

# LEARNING AND LEISURE GUIDE

SPRING 2026



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 2026**

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](http://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.



WE VALUE YOUR VOICE AND INVITE YOU TO SHARE YOUR COMMENTS, ACTIVITY SUGGESTIONS, AND QUESTIONS.

YOUR FEEDBACK HELPS US BETTER UNDERSTAND WHAT'S WORKING WELL AND WHERE WE CAN GROW OUR PROGRAMS.

WHETHER YOU HAVE AN IDEA FOR A NEW ACTIVITY, A THOUGHTFUL SUGGESTION TO IMPROVE AN EXISTING EVENT, OR SIMPLY A QUESTION ABOUT PROGRAMMING, WE WANT TO HEAR FROM YOU. YOUR INPUT PLAYS AN IMPORTANT ROLE IN SHAPING THE EVENTS AND ACTIVITIES WE WANT TO CONTINUE TO PROVIDE FOR EVERYONE.

**CONTACT US AT [RECREATION@BICR.ORG](mailto:RECREATION@BICR.ORG)**

The HUB presents...

# BONUS BINGO!



**PLEASE BRING A PRIZE WORTH  
\$5 (NO TIM'S CARDS PLEASE)**

- **WEDNESDAY, APRIL 29<sup>TH</sup>**
- **1PM - 2:30PM**
- **THE HUB**

Katie Hill  
905-682-2678  
khill@bicr.org

24

13

16



# Spring Fling!

MAY 14<sup>TH</sup>

5PM TO 8PM

Open to everyone!

Live DJ  
Raffle Prizes  
Pizza, pop, dessert

**Cost:**  
**\$5 entry**

**Grantham Optimist Club**  
**188 Linwell Rd.**  
**St. Catharines**

**FOOD, SNACKS, AND DRINKS AVAILABLE FOR PURCHASE**

Katie Hill 905-682-2678 or [khill@bicr.org](mailto:khill@bicr.org)

Dave Horton [recreation@bicr.org](mailto:recreation@bicr.org)

# BRAIN INJURY AWARENESS

## Event in the Park

**FOOD TRUCKS!  
BBQ!**

**FREE ENTRY!**



**20+ VENDORS - LIVE DEMONSTRATIONS - LIVE MUSIC**

IN PARTNERSHIP WITH OBIA, BIAN, AND BIAFE.  
OPEN TO EVERYONE! FAMILY AND FRIENDS!

THURSDAY

**4**

JUNE

**GRANTHAM OPTIMIST CLUB**

**AT 10 AM - 2 PM**

188 LINWELL RD., ST. CATHARINES

KATIE HILL 905-682-2678 OR [KHILL@BICR.ORG](mailto:KHILL@BICR.ORG)

