

LEARNING AND LEISURE GUIDE

SPRING 2025



Brain Injury
Community Re-entry
(NIAGARA) INC.

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 **April, May, and June 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 BICR 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.



**Join us at The Hub for Bonus Bingo on the 5th Wednesday
in April!**

**RSVP TO SHIRLEY OR KATIE AT 905-682-2678 OR VIA EMAIL
KHILL@BICR.ORG**

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

**THE HUB
3300 MERRITTVILLE HWY
THOROLD, ON**

**WEDNESDAY,
APRIL 30TH**

1PM - 2:30PM

Spring Fling



DANCE


THURSDAY,
MAY 15
5PM - 8PM

OPEN TO EVERYONE!
GRANTHAM OPTIMIST CLUB
188 LINWELL RD., ST. CATHARINES

MUSIC | FOOD | RAFFLES

70S THEME, DRESS UP!

\$5 Entry, plus spending
money for raffles, pizza,
drinks, dessert.



BBQ AT THE BEACH

Come on out and enjoy some beachy fun with friends!



\$5 gets you two hot dogs, salad, drink, and a treat!

Register by June 3rd to Chelsie Yungblut at 905-931-2168 or cyungblut@bicr.org

Tuesday, June 17

10am - 1pm

**Crystal Beach Boat Launch
3855 Terrace Lane, Fort Erie**



BICR BOWLATHON

2025

2 games (10 pin)

Shoe rental

Refreshments at
Parkway Social

Pledge
Minimums

\$40 - Adults
\$20 - Child

REGISTRATION

1:00pm - 1:30pm

BOWLING AND REFRESHMENTS

1:30pm - 4:00pm

**SUNDAY,
22
JUNE**



**PARKWAY SOCIAL
333 ONTARIO ST.
ST. CATHARINES**

To register please contact DAVE HORTON by June 1, 2025 at
905-687-6788 ext. 641 or at recreation@bicr.org

