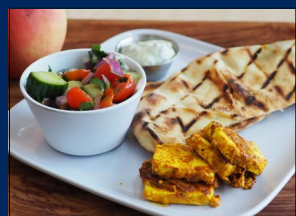
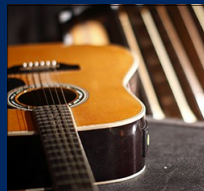




**Brain Injury
Community Re-entry**
(NIAGARA) INC.

Learning & Leisure Guide

Winter 2025



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, and March 2025.

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 Hub**” ([Unit 1B location, 3300 Merrittville Hwy, Thorold](#)). 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 Ontario West HNHB 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 Ontario West HNHB or the government of Ontario.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

MONDAY GROUP

Create a beautiful work of art! Art & Soul uses a variety of techniques, artistic mediums, and tools to create all sorts of different projects.

Join us for paper crafting, stucco painting, acrylic pouring, clay sculpting, and more. Each project is 3 sessions, but may vary depending on the complexity of the project.

Art and Soul



Location : **THE HUB**, Unit 1B 3300 Merrittville Hwy, Thorold

Dates: **Series #1: Stucco—January 13th, 20th, 27th (3 days)**

Series #2: Ceramics—February 10th (1 day)

Series #3: Portraits—February 24th, March 3rd (2 days)

Series #4: Stucco—March 17th, 24th, 31st (3 days)

Time: 1:00pm to 3:00pm

Transportation: Not provided.

Register by: One week prior to project start date to Katie Hill at 905-682-2678 or via email at khill@bicr.org

Comments: **Fee is \$15 per project.** Participants must complete their first project before moving to the next.
LATE REGISTRATIONS WILL NOT BE ALLOWED.

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:** January 6th—March 31st
- Time:** 10:00am to 12:00pm
- Transportation:** Not provided.
- Register by:** 48 hours prior to the event to Dave Horton at recreation@bicr.org.
- Comments:** Cost is \$3.50 per game. Includes bowling shoes.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

Step into the spotlight and embark on an unforgettable creative journey where music therapist Justis Krar and filmmaker Thomas Calagurio create an exciting, hands-on experience! In this one-of-a-kind program, two passionate professionals will guide you through every step of creating your very own variety show.

Join us for an immersive and imaginative adventure!

Movie Making



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: 1st and 3rd Tuesday of each month

January 7th and 21st

February 4th and 18th

March 4th and 18th

Time: 1pm—3pm

Transportation: Not provided.

Register by: Katie Hill or Shirley Ely at 905-682-2678 or via email at khill@bicr.org

Comments: Register by January 6th

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:

January 14th: The Courtyard

February 11th: The Upper Deck

March 11th: George's Greek Village

Welland:

January 28th: M.T. Bellies

February 25th: Blue Star

March 25th: Mossimo's

Time:

5pm to 7pm

Transportation:

Not provided.

Register by:

48 hours prior to the event to Dave Horton at recreation@bcr.org

Comments:

Cost is the price of your meal.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

The group organizes a new activity each month for you to enjoy and socialize at. The schedule of activities is provided below.

MEN'S GROUP



Location : Various Locations

Dates: **January 21st—TBA**
February 18th—TBA
March 18th—TBA

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

Transportation: Provided at a cost from The Hub

Register by: 48 hours prior to the event to Dave Horton at recreation@bicr.org

Comments: Some weeks may have a cost depending on the activity.

TUESDAY GROUP

Join the vocational department and PET for a 12-week training program for individuals wishing to return to independent volunteering or paid employment

Participants will complete 8 in-class sessions and a 4 week block of volunteering where they practice their learned skills and knowledge.



Pre-Employment Training

- Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates: **Every Tuesday starting January 7th**
Attendance is **mandatory** for each session.
This is a 12 week program.
- Time: 9am—12noon
- Transportation: Not provided.
- Register by: Please contact Dianne in the vocational department for screen and intake process by December 27, 2024.
- Comments: This program is specifically for individuals who wish to return to paid employment or independent volunteering. There may be a wait for paid employment after the program is complete, so supported and independent volunteer opportunities will be available through PET.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

Are you interested in model railroading but just don't know where to start?

The Ridgeville Model Railroad Club would like to invite you to come out and be a part of the team working on a fully accessible HO model railroad layout.

You will learn all about HO model scale and how to use techniques to create realistic landscapes, and to make micro scenery come to life.

There is also an opportunity to run the train around the tracks and enjoy the sights and sounds of a working train.

Ridgeville Model Railway Club



- Location: Address will be given upon registration
- Dates: March 3rd and 17th
To be continued through the Spring season
- Time: 1pm—2:30pm
- Transportation: Not provided
- Register by: Katie Hill at 905-682-2678 or via email
khill@bicr.org
- Comments: Fully accessible model space, and HO scale is used in construction.