# BRAIN INJURY COMMUNITY RE-ENTRY

# 2026 Bowl-a- thon

14 JUN  
2026

1PM -  
4PM

2 GAMES  
(10 PIN)

SHOE RENTAL

PLEDGE  
MINIMUMS

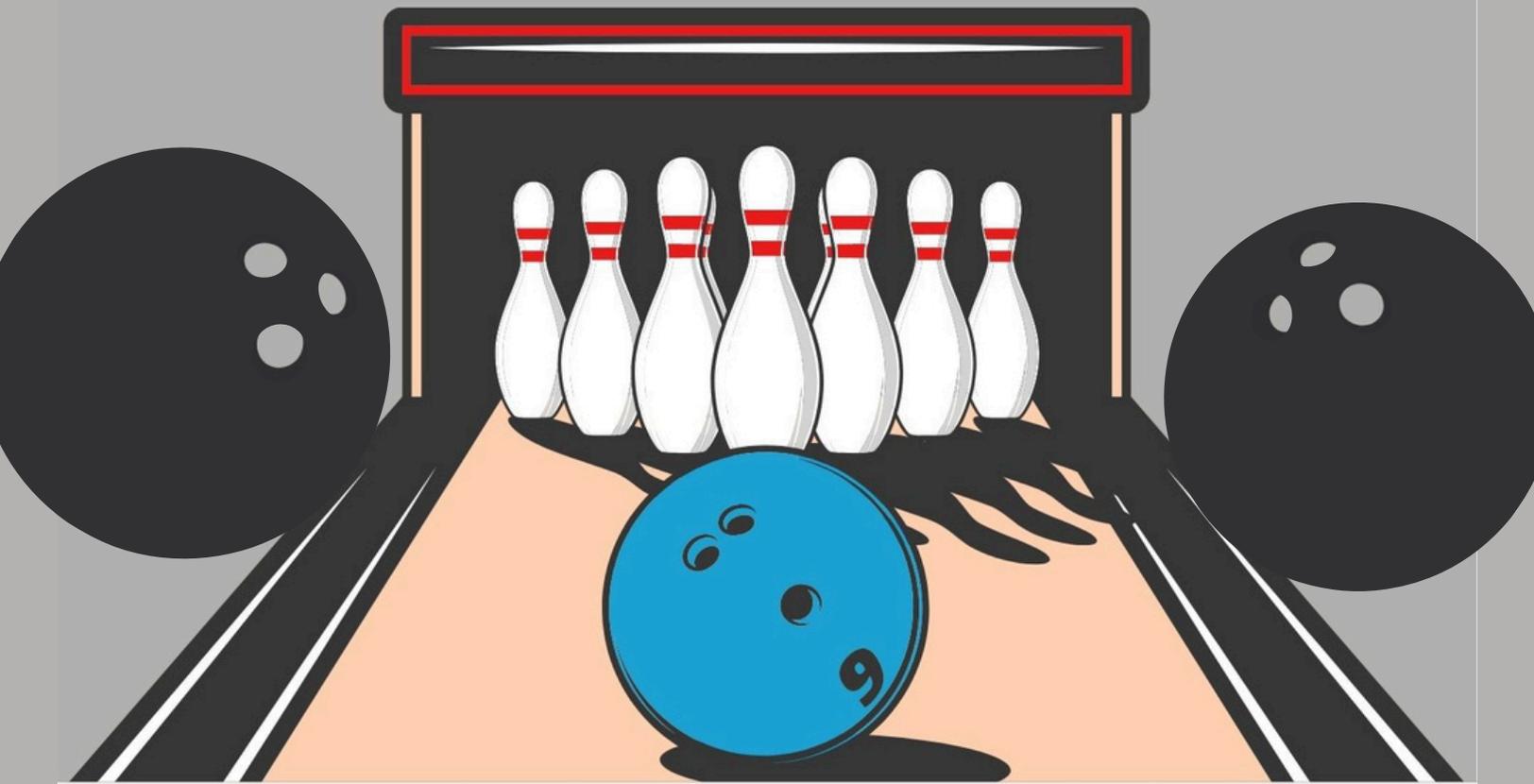
\$40 - ADULTS  
\$20 - CHILD

## PARKWAY SOCIAL, ST. CATHARINES

REGISTRATION 1:00pm -  
1:30pm

BOWLING AND 1:30pm -  
REFRESHMENTS 4:00pm

REFRESHMENTS AT PARKWAY SOCIAL



TO REGISTER PLEASE CONTACT DAVE HORTON BY  
MAY 20<sup>TH</sup>, 2026

905-687-6788 EXT. 641 OR AT RECREATION@BICR.ORG



# IN PERSON YOGA



Karena is a mindful and intuitive yoga teacher who blends grounding movement, breath awareness, and lighthearted humor to help students return home to themselves.

These classes are fun and upbeat, while bringing you into your body. Every session includes grounding, mindful stretching, and simple movements that support balance, strength, and everyday ease.



FIRST AND THIRD WEDNESDAY OF THE MONTH

11AM TO NOON

- Led by Karena, a certified yoga instructor
- **IN PERSON (not available on Zoom)**
- Blended class of seated/adapted yoga with regular standard yoga
- Appropriate for beginners & experienced Yogis
- Great to increase body awareness and balance
- Cardiovascular & respiratory benefits
- **Bring your own mat if not using a chair**

CHECK FIT  
AND FUN  
PAGE FOR  
DATES

# 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	April 6 <sup>th</sup> : Make up art day (final scrapbook day from winter) April 13 <sup>th</sup> : Ceramic transfers (do-over) Series #1: April 20 <sup>th</sup> , 27 <sup>th</sup> and May 4 <sup>th</sup> - Flower pots and seeds Series #2: May, 11 <sup>th</sup> , 25 <sup>th</sup> and June 1 <sup>st</sup> - 3D framed paper craft Series #3: June 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> - Air dry clay dish Series #4: June 29 <sup>th</sup> - Ceramics  *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 <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	Fee is \$15 per project. Participants must complete their first project before moving to the next. <b>NO LATE REGISTRATIONS.</b> <b>MONDAY, APRIL 6<sup>TH</sup> AND JUNE 29<sup>TH</sup> WILL BE MAKE UP DAYS FOR THOSE THAT HAVE UNFINISHED PROJECTS.</b>