Let's come together

BRAIN INJURY AWARENESS MONTH

Celebrate with BICR, BIAN, BIAFE, and OBIA

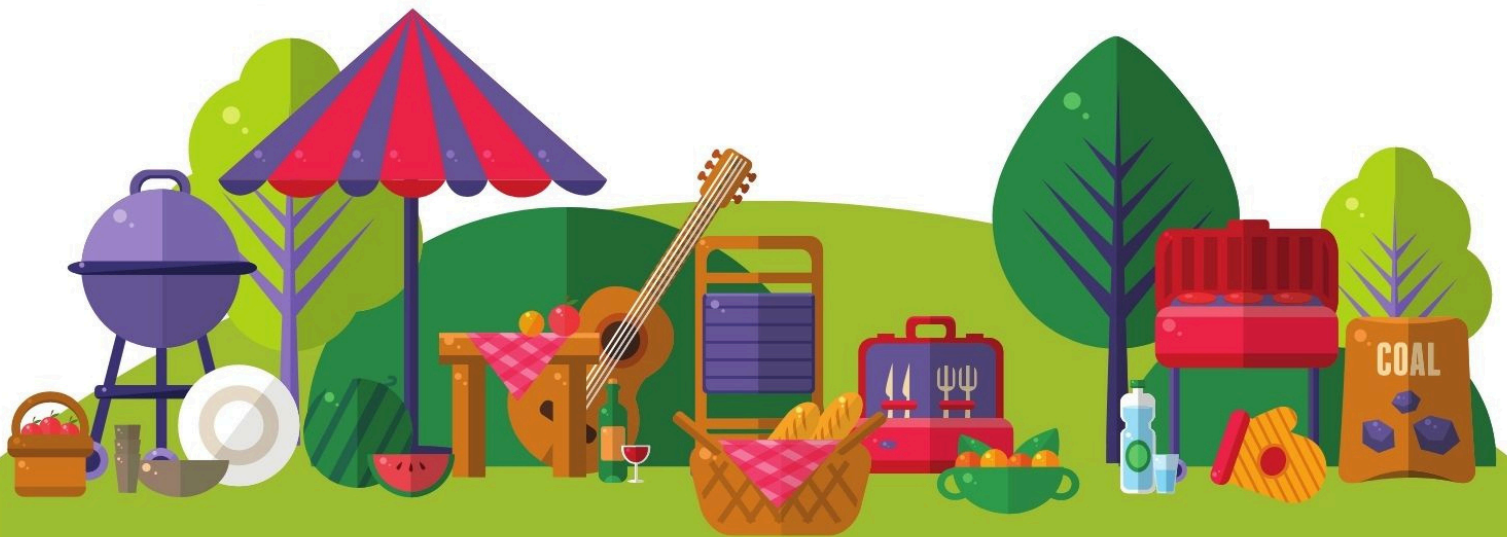
HEARTLAND FOREST

FRIDAY, JUNE 27

10AM - 2PM

FREE ENTRY

Contact Katie Hill at 905-682-2678 or khill@bicr.org



20+ VENDORS FOR SERVICES AND PROGRAMS.

LIVE MUSIC FROM "MELODY MINDS".

FOOD TRUCKS (CASH REQUIRED TO PURCHASE FOOD).

WHEELCHAIR ACCESSIBLE BOARDWALK, TREE HOUSE, MINI GOLF, AND MERRY-GO-ROUND AVAILABLE.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

MONDAY GROUP

Art & Soul



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.

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	Series #1: April 14th, 21st, 28th - Stucco with dry brush Series #2: May 5th - Ceramics Series #3: May 12th, 26th - Blending for sunsets Series #4: June 16th, 23rd, 30th - Group scrapbook (please bring a copy of your favourite pictures) *Dates subject to change
TIME	1:00 - 3:00 PM
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. NO LATE REGISTRATIONS.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

MONDAY GROUP

10 Pin Bowling



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.

LOCATION

PARKWAY LANES, 327 ONTARIO STREET, ST. CATHARINES

DATES

APRIL 7TH - JUNE 30TH

EXCEPT MAY 19TH (VICTORIA DAY)

TIME

10:00AM - 12:00 PM

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 shoe rental.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Diner's Club



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 favourite dish, it's up to you. Bring a smile and a healthy appetite.

LOCATION	VARIOUS LOCATIONS IN ST. CATHARINES IN WELLEND		
DATES	<p style="text-align: center;">DINER'S CLUB IS OFFERED ON TUESDAYS</p> <table><tr><td>St. Catharines: April 8th - Ricki Jo's May 13th - Chuck's Roadhouse June 10th - The Courtyard</td><td>Welland: April 29th - Butcher and Banker May 27th - MT Bellies June 24th - The Blue Star</td></tr></table>	St. Catharines: April 8th - Ricki Jo's May 13th - Chuck's Roadhouse June 10th - The Courtyard	Welland: April 29th - Butcher and Banker May 27th - MT Bellies June 24th - The Blue Star
St. Catharines: April 8th - Ricki Jo's May 13th - Chuck's Roadhouse June 10th - The Courtyard	Welland: April 29th - Butcher and Banker May 27th - MT Bellies June 24th - The Blue Star		
TIME	5PM TO 7PM		
TRANSPORTATION	NOT PROVIDED		
REGISTER BY	48 hours prior to the event to Dave Horton at recreation@bicr.org .		
COMMENTS	Cost is the price of your meal.		

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Take Home Cooking



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 budget by buying in bulk with friends.

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 29th
TIME	10AM - 3PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	<u>Register by April 15th</u> Please contact Katie or Shirley at 905-682-2678 or via email at khill@bicr.org
COMMENTS	Price of groceries - price determined by number of people registered. Should be approximately \$20 for at least 3-4 meals. Call ahead for menu information. Number of Participants - Min: 3 Max: 6

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Woodworking 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.

LOCATION	HEARTLAND FOREST
DATES	April 1st - May 6th
TIME	12:30PM - 2PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	Contact Jeff Spelier at 905-687-6788 ext. 640 or email jspelier@bicr.org
COMMENTS	10 people max. Cost is \$90 Payment for program will be through the Heartland Forest link that will be provided at a later date

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Supported Volunteering



Join PET and give back to the community! This is a wonderful opportunity to build employment skills for those wishing to pursue employment, or to simply feel good about giving back.

Volunteer with the Humane Society for the inside volunteer program, ensuring the animals have fresh bedding, clean bowls, and happy souls.

