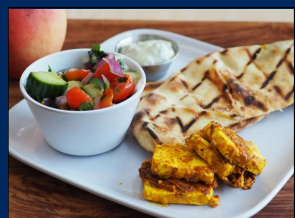




**Brain Injury
Community Re-entry
(NIAGARA) INC.**

Learning & Leisure Guide

Fall 2024



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 2024.

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.



HALLOWEEN DANCE

**Thursday, October 24
5pm to 8pm**

**\$5 entry, plus spending money for raffle, pizza,
drinks, and dessert**

**Katie Hill khill@bicr.org or
Dave Horton dhorton@bicr.org**

Grantham Optimist Club

188 Linwell Rd, St. Catharines

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.

Art and Soul



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

Dates: **Series #1: Stucco—Fall/Halloween theme/
Mondays: October 7th, 21st, 28th**
**Series #2: Ceramics with From the Art Studio
Mondays: November 4th**
**Series #3: Christmas Jewelry Making
Mondays: November 11th, 18th,**
**Series #4: Water Colour—Winter season theme
Mondays: November 25th, December 2nd, 9th**

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:** October 7—December 16
NO BOWLING OCTOBER 14 (Thanksgiving)
- 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.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

MONDAY GROUP

Are you interested in learning how to work with wood in a safe setting under the expertise of a qualified wood worker? If you would like to learn more about wood working using only non-powered hand tools, then this is a program for you. Your end result will exceed your expectations.

Wood- working



Location : **Heartland Forest**

Dates: **Tuesdays: October 29th—November 26**

Time: **12:30—2pm**

Transportation: **Not provided.**

Register by: **Contact Jeff Spelier at 905-687-6788 ext. 640 or email jspelier@bicr.org**

Comments: **There are 5 sessions in total at a cost of \$75. Please follow link for payment. Payment is due by October 15.**

<https://app.amilia.com/store/en/hfne/api/Activity/Detail?activityId=xrV4nIW>

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:

October 8: Boston Pizza, Ontario St.

November 12: The Feathery, 4th Ave.

December 10: Swiss Chalet, Geneva St.

Welland:

October 22: Chuck's Roadhouse

November 26: Boston Pizza

December 17: Swiss Chalet

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: **October 15:** Lunch @ Chuck's Roadhouse, St. Catharines 12-2pm

November 19: Lunch @ Pen Center 12-2pm

December 17: NO MEN'S GROUP

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

This new program is take home cooking re-imagined! Work as a group to make meals in bulk and take home healthy single servings. Work on your slicing and dicing skills, learn safe ways to handle food and kitchen tools, and eat healthy on a budget by buying in bulk with friends.



Take Home Cooking

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

Dates: December 17th

Time: 10am—3pm

Transportation: Not provided. Please arrange your own transportation.

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

Register by December 3rd

Comments: Price of groceries—price determined by number of people registered. Should be \$15-20 for 3-4 meals. Call ahead for menu. ****Individuals on waitlist from summer cooking will be prioritized****

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

The brain child of our participant, Kurt Bouwers, he dreamed of a world where Model Railway Clubs were entirely accessible and inclusive.

Let your creative side out by working as a team to create a real-scale size world or working trains. Learn electrical techniques, model reconstruction, micro-landscaping, hand painting, and carving to make this tiny world come to life.

Ridgeville Model Railway Club



Location:	Address will be given upon registration
Dates:	1st and 3rd Tuesdays of each month: October: 1st and 15th November: 5th and 19th December: 3rd
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:** October 8—Surprise Bingo, 1-3pm @ 3340 Schmon Parkway
 October 29—Ceramics, 1-3pm @ Schmon Parkway, Cost is \$15
 November 12—Family Feud, 1-3pm, Schmon Parkway
 November 26—Lunch and Movie—Wicked—Meet @ 11am at the Pen Center food court, Cost is for lunch and the movie.
 December 10—Christmas shopping at Seaway Mall, Meet at Squire entrance, 1—3pm, bring money for shopping
- 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.

TUESDAY GROUP

If you love Christmas baking, this is the program for you! Join PET to practice those mixing and baking skills and take home a baking gift basket to share or give away to a loved one. The holiday season isn't the same without homemade treats.