TUESDAY GROUP

Enjoy spending Tuesday 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.
- Dates:** January 28th: Coffee time @ Pen Center, 1-3pm (meet at the food court)
- February 11th: Love ourselves craft, 1-3pm (meet at 3340 Schmon Parkway, Unit 2)
- February 25th: Lunch @ Stacked, 12-2pm (286 Bunting Rd.), COST is price of your meal
- March 11th: Music trivia sing a long, 1-3pm (3340 Schmon Parkway, Unit 2)
- March 25th: Movies @ Pen Center, TBA
- Time:** Times vary between 1pm to 3:00pm
- Transportation:** Provided at a cost.
- Register by:** Dawn Wolff @ dwoff@bicr.org or 905-933-3705
- Comments:** Cost will be kept to a minimum at approximately \$5 to \$10 depending on the activity.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

Join the chit chat at the Community Café! At The Hub, we take our tea time seriously. Join us for coffee, tea, or your refreshment of choice as we discuss all sorts of topics from local and international news, to wellness or pop culture. This is where the chit chat happens and friends are made!

COMMUNITY CAFE



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: January 8th—March 26th

Time: 9:30am—11am

Transportation: Not provided. Please arrange your own transportation.

Register by: Katie at 905-682-2678 or via email khill@bicr.org

Comments: This is an open group for anyone to join.

WEDNESDAY GROUP

The first Wednesday of every month will be games or a movie. Play board games and have a good time with friends.

The third Wednesday of every month will be Casino Night. Come and challenge the dealer to a game of Blackjack.



WACKY WEDNESDAY

Dates and
Location :

THE HUB, 3300 Merritville Hwy, Unit 1B

Games:

January 1st: NO WACKY WEDNESDAY

February 5th: Guesstimation

March 5th: Family Feud

January 15th, February 19th, March 19th: Casino Games

Time:

1:00pm to 2:30pm

Transportation:

Not provided. Please arrange your own transportation.

Register by:

48 hours prior to the event to Dave Horton at recreation@bicr.org

Comments:

No cost.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

Come out and join Phil and Rick for a classic afternoon of amazing music with our much loved duo. Feel free to request your favourite songs!

MUSIC WITH PHIL AND RICK



- Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates: January 22nd
February 26th
March 26th
- Time: 2:00pm to 3:00pm
- Transportation: Not provided.
- Register by: 48 hours prior to the event to Katie Hill at
905-682-2678
- Comments: PET will be hosting a “Music Jeopardy” activity from
1-2pm prior to music with Phil for any individuals
who wish to attend.

WEDNESDAY GROUP

Join us the second Wednesday of every month to test your music knowledge .



MUSIC TRIVIA

- Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates: January 8th, February 12th, March 12th
- Time: 1pm to 3pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to event to Dave Horton at recreation@bcr.org
- Comments: N/A

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

Staying active is an important part of living a healthy life, so join us for an hour of fun fitness! We've got pole walking, dance, tai chi, yoga, bocce, and all sorts of fun stuff.

Fit 'n Fun



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates:	January	February	March
	8th: Dancercize	5th: Chair Zumba	5th: Dancercize
	15th: Follow the leader	12: Chair Yoga	12th: Chair Zumba
	22nd: Bust a Move Dance	19th: Follow the Leader	19th: Follow the Leader
		26th: Bust a Move Dance	26th: Bust a Move Dance

Time: 11am-12pm

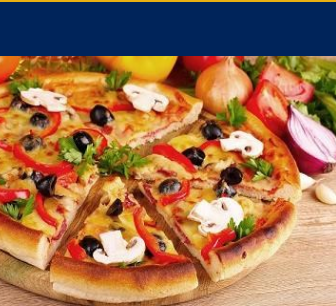
Transportation: Please provide own transportation

Register by: Contact Katie at 905-682-2678 or via email khill@bicr.org

Comments: Please wear comfortable clothes and supportive footwear. Bust a Move will be available on Zoom.

WEDNESDAY GROUP

Lunch time Diner's Club. Join us at different restaurants located in Niagara Falls once a month for a reasonably priced lunch.



LUNCH CLUB

- Dates and Location :** **No January**
February 12th: Cats Caboose, 15-224 Glenridge Ave., St. Catharines
March 13th: Phyl's, 344 Glenridge Ave., St. Catharines
- 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 recreation@bicr.org
- Comments:** Cost is the price of your meal.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

THURSDAY GROUP

Join us for a variety of games including; darts, trivia, indoor corn hole, cards, bocce, and more.

PUB GAMES



Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: January 9th—March 27th

Time: 1pm—2:30pm

Transportation: Not provided. Please arrange your own transportation.

Register & Pay by: Register 48 hours in advance prior to the event to Dave Horton at recreation@bicr.org

Comments: No cost.