# 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 6<sup>TH</sup> - JUNE 29<sup>TH</sup>

**\*\*NO BOWLING MAY 18<sup>TH</sup> , VICTORIA DAY\*\***

TIME

10AM- 11:30PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

48 hours prior to the event to Dave Horton at [recreation@bicr.org](mailto: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.

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LOCATION	VARIOUS LOCATIONS IN ST. CATHARINES AND WELLEND		
DATES	<p style="text-align: center;"><b>DINER'S CLUB IS OFFERED ON TUESDAYS</b></p> <table><tr><td>St. Catharines: April 14<sup>th</sup> - Lina Linguini's May 12<sup>th</sup> - Ricki Jo's June 9<sup>th</sup> - Jack Astor's</td><td>Welland: April 28<sup>th</sup> - Swiss Chalet May 26<sup>th</sup> - Mossimo's June 23<sup>rd</sup> - MT Bellies</td></tr></table>	St. Catharines: April 14 <sup>th</sup> - Lina Linguini's May 12 <sup>th</sup> - Ricki Jo's June 9 <sup>th</sup> - Jack Astor's	Welland: April 28 <sup>th</sup> - Swiss Chalet May 26 <sup>th</sup> - Mossimo's June 23 <sup>rd</sup> - MT Bellies
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TIME	5PM TO 7PM		
TRANSPORTATION	NOT PROVIDED		
REGISTER BY	48 hours prior to the event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a> .		
COMMENTS	Cost is the price of your meal.		

# 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.

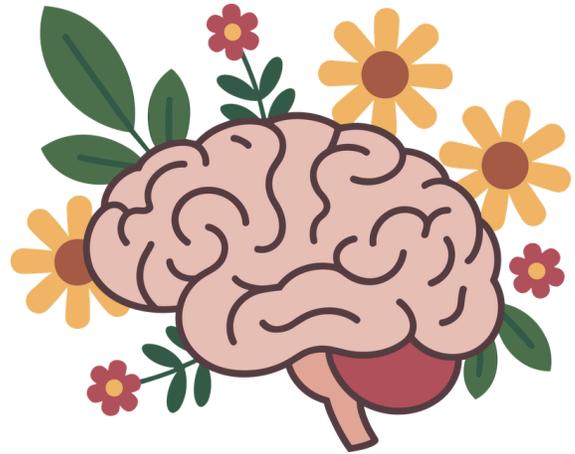
LOCATION	HUMANE SOCIETY OF GREATER NIAGARA (4 <sup>TH</sup> AVE, ST. CATHARINES)
DATES	Every Tuesday April 14 <sup>th</sup> - May 26 <sup>th</sup>
TIME	9AM - 12NOON
TRANSPORTATION	NOT PROVIDED
REGISTER BY	Please contact Katie or Shirley at 905-682-2678 or via email at <a href="mailto:khill@bicr.org">khill@bicr.org</a> By April 7 <sup>th</sup> (one week prior to volunteer block starting)
COMMENTS	Humane Society requires close-toed shoes and clothes that can get dirty.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# Brain Basics



Join our Brain Basics program to better understand your brain and your unique recovery journey. In this supportive group environment, you'll learn about the effects of brain injury, explore strategies to build on your strengths, and increase self-awareness to enhance daily life. You'll go home with a binder full of helpful resources and information to keep.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	Starting June 23 <sup>rd</sup> Running through summer months
TIME	9AM - 12PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	Katie Hill at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	This is a closed group, you <b>MUST</b> be registered to attend.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# Tremendous Tuesdays



Looking for something fun to do on Tuesday afternoons? Come meet us doing various activities around Niagara.