LOCATION

HUMANE SOCIETY OF GREATER NIAGARA (4TH AVE. ST. CATHARINES)

DATES

Every Tuesday - May 20th - June 24th

TIME

9AM - 12PM

TRANSPORTATION

PLEASE PROVIDE YOUR OWN TRANSPORTATION

REGISTER BY

Register by May 13th

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

COMMENTS

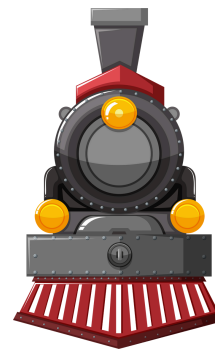
Human Society requires close-toed shoes and clothes that can get dirty.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Ridgeville Model Railway Club



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.

LOCATION	ADDRESS WILL BE SENT UPON REGISTRATION
DATES	April 1st April 15th April 29th May 13th May 20th June 3rd
TIME	1PM - 2:30PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	On-going registration Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org
COMMENTS	Fully accessible model space, and HO scale is used in construction. Group takes place on private property. There is absolutely ZERO smoking or vaping.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Decorating *with Annie*



If you love baking, this is the program for you! Join PET and Annie to make beautifully decorated goodies. In the past, we've done beautiful cupcakes, adorable cake pops, and delicious cookies. What is your favourite goodie to decorate?

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	Tuesday, May 13th
TIME	1PM - 3PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org
COMMENTS	Number of Participants - Max: 10 No cost.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Men's Group



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

LOCATION	VARIOUS LOCATIONS
DATES	<p>April 15th - Lunch @ Pie Guys 12pm - 2pm</p> <p>May 20th - Bowling 12pm - 2pm (cost is \$3.50 per game)</p> <p>June 17th - Walk in NOTL 12pm - 2pm</p>
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.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

WOMEN'S 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.

LOCATION	VARIOUS LOCATIONS
DATES	<p><u>April 8</u>- Bingo 1pm-3pm @ 3340 Schmon Unit #2 - Please bring a \$5.00 gift. No gift cards please, be creative.</p> <p><u>April 22</u>- Butterfly Conservatory 1pm-3pm - 2565 Niagara River Parkway. Cost est. \$20.00</p> <p><u>May 13</u>- Card Games 1pm-3pm - 3340 Schmon Unit #2</p> <p><u>May 27</u>- 12pm-2pm Melina's Port Col. Cost of meal - Cash only</p> <p><u>June 10</u>- NOTL- 1pm-3pm - Meet @ clock tower on Queen Street. *There is a cost for parking*</p> <p><u>June 24</u>- 1pm-3pm Avondale Dairy - Cost of ice cream *Debit Only*</p>
TIME	TIMES VARY BETWEEN 12:00PM AND 3:00PM
TRANSPORTATION	PROVIDED AT A COST.
REGISTER BY	Dawn Wolff at dwofff@bicr.org or 905-933-3705
COMMENTS	Cost will be kept to a minimum at approximately \$5 to \$10 depending on the activity.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Wacky Wednesday



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 or Texas Hold 'Em.

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 2nd: Family Feud May 7th: Guesstimation June 4th: Team Trivia April 16th May 21st CASINO GAMES June 18th
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.
REGISTER BY	Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org
COMMENTS	

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Music with *Phil and Rick*



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!

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 23rd May 28th June 25th
TIME	2:00PM TO 3:00PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 hours prior to the event to Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org
COMMENTS	PET will be hosting a “Music Jeopardy” activity from 1-2pm prior to music with Phil and Rick for any individuals who wish to attend.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Community Cafe



Join the chit chat at the Community Cafe! 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!

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

EVERY Wednesday

Bonus Community Cafe, Tuesday, May 6th.

TIME

9:30AM - 10:30AM

TRANSPORTATION

NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

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

COMMENTS

This is an open group for anyone to join.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Fit 'n Fun



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

Remember, these activities are always 100% adaptable, so don't be afraid to try something new.

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April: 2nd - Yoga 9th - Follow the Leader 16th - Chair Zumba 23rd - BAM 30th - Chair Fitness May: 7th - Chair Dance 14th: Follow the Leader 21st: Seated Yoga 28th - BAM June: 4th - Follow the Leader 11th - Pole Walking 18th - Bocce/Boccia 25th - BAM <u>Bonus Fit n' Fun: Tuesday, May 6th - Follow the Leader</u>
TIME	11AM - 12PM
TRANSPORTATION	NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	Katie Hill or Shirley Ely at 905-682-2678 or via email khill@bicr.org
COMMENTS	Please wear comfortable clothing and running shoes or other supportive footwear. Bust a Move Dance with Ali will be available on Zoom for those who wish to participate virtually. Zoom link is available on the weekly calendar.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Music *Trivia*