THURSDAY GROUP

Come to the Hub to learn how to knit or crochet. This program is for people who want to learn how to loom knit OR re-learn how to crochet, who have previous experience.

Anyone can bring their own project to work on in a social and supportive setting.

Make your own project, or donate one to a deserving program.



Yarn and Crafting Club

Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: Thursday mornings
January 9th—March 27th

Time: 10am—12pm

Transportation: Please provide own transportation

Register by: October 24 to Katie at 905-682-2678 or via email at khill@bicr.org

Comments: No cost

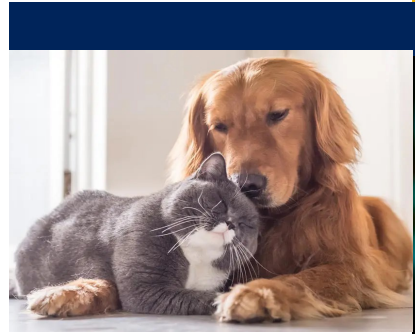
Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

FRIDAY GROUP

Come visit the sweet and playful pups at **Unit 1B** on the 3rd Friday of each month for pets, paws, and puppy kisses. Join us for wagging good times.

PET THERAPY



Location: **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold

Dates: 3rd Friday of each month:
January 17th
February 21st
March 21st

Time: 1:00pm to 2pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Please call Katie directly at 905-682-2678 or email khill@bicr.org

Comments: Please register 48hrs in advance.

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: January 10th—March 28th
- Time: 10:00am to 11:30am
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hrs prior to the date to Dave Horton at recreation@bicr.org
- Comments: All attendees must wear full back, and closed toed shoes. Absolutely no sandals. Dress appropriately for the weather and activity.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

FRIDAY GROUP

Join us for a laughing good time at BICR's Laughter Yoga!
Laughing boosts your mood, increases energy, reduces stress, helps relieve pain, and boosts your immune system!

LAUGHTER YOGA



- Location : **THE HUB**, 3300 Merrittville Hwy, Unit 1B, Thorold
- Dates: 2nd Friday of each month:
January 10th
February 14th
March 14th
- Time: 1:00pm to 1:45pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Please call Katie at 905-682-2678 or email khill@bicr.org.
- Comments: 48 hours notice for registration.

FRIDAY GROUP

Music therapy is the skillful use of music and musical elements. Sessions are led by our music therapist, and are designed to engage participants in music in a fun and meaningful way.

Kurt is very engaging and has found a perfect balance of fun and learning using music.



MUSIC With Kurt

Location:	THE HUB, 3300 Merrittville Hwy, Unit 1B, Thorold
Dates:	Every Friday: January 10th—March 28th
Time:	11am—12pm
Transportation:	Not provided
Register by:	Please contact Katie at 905-682-2678 or via email at khill@bicr.org. 48 hours in advance
Comments:	Music with Kurt is available on Zoom for those that wish to participate virtually.

January 2025

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Music Trivia	Wednesday January 8th	1- 2:30pm	The Hub	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, January 15th	1- 2:30pm	The Hub	Casino Games
Brock Hockey Game	Saturday, January 18th	2-5pm	Canada Games Park	Cost is \$5 per ticket. Payment required by January 15th.
Music with Rick and Phil	Wednesday January 22nd	1-3pm	The Hub	Come out and play your favourite songs. 1-2pm mini music trivia with PET
Lunch Out	Wednesday, January 29th	12-2pm	Betty's Restaurant	Cost is the price of your meal. Register by January 22nd.

January 2025

ST. CATHARINES EVENTS



Event	Date	Time	Place	Notes
Diner's Club	Tuesday, January 14th	5pm- 7pm	The Courtyard 2 Dunlop Dr.	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, January 28th	5pm- 7pm	M.T. Bellie's	Cost is the price of your meal.

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Colour code: RED - Hub Closed BLUE - Hub-based programs GREEN - Community-based programs</p> <p>PROGRAMS AND DETAILS SUBJECT TO CHANGE</p>						
5	6	7	8	9	10	11
	Bowling	Pre-Employment Movie Making	Community Café Fit n Fun Lunch Club Music Trivia	Yarn & Crafting Club Pub Games	WRAP Music Therapy Laughter Yoga	
			Closed - New Year's Day	Closed	Closed	4

12	13	14	15	16	17	18
	Bowling Art & Soul	Pre- Employment Diner's (ST CATH)	Community Café Fit n Fun Wacky: Casino	Yarn & Crafting Club Pub Games	WRAP Music Therapy Pet Therapy	Brock Hockey 
19	20	21	22	23	24	25
	Bowling Art & Soul	Pre- Employment Movie Making Men's Group	Community Café Fit n Fun Rick & Phil	Yarn & Crafting Club Pub Games	WRAP Music Therapy	
26	27	28	29	30	31	
	Bowling Art & Soul	Pre- Employment Women's group Diner's (WELLAND)	Community Café Lunch @ Betty's 	Yarn & Crafting Club Pub Games	WRAP Music Therapy	