LOCATION	ADDRESS WILL BE SENT UPON REGISTRATION
DATES	April 7 <sup>th</sup> - High tea party @ The HUB April 21 <sup>st</sup> - Tim Horton's on 4 <sup>th</sup> Ave. \$ (beside Humane Society) May 5 <sup>th</sup> - Karaoke @ The HUB May 19 <sup>th</sup> - Marble Slab on 4 <sup>th</sup> Ave. \$ June 2 <sup>nd</sup> - Jam Making @ The HUB June 16 <sup>th</sup> - Movies @ The Pen Center \$ (early time TBD)
TIME	1PM - 2:30PM ( <b>UNLESS OTHERWISE SPECIFIED</b> )
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	<b>One week prior to each program.</b> Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	<b>Please do not arrive at The Hub before 12 noon.</b>  <b>You do not need to register for every week, you can pick and choose which ones you would enjoy!</b>  <b>Activities that have a nominal fee are indicated by \$.</b>

# 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.

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LOCATION	VARIOUS LOCATIONS
DATES	April 21 <sup>st</sup> - Lunch @ Pie Guys 12PM - 1:30PM May 19 <sup>th</sup> - Walk in Niagara on the Lake 1PM - 2:30PM June 16 <sup>th</sup> - Games @ The HUB 1PM - 2:30PM
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 <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
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.

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LOCATION	VARIOUS LOCATIONS
DATES	<p>April 28<sup>th</sup> - Family Feud @ The Main Office 1:30PM - 3:30PM (3340 Schmon Pky Unit 2)</p> <p>May 12<sup>th</sup> - NOTL Outlet Mall 1:30PM - 3:30PM Meet at Tim Horton's</p> <p>May 26<sup>th</sup> - Rock Painting @ The HUB 1:30PM - 3:30PM Cost is \$5</p> <p>June 14<sup>th</sup> - Blue Star in Welland 12PM - 2PM Price is the cost of your meal</p> <p>June 28<sup>th</sup> - Walk at Brock Quarry 1:30PM - 3:30PM</p>
TIME	TIMES VARY BETWEEN 12:00PM AND 3:00PM
TRANSPORTATION	PROVIDED AT A COST.
REGISTER BY	Dawn Wolff at <a href="mailto:dwolff@bicr.org">dwolff@bicr.org</a> 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

## TUESDAY GROUP

# PIZZA

*with Andy*



Come to The HUB for a do-it-yourself pizza making day with a pro demonstration from Andy Pagnotta, Italian chef extraordinaire! You'll be rolling dough and picking your toppings, then enjoy the fresh-baked pizza for lunch!

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

Tuesday, June 9<sup>th</sup>

TIME

10AM - 2PM

TRANSPORTATION

NO COST

REGISTER BY

June 2<sup>nd</sup>

Please contact Katie or Shirley @ 905-682-2678 or via email  
[khill@bicr.org](mailto:khill@bicr.org)

COMMENTS

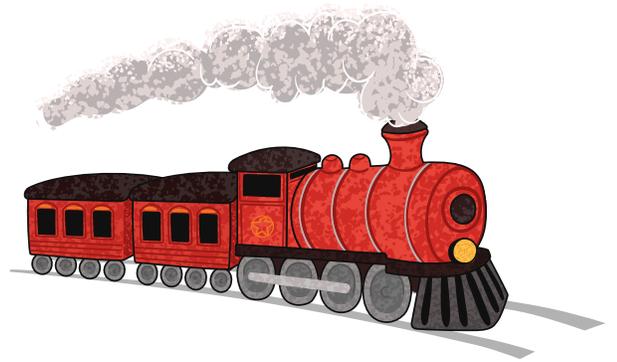
If you have allergies, or food sensitivities, we may not be able to accommodate.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# RIDGEVILLE MODEL *Railway Group*



The Ridgeville Model Railway 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.

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LOCATION	ADDRESS WILL BE SENT UPON REGISTRATION
DATES	April 7 <sup>th</sup> and 21 <sup>st</sup> May 5 <sup>th</sup> and 19 <sup>th</sup> June 2 <sup>nd</sup> and 16 <sup>th</sup>
TIME	1:00PM - 2:30PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	Katie Hill or Shiley Ely at 905-682-2678 or vial email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	Fully accessible model space, and HO scale is used in construction.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# BBQ WITH *Friends*



Come out and enjoy time outside with friends.

Take part in outdoor games, fresh air, water, boats, and many other fun activities!

BBQ provided at a cost.