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

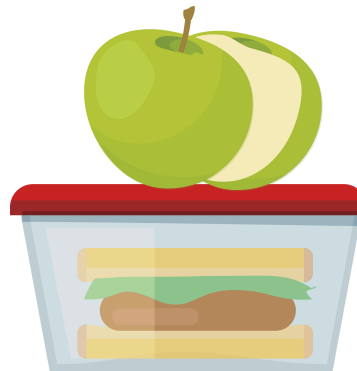
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 9th May 14th June 11th
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.
REGISTER BY	48 hours prior to event to Dave Horton at recreation@bicr.org
COMMENTS	Come out and test your music knowledge or just listen to the tunes.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

WEDNESDAY GROUP

Lunch Club



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

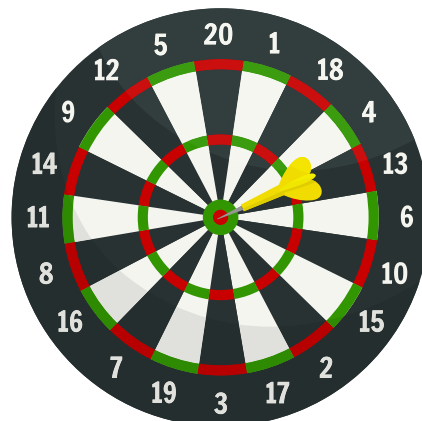
LOCATION	VARIOUS LOCATIONS IN NIAGARA FALLS
DATES	April 16th - Cosy (Chinese Food), 361 Lake St., St. Catharines, 11:30am - 1pm May 14 - Pen Center Food Court, 11am - 1pm June 18th - The Early Bird, 2 Merritt St., St. Catharines, 11am - 1pm
TIME	11:30AM TO 1:00PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE 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 and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

THURSDAY GROUP

Pub Games



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

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 3rd - June 26th <u>*EXCEPTION IS MAY 15TH*</u>
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	48 hours prior to the event to Dave Horton at recreation@bicr.org
COMMENTS	Come out and join us for a game of darts, euchre or a board game. No cost.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

THURSDAY GROUP

Brain Basics



Join us at The Hub every Thursday to learn about brains! This program was developed to help individuals living with ABI to learn about issues surrounding having an injury, how to develop strategies, increase awareness of limitations, and how to focus on your strengths.

Participants will receive helpful resources to take home with them to keep and use as needed.

Participants are welcome to take the course again as a refresher.

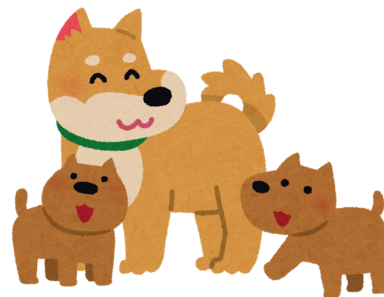
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	Every Thursday from April 3rd - June 19 EXCEPTION May 15
TIME	9AM - 12PM (PLEASE ARRIVE PROMPTLY TO BEGIN PROGRAM)
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	March 31st Katie Hill or Shirley Ely at 905-382-2678 or via email khill@bicr.org
COMMENTS	This is a structured program with a full curriculum that is cumulative each week. Attendance is expected every week, and to come prepared. Participants who have not taken the course before will be given priority registration. Number of Participants - Min: 3 Max: 6

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

FRIDAY GROUP

Pet Therapy



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.

It is a proven fact that the touch of an animal can relive stress, ease depression and have a calming effect on the body. If you love dogs and want to spend an hour with these furry little friends, this group is for you.

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	The THIRD Friday of every month: June 20th <u>THERE WILL BE NO GROUP ON APRIL 18TH, (GOOD FRIDAY) AND MAY 16TH</u>
TIME	1:00PM TO 2:00PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	Katie Hill or Shirley Ely at 905-682-2678 or email khill@bicr.org .
COMMENTS	Please register 48hrs in advance.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

FRIDAY GROUP

Work Rest & Play



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.

LOCATION

NIAGARA PARKS, SCHOOL OF HORTICULTURE, NIAGARA PARKWAY

DATES

April 4th - June 20

EXCEPTION OF APRIL 18TH

TIME

10:00AM TO 11:30AM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

48 hours 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 and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

FRIDAY GROUP

Laughter Yoga



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

Mary MacDonnell from Laughalot Yoga with ME leads us through great fun where we laugh tons, practice deep breathing exercises, stretch our bodies, and generally just have a goofy good time!

