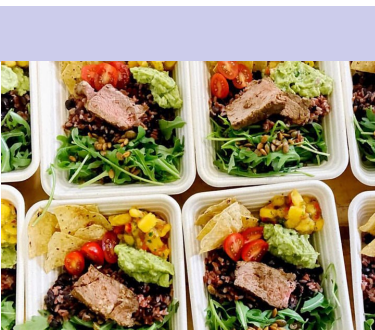
WOMEN'S GROUP



- Location : Various Locations. Meet at Unit 10.
- Dates: Mondays, January 7 to March 25, 2019
(excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: December 31, 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 March 25, 2019

Time: 1:00pm to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, March 8, 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 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, January 8 to March 19, 2019

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

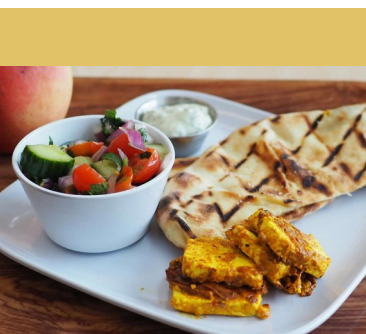
Transportation: Provided at a cost.

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:
January 8, 2019 - JJ Kapp's
February 12, 2019 - Wrigley's Field
March 12, 2019 - Lina Linguinis

Welland - fourth Tuesday of each month:
January 22, 2019 - Tailgates
February 26, 2019 - Lily's
March 26, 2019 - Boston Pizza

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:

No January lunch club

February 6, 2019 - Queen's Coach NF

March 6, 2019 - Triple D's 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 9 to March 6, 2019

Time: 10:30am to 11:30am

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, January 4, 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.



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 9, February 13, and March 13, 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

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 16, February 6, February 20, March 6,
and March 20, 2019 ***excludes first week of
January***
- 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: **No Wacky Wed. on Jan. 2, 2019**
February 6, 2019 - Taco Salad
March 6, 2019 - Veggie Chicken Pasta

Bring your dinner and eat it with the group (brown bag style).
January 16, 2019
February 20, 2019
March 20, 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

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 10 to March 28, 2019
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Thursday December 21, 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 11 to March 29, 2019
- Time: 10:00am to 12:30pm
- Transportation: Not provided. Please arrange your own
transportation.
- Register by: Thursday December 21, 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 11 to March 29, 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

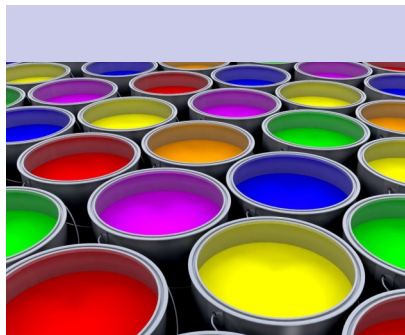
Learning & Leisure Guide

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 25, February 1, February 8, 2019
February 22, 2019 (optional)
March 1, March 8, March 22, 2019
March 29, 2019 (optional)
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Please pay for course no later than January 18, 2019
to 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.

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 18, February 15, March 15, 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.



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

Turning the Key to Opportunity in Niagara since 1988

Brain Injury Community Re-entry (Niagara) Inc.
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Website: www.bicr.org