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LOCATION	CRYSTAL BEACH BOACH LAUNCH (3855 TERRANCE LN, FORT ERIE)
DATES	June 9th June 23 <sup>rd</sup> - LIVE MUSIC
TIME	11:00AM - 2PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	End of May, 2026 Chelsie at <a href="mailto:cyungblut@bicr.org">cyungblut@bicr.org</a>
COMMENTS	<u>\$5 Lunch fee</u> Activities fee will be communicated in advance

# 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.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 1 <sup>st</sup> - Guesstimation May 6 <sup>th</sup> - Family Feud June 3 <sup>rd</sup> - Team Trivia  April 15 <sup>th</sup> CASINO GAMES May 20 <sup>th</sup> June 17 <sup>th</sup>
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 <a href="mailto:khill@bicr.org">khill@bicr.org</a> or Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
COMMENTS	

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## WEDNESDAY GROUP

# Music with *Rick*



Come out and join Rick as he serenades the group! Sit back and relax as you listen to him play the hits and some old classics.

Feel free to request your favourite songs ahead of time so he can add them to the set list.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 22 <sup>nd</sup> May 27 <sup>th</sup> June 24 <sup>th</sup>
TIME	1:00PM - 2:00PM (NEW TIME)
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 hours prior to the event to Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	

# 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!

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	EVERY Wednesday April 1 <sup>st</sup> - June 24 <sup>th</sup>
TIME	9:30AM - 10:30AM
TRANSPORTATION	NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	<u>48 hours prior</u> Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
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	<table><tr><td>April</td><td>May</td><td>June</td></tr><tr><td>1<sup>st</sup> - Yoga</td><td>6<sup>th</sup> - Yoga</td><td>3<sup>rd</sup> - Yoga</td></tr><tr><td>8<sup>th</sup> - Follow the Leader</td><td>13<sup>th</sup> - Follow the Leader</td><td>10<sup>th</sup> - Follow the Leader</td></tr><tr><td>15<sup>th</sup> - Yoga</td><td>20<sup>th</sup> - Yoga</td><td>17<sup>th</sup> - Yoga</td></tr><tr><td>22<sup>nd</sup> - Bust a Move</td><td>27<sup>th</sup> - BAM</td><td>24<sup>th</sup> - BAM</td></tr><tr><td>29<sup>th</sup> - Jazzercise</td><td></td><td></td></tr></table>	April	May	June	1 <sup>st</sup> - Yoga	6 <sup>th</sup> - Yoga	3 <sup>rd</sup> - Yoga	8 <sup>th</sup> - Follow the Leader	13 <sup>th</sup> - Follow the Leader	10 <sup>th</sup> - Follow the Leader	15 <sup>th</sup> - Yoga	20 <sup>th</sup> - Yoga	17 <sup>th</sup> - Yoga	22 <sup>nd</sup> - Bust a Move	27 <sup>th</sup> - BAM	24 <sup>th</sup> - BAM	29 <sup>th</sup> - Jazzercise		
April	May	June																	
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29 <sup>th</sup> - Jazzercise																			
TIME	11AM - 12PM																		
TRANSPORTATION	NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION																		
REGISTER BY	Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>																		
COMMENTS	<p>Please wear comfortable clothing and running shoes or other supportive footwear.</p> <p><u>Yoga with Karena is LIVE and in person</u></p> <p>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.</p>																		

# 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.

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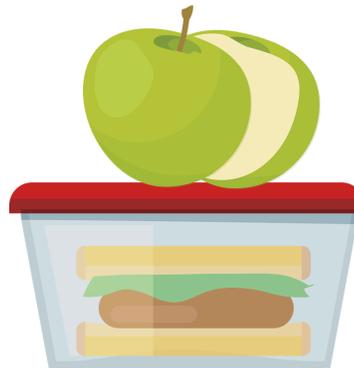
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 8 <sup>th</sup> May 13 <sup>th</sup> June 10 <sup>th</sup>
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.
REGISTER BY	48 hours prior to event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
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.

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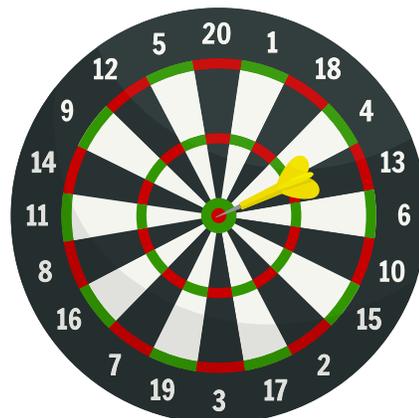
LOCATION	VARIOUS LOCATIONS IN NIAGARA
DATES	April 8 <sup>th</sup> - Stacked, 343 Glendale Ave., St. Catharines  May 13 <sup>th</sup> - Sunrise Cafe, 136 Bunting Rd.  June 10 <sup>th</sup> - Dohboy's Diner, 429 Glendale Ave.
TIME	11:30AM TO 1:00PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	48 hours prior to the event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
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, cards, and more.