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

2nd Friday of every month:

April 11th

May 9th

June 13th

TIME

1:00PM TO 1:45PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.

REGISTER BY

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

COMMENTS

48 hours notice for registration.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

FRIDAY GROUP

Music With Kurt



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.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

Every Friday April 4th - June 20th

NO GROUP ON APRIL 18TH, MAY 16TH, AND JUNE 27TH

TIME

11:00AM TO 12:00PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

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

COMMENTS

Music with Kurt is available on Zoom for those that wish to participate virtually.

APRIL 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, APRIL 2ND	1PM - 2:30PM	THE HUB	FAMILY FEUD
MUSIC TRIVIA	WEDNESDAY, APRIL 9TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
LIVE COMEDY SHOW	SATURDAY, APRIL 12TH	9PM - 10PM	SPOTLIGHT COMEDY	COST IS \$10 PER PERSON, PLUS TRANSPORTATION
WACKY WEDNESDAY	WEDNESDAY APRIL 16TH	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH PHIL AND RICK	WEDNESDAY, APRIL 23RD	1PM - 3PM	THE HUB	COME OUT AND PLAY YOUR FAVOURITE SONGS.
RED SOX VS BLUE JAYS	WEDNESDAY, APRIL 30TH	7PM - 10PM	ROGER'S CENTER	COST IS \$27 PER TICKET, PLUS TRANSPORTATION. REGISTER BY APR. 9



APRIL 2025

ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, APRIL 8TH	5PM - 7PM	RICKI JO'S	PRICE IS THE COST OF YOUR MEAL
COFFEE AND EASTER TRIVIA	SUNDAY APRIL, 13	10AM - 11:30AM	RICHARDSON COURT	TRANSPORTATION NOT PROVIDED

WELLAND

WELLAND DINER'S CLUB	TUESDAY, APRIL 22ND	5PM - 7PM	THE BUTCHER AND THE BANKER	PRICE IS THE COST OF YOUR MEAL.
----------------------	---------------------	-----------	----------------------------	---------------------------------

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Model Railroad Club	2 Wacky Wednesday Community Cafe Fit n' Fun	3 Pub Games Brain Basics	4 WRAP Music Therapy	5
6	7 Bowling	8 St. Cath Diner's Club @ Ricki Jo's Women's Group	9 Music Trivia Community Cafe Fit n' Fun	10 Pub Games Brain Basics	11 WRAP Music Therapy Laughter Yoga	12 Spot Light Comedy Show 8-10 
13 Coffee and Easter Trivia @ Richardson Court 10-11:30	14 Bowling Art and Soul	15 Men's Group: Lunch @ Pie Guys Model Railroad Club	16 Wacky Wednesday Lunch Club Community Cafe	17 Pub Games Brain Basics	18 GOOD FRIDAY	19
20	21 Bowling Art and Soul	22 Welland Diner's Club @ Butcher and Bank Women's Group	23 Fit n' Fun Music with Rick and Phil Community Cafe Fit n' Fun	24 Pub Games Brain Basics	25 WRAP Music Therapy	26
27	28 Bowling Art and Soul	29 Take Home Cooking Model Railroad Club	30 BONUS BINGO Community Cafe Fit n' Fun Jays vs Red Sox 	1	2	3

APRIL 2025

MAY 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, MAY 7	1PM - 2:30PM	THE HUB	GUESSTIMATION
TFC VS DC UNITED	SATURDAY, MAY 10	4:30PM - 7:30PM	BMO FIELD TORONTO	COST IS \$40 PER TICKET, PLUS TRANSPORTATION. REGISTER BY APRIL 11.
MUSIC TRIVIA	WEDNESDAY, MAY 14	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
SPRING FLING	THURSDAY, MAY 15	5PM - 8PM	GRANTHAM OPTIMIST CLUB	COST IS \$5 PER PERSON. FOOD AVAILABLE FOR PURCHASE. SEE FLYER.
WACKY WEDNESDAY	WEDNESDAY, MAY 21	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH RICK AND PHIL	WEDNESDAY, MAY 28	1PM - 3PM	THE HUB	COME OUT AND PLAY YOUR FAVOURITE SONGS.