Christmas Cookies



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

Dates: December 10th

Time: 1—3pm

Transportation: Not provided.

Register by: Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org by December 3rd.

Comments:

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

October 2: Apples to Apples and Smart Ass
November 6: Numaro/Guesstimation
December 4: Family Feud Christmas edition

October 16, November 20, December 18—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: 4th Wednesday of every month:

October 23rd
November 27th

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 “Mini Music Trivia” 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: October 9, November 13, December 11
- 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:	Wednesday	November	December
	2nd: Tai Chi	6th: Tai Chi	4th: Tai Chi
	9th: Bocce/ Boccia	13th: Adapted Aerobics	11th: Follow the Leader
	16th: Dancersize	20th: Bust a Move	18th: Bust a Move Dance
	23rd: Bust a Move Dance	27th: Chair Yoga	
	30th: Follow the Leader		

Time: 11am-12pm

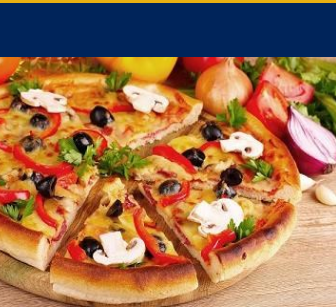
Transportation: Please provide own transportation

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 :

October 16: Pie Guys, Macturnbull Dr. St. Catharines

November 13: Early Bird, 2 Merritt St. St. Catharines

December 18: Swiss Chalet, Geneva St. 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.

WEDNESDAY GROUP **NEW 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: Every Wednesday

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.

THURSDAY GROUP

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

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



Loop Knitting & Crochet

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

Dates: Thursday mornings
October 31st—November 28th

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: Cost is \$10-\$15 depending on yarn required. PET will supplement cost of any projects donated to humane society, shelters, or the hospital.

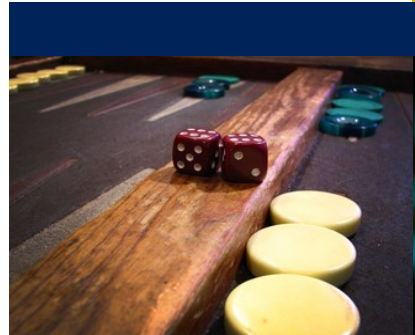
Learning & Leisure Guide

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: October 3—December 18

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.

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: October 4—December 20
- 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, closed toed shoes. Absolutely no sandals. Dress weather and activity appropriate.

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:
October 11th
November 8th
December 13th
- 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: October 4th—December 20th
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.

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:
October 18th
November 15th
December 20th

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.



You are invited to an

INFORMATION NIGHT

ON PARTICIPANT CENTERED CARE

at The Hub



Tuesday, October 1



6:00 PM – 7:30 PM

REFRESHMENTS & TREATS WILL BE SERVED

Join us for an interactive session to learn more about Participant Centered Care Approach and how your voice matters!

3300 MERRITTVILLE HWY – UNIT 1B THOROLD, ON

BONUS



Join us at The Hub for Bonus Bingo!

Please bring a prize worth \$5 for the prize table, and you're guaranteed to win a prize to take home!

PRIZES | FRIENDS | FUN

Wednesday, October 30th

1pm - 2:30pm





Christmas Luncheon



THURSDAY, DECEMBER 5



11AM TO 2PM

\$10 PER PERSON

PARTICIPANTS FROM THE ENTIRE AGENCY ARE WELCOME TO JOIN PET AND REC ALL TOGETHER AT THE OPTIMIST CLUB FOR A NEW TAKE ON OUR CHRISTMAS DINNER. SERVED AT LUNCH, ENJOY A SEASONAL CELEBRATION AND DELICIOUS FOOD.