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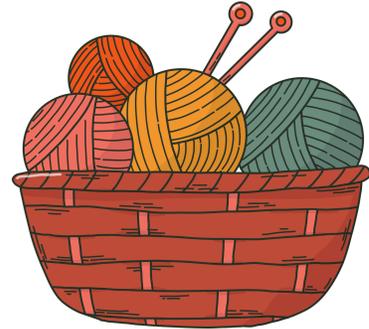
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	April 2 <sup>nd</sup> - June 25 <sup>th</sup>  **NO PROGRAM MAY 14 <sup>TH</sup> (SPRING FLING) OR JUNE 4 <sup>TH</sup> (BIAN EVENT)**
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	48 hours prior to the event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
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

# Stitch 'n' Bitch



Come to The Hub to learn how to loom knit, or crochet. This program is for people who want to learn how to loom knit, re-learn how to crochet, or who have previous experience with other yarn hobbies and just want a group to craft with.

Anyone can bring their own yarn project and work on it, in a social, supportive environment. Whether you are starting out or have knitted for years, this is the group for you!

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

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	Every Thursday: April 2 <sup>nd</sup> - June 25 <sup>th</sup> EXCEPT May 14 <sup>th</sup> and June 4 <sup>th</sup> for special events
TIME	10AM - 12PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	48 hours prior to the event to Katie Hill or Shirley Ely at <a href="mailto:khill@bicr.org">khill@bicr.org</a> or 905-682-2678.
COMMENTS	This spring we'll be learning (or practicing) embroidery by making a new project, as well as creating a useful macrame project. If neither of those string/yarn arts are your thing, you're always welcome to just hang out and "bitch" or continue your knitting/looming.

# 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 relieve 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:

April 17<sup>th</sup>

June 19<sup>th</sup>

HUB closed May 15<sup>th</sup>

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](mailto: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.

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LOCATION	NIAGARA PARKS, SCHOOL OF HORTICULTURE, NIAGARA PARKWAY
DATES	April 10 <sup>th</sup> - June 26 <sup>th</sup>
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 <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
COMMENTS	All attendees must wear full back and closed toed shoes. <b>ABSOLUTELY NO SANDALS.</b> 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	April 10 <sup>th</sup> May 8 <sup>th</sup> June 12 <sup>th</sup>
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 <a href="mailto:khill@bicr.org">khill@bicr.org</a>
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.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	<p><u>EVERY FRIDAY</u></p> <p>April 10<sup>th</sup> - June 26<sup>th</sup></p> <p>No music on April 3<sup>rd</sup> (Good Friday) or May 15<sup>th</sup> (HUB closed)</p>
TIME	11:00AM TO 12:00PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	<p>48 Hours prior</p> <p>Katie Hill or Shirley Ely at 905-682-2678 or via email at <a href="mailto:khill@bicr.org">khill@bicr.org</a></p>
COMMENTS	<p><u>Available IN PERSON only.</u></p>

# APRIL 2026

## EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, APRIL 1 <sup>ST</sup>	1PM - 2:30PM	THE HUB	GUESTIMATION
MUSIC TRIVIA	WEDNESDAY, APRIL 8 <sup>TH</sup>	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
WACKY WEDNESDAY	WEDNESDAY, APRIL 15 <sup>TH</sup>	1PM - 2:30PM	THE HUB	CASINO GAMES
ROCK AROUND THE CLOCK LIVE SHOW 	FRIDAY, APRIL 17 <sup>TH</sup>	12PM - 3:30PM	GREG FREWIN THEATER NIGARA FALLS	COST IS \$66 PER PERSON. LUNCH NOT INCLUDED BUT CAN BE PURCHASED OFF THE MENU. REGISTER BY APR. 3
MUSIC WITH RICK	WEDNESDAY, APRIL 22 <sup>ND</sup>	1PM - 2PM	THE HUB	COME OUT AND HEAR YOUR FAVOURITE SONGS.
BONUS BINGO	WEDNESDAY, APRIL 29 <sup>TH</sup>	1PM - 2:30PM	THE HUB	PLEASE BRING A PRIZE VALUED @ \$5. NO TIM'S CARDS PLEASE.
BLUE JAYS GAME 	WEDNESDAY, APRIL 29 <sup>TH</sup>	3PM - 6PM	ROGER'S CENTER TORONTO	COST IS \$31 PER TICKET. LIMITED NUMBER OF TICKETS AVAILABLE. REGISTER BY APR. 8