MAY 2025

ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, MAY 13	5PM - 7PM	CHUCK'S ROADHOUSE	PRICE IS THE COST OF YOUR MEAL

WELLAND

LUNCH AND GAMES	SATURDAY, MAY 17	11AM - 1PM	PROMENADE	NO TRANSPORATION PROVIDED
WELLAND DINER'S CLUB	TUESDAY, MAY 27	5PM - 7PM	MT BELLIES	PRICE IS THE COST OF YOUR MEAL.

SUN	MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9	10
	Bowling Art and Soul	Community Cafe (Bonus) Fit n' Fun (Bonus) Movie Premiere Red Carpet	Wacky Wednesday Community Cafe Fit n' Fun	Pub Games Brain Basics	WRAP Music Therapy Laughter Yoga	TFC vs DC 4:30-7:30 
11	12	13	14	15	16	17
	Bowling Art and Soul	Women's Group St. Cath Diner's Club Annie Decorating Model Railroad Club	Music Trivia Lunch Club Community Cafe Fit n' Fun	Pub Games Brain Basics SPRING FLING	WRAP	Lunch and games @ Promenade 11am-1pm
18	19	20	21	22	23	24
	VICTORIA DAY	Men's Group Volunteering Model Railroad Club	Wacky Wednesday Community Cafe Fit n' Fun	Pub Games Brain Basics	WRAP Music Therapy	
25	26	27	28	29	30	31
	Bowling Art and Soul	Women's Group Welland Diner's Club Volunteering	Music with Rick and Phil Community Cafe Fit n' Fun	Pub Games Brain Basics	WRAP Music Therapy	

MAY 2025

JUNE 2025

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, JUNE 4	1PM - 2:30PM	THE HUB	TEAM TRIVIA
MUSIC TRIVIA	WEDNESDAY, JUNE 11	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
WACKY WEDNESDAY	WEDNESDAY, JUNE 18	1PM - 2:30PM	THE HUB	CASINO GAMES
ICE CREAM OUTING	WEDNESDAY, JUNE 18	6PM - 8PM	AVONDALE DAIRY BAR	COST IS THE PRICE OF YOUR ICE CREAM
BICR BOWLATHON	SUNDAY, JUNE 22	1PM - 4PM	PARKWAY SOCIAL	SEE FLYER FOR DETAILS.
MUSIC WITH RICK AND PHIL	WEDNESDAY, JUNE 25	1PM - 3PM	THE HUB	COME OUT AND PLAY YOUR FAVOURITE SONGS.
BRAIN INJURY AWARENESS PICNIC	FRIDAY, JUNE 27	9AM - 2PM	HEARTLAND FOREST	SEE FLYER FOR DETAILS

JUNE 2025

ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, JUNE 10	5PM - 7PM	THE COURTYARD	PRICE IS THE COST OF YOUR MEAL

WELLAND

BBQ AND GAMES	THURSDAY, JUNE 12	10:30AM - 1:30PM	PARKDALE	TRANSPORTATION NOT PROVIDED
WELLAND DINER'S CLUB	TUESDAY, JUNE 24	5PM - 7PM	THE BLUESTAR	PRICE IS THE COST OF YOUR MEAL.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	Bowling	Volunteering Model Railroad Club	Wacky Wednesday Community Cafe Fit n' Fun	Pub Games Brain Basics	WRAP Music Therapy	
8	9	10	11	12	13	14
	Bowling	Women's Group St. Cath Diner's Club Volunteering	Music Trivia Community Cafe Fit n' Fun	Pub Games BBQ and Games @ Parkdale 10:30am-1:30pm Brain Basics	WRAP Music Therapy Laughter Yoga	
15	16	17	18	19	20	21
	Bowling Art and Soul	Men's Group Volunteering	Lunch Club Avondale Dairy Bar Community Cafe Fit n' fun Wacky Wednesday	Pub Games Brain Basics	WRAP Music Therapy Therapy Tails	
22	23	24	25	26	27	28
Bowlathon @ Parkway Social	Bowling Art and Soul	Women's Group Welland Diner's Club Volunteering	Music with Rick and Phil Community Cafe Fit n' Fun	Pub Games Brain Basics	Brain Injury Awareness Park Event	
29	30					
	Bowling Art and Soul					

JUNE

2025

MY ACTIVITIES

ACTIVITY

DATE

LOCATION



**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