REGISTER BY FRIDAY, NOVEMBER 22

KATIE HILL OR SHIRLY ELY AT 905-682-2678 OR VIA
EMAIL KHILL@BICR.ORG

October 2024

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday October 2	1- 2:30pm	The Hub	Apples to Apples and Smart Ass
Movie Out	Wednesday, October 2	6-9pm	Pen Center Cinema	Cost is \$15 per person, plus transportation
Music Trivia	Wednesday, October 9	1- 2:30pm	The Hub	Come out and test your music knowledge.
Wacky Wednesday	Wednesday October 16	1- 2:30pm	The Hub	Casino Games
Music with Rick and Phil	Wednesday, October 23	1-3pm	The Hub	Come out and play your favourite songs. 1-2pm mini music trivia with PET
Halloween Dance	Thursday, October 24	5-8pm	Grantham Optimist Club 188 Linwell	SEE FLYER FOR DETAILS

October 2024

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, October 8	5pm- 7pm	Boston Pizza, Ontario St.	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, October 22	5pm- 7pm	Chuck's Roadhouse	Cost is the price of your meal.

October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Wacky Wednesday 1-2:30pm	3	4	5
			<hr/> Movie @ Pen Center 6-9pm 			
6	7	8 St. Catharines Diner's Club 5-7pm @ Boston Pizza, Ontario St.	9 Music Trivia 1-2:30PM	10	11	12

13	14	15	16 Wacky Wednesday 1-2:30pm	17	18	19
20	21	22 Welland Diner's Club 5-7pm @ Chuck's Roadhouse	23 Music with Rick and Phil 1-3pm	24 Halloween Dance 5-8pm	25	26
27	28	29	30 Bonus Bingo 1-2:30pm	31		

November 2024

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, November 6	1pm-2:30pm	The Hub	Numaro and Guesstimation
Ice Dogs Games	Friday, November 8	7-10pm	Meridian Center	Cost is \$17 per ticket, plus transportation
Music Trivia	Wednesday, November 13	1-2:30pm	The Hub	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, November 20	1-2:30pm	The Hub	Casino Games
Brock Basketball	Wednesday, November 20	8-10pm	Brock University	Cost is \$5 per ticket, plus transportation
Music with Phil and Rick	Wednesday, November 27	1pm-3pm	The Hub	Come out and play your favourite songs. 1-2pm mini music trivia with PET.

November 2024

ST. CATHARINES EVENTS


Event	Date	Time	Place	Notes
St. Catharines Diners Club	Tuesday, November 12	5pm-7pm	The Feathery	Cost is price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, November 26	5pm-7pm	Boston Pizza	Cost is the price of your meal.

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Wacky Wednesday 1-2:30pm	7	8 Ice Dogs Game 7-10pm	9
10	11	12	13	14	15 	16

17					
18					
19	St. Catharines Diner's Club 5-7pm @ The Feathery	20	Music Trivia 1-2:30pm	21	
20		21	Wacky Wednesday 1-2:30pm	22	23
21		22	<hr/> Brock Basketball 8-10pm	23	
22		23		24	
23		24		25	
24		25		26	
25	Welland Diner's Club 5-7pm @ Boston Pizza	26	Music with Rick and Phil 1-3pm	27	28
26		27		28	29
27		28		29	30
28		29		30	
29		30			

December 2024

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, December 4	1pm-2:30pm	The Hub	Family Feud Christmas edition
Christmas Luncheon	Thursday, December 5	11am-2pm	Grantham Optimist Club	SEE FLYER FOR DETAILS
Music Trivia	Wednesday, December 11	1pm-2:30pm	The Hub	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, December 18	1pm-2:30	The Hub	Casino Games
Holiday Blngo	Wednesday, December 18	6-8pm	The Hub	Please bring a prize valued @ \$5. Cost for transportation.

December 2024

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, December 10	5pm- 7pm	Swiss Chalet, Geneva Street	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, December 17	5pm- 7pm	Swiss Chalet	Cost is the price of your meal.

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Wacky Wednesday 1-2:30pm	5 Christmas Luncheon 11am-2pm	6	7
8	9	10 St. Catharines Diner's Club 5-7pm @ Swiss Chalet	11 Music Trivia 1-2:30pm	12	13	14

15	16	17	18	19	20	21
		Welland Diner's Club @Swiss Chalet 5-7pm	Wacky Wednesday 1-2:30pm <hr/> Holiday Bingo 6-8pm 			
22	23	24	25	26	27	28
29	30					



**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

Phone: 905-687-6788 or 1-800-996-8796
Fax: 905-641-2785
Email: staff@bicr.org
Website: www.bicr.org