February 2024

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Lunch and Canadiana Music Show	Tuesday, February 4th	11am-3pm	Greg Frewin Theater	Cost is \$54 per person. Payment due no later than January 6.
Wacky Wednesday	Wednesday, February 5th	1-2:30pm	The Hub	Guesstimation
Music Trivia	Wednesday, February 12th	1-2:30pm	The Hub	Come out and test your music knowledge.
Casino	Wednesday, February 12th	6-8pm	Fallsview Casino	Please bring your own spending money.
Wacky Wednesday	Wednesday, February 19th	1-2:30pm	The Hub	Casino Games
Music with Phil and Rick	Wednesday, February 26th	1pm-3pm	The Hub	Come out and play your favourite songs. 1-2pm mini music trivia with PET.

February 2025

ST. CATHARINES EVENTS


Event	Date	Time	Place	Notes
St. Catharines Diners Club	Tuesday, February 11th	5pm-7pm	The Upper Deck Martindale Rd.	Cost is price of your meal.

WELLAND EVENTS


Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, February 25th	5pm-7pm	Blue Star	Cost is the price of your meal.

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Colour code: RED - Hub Closed BLUE - Hub-based programs GREEN - Community-based programs						
2	3	4	5	6	7	8
	Bowling	Pre- Employment Movie Making Greg Frewin 	Community Café Fit n Fun Wacky: Guesstimation	Yarn & Craft Club Pub Games	WRAP Music Therapy	
PROGRAMS AND DETAILS SUBJECT TO CHANGE						
						1

9	10	11	12	13	14	15
	Bowling Art & Soul	Pre- Employment Women's Group Diner's (ST CATH)	Community Café Fit n Fun Lunch Club Music Trivia Fallsview Casino 	Yarn & Craft Club Pub Games	WRAP Music Therapy Laughter Yoga	
16	17	18	19	20	21	22
	Family Day - No Programs - Hub Closed	Pre-Emp (volunteer) Movie Making Men's Group	Community Café Fit N Fun Wacky: Casino	Yarn & Craft Club Pub Games	WRAP Music Therapy Pet Therapy	
23	24	25	26	27	28	
	Bowling Art & Soul	Pre-Emp. (Volunteer) Women's Group Diner's (WELLAND)	Community Café Fit n Fun—BAM Rick & Phil	Yarn & Craft Club Pub Games	WRAP Music Therapy	

March 2025

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, March 5th	1-2:30pm	The Hub	Family Feud
Music Trivia	Wednesday, March 12th	1-2:30pm	The Hub	Come out and test your music knowledge.
Crossfire Wrestling	Saturday, March 15th	4-7pm	Merritton Community Center	Cost is \$15 per ticket. Register by March 7th.
Wacky Wednesday	Wednesday, March, 19th	1pm-2:30	The Hub	Casino Games
Movie Night Out	Wednesday, March 26th	6-9pm	Pen Center Cinemas	Cost is the price of the movie. Approx. \$15-\$20
Music with Rick and Phil	Wednesday, March 26th	1-3pm	The Hub	Come out and play your favourite songs. 1-2pm mini music trivia with PET.

March 2025

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, March 19th	5pm- 7pm	George's Greek Village	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, March 25th	5pm- 7pm	Mossimo's	Cost is the price of your meal.

March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>Colour code:</u> RED - Hub Closed BLUE - Hub-based programs GREEN - Community-based programs</p>						
2	3	4	5	6	7	8
	Bowling Art & Soul	Pre-Emp. (Volunteer) Movie Making Model Railway	Community Café Fit n Fun Wacky: Family Feud	Yarn and Craft Club Pub Games	WRAP Music Therapy	
9	10	11	12	13	14	15
	Bowling	Pre-Emp (volunteer) Women's Group Diner's (ST CATH)	Community Café Fit n Fun Lunch Club Music Trivia	Yarn and Craft Club Pub Games	WRAP Music Therapy Laughter Yoga	Crossfire Wrestling 

16	17	18	19	20	21	22
	Bowling Art & Soul	Pre- Employment Movie Making Model Railway Men's Group	Community Café Fit n Fun Wacky: Casino	Pub Games Yarn and Craft Club	WRAP Music Therapy Pet Therapy	
23	24	25	26	27	28	29
	Bowling Art & Soul	Pre- Employment Women's Group Diner's (WELLAND)	Community Café Fit n Fun -BAM Rick & Phil Movies @ Pen 	Pub Games Yarn and Craft Club	WRAP Music Therapy	
30	31					
	Bowling Art & Soul					



**Brain Injury
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Turning the Key to Opportunity in Niagara since 1988

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