# APRIL 2026

## ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, APRIL 14 <sup>TH</sup>	5PM - 7PM	LINA LINGUINI'S	PRICE IS THE COST OF YOUR MEAL.
HERB AND VEGETABLE PLANTING	TUESDAY, APRIL 28 <sup>TH</sup>	1PM - 2:30PM	RICHARDSON COURT	BRING YOUR GREEN THUMB AND GET READY FOR SPRING.

## WELLAND

WELLAND DINER'S CLUB	TUESDAY, APRIL 28 <sup>TH</sup>	5PM - 7PM	SWISS CHALET	COST IS THE PRICE OF YOUR MEAL.
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SUN	MON	TUE	WED	THU	FRI	SAT
			1 Community Cafe Fit 'n' Fun Wacky Wednesday	2 Pub Games Stitch 'n' Bitch	3 <b>GOOD FRIDAY</b>	4
5	6 Bowling	7 Trains TT - High Tea @ The HUB	8 Community Cafe Fit 'n' Fun Music Trivia Lunch Club	9 Pub Games Stitch 'n' Bitch	10 WRAP Music with Kurt Laughter Yoga	11
12	13 Bowling Art and Soul	14 St Catharine's Diner's Club Supported Volunteering	15 Wacky Wednesday Community Cafe Fit and Fun	16 Pub Games Stitch 'n' Bitch	17 WRAP Music with Kurt Pet Therapy Rock Around the Clock 🚗	18
19	20 Bowling Art and Soul	21 Supported Volunteering TT - Tim Horton's Trains	22 Music with Rick Community Cafe Fit and Fun	23 Pub Games Stitch 'n' Bitch	24 WRAP Music with Kurt	25
26	27 Bowling Art and Soul	28 Welland Diner's Club Supported Volunteering Women's Group Vegetable Planting @ RC	29 Bonus Bingo Fit 'n' Fun Community Cafe Jays Game 🚗	30 Stitch 'n' Bitch Pub Games		

# APRIL 2026

# MAY 2026

## EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, MAY 6 <sup>TH</sup>	1PM - 2:30PM	THE HUB	FAMILY FEUD
MUSIC TRIVIA	WEDNESDAY, MAY 13 <sup>TH</sup>	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
SPRING FLING	THURSDAY, MAY 14 <sup>TH</sup>	5PM - 8PM	GRANTHAM OPTIMIST CLUB	SEE FLYER FOR DETAILS
WACKY WEDNESDAY	WEDNESDAY, MAY 20 <sup>TH</sup>	1PM - 2:30PM	THE HUB	CASINO GAMES
WELLAND JACKFISH GAME 	SATURDAY, MAY 23 <sup>RD</sup>	6PM - 9PM	JACKFISH STADIUM WELLAND	COST IS \$25 PER TICKET. INCLUDES BURGER OR HOTDOG, DRINK, POPCORN.
MUSIC WITH RICK	WEDNESDAY, MAY 27 <sup>TH</sup>	1PM - 2PM	THE HUB	COME OUT AND SING ALONG WITH RICK

# MAY 2026

## ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, MAY 12 <sup>TH</sup>	5PM - 7PM	RICKI JO'S	PRICE IS THE COST OF YOUR MEAL.

## WELLAND

CINCO DE MAYO PARTY	SATURDAY, MAY 2 <sup>ND</sup>	11AM - 1PM	PARKDALE	INDOOR AND OUTDOOR GAMES INCLUDING LOTTERIA AND MEXICAN FOOD.
WELLAND DINER'S CLUB	TUESDAY, MAY 26 <sup>TH</sup>	5PM - 7PM	MOSSIMO'S	COST IS THE PRICE OF YOUR MEAL.

SUN	MON	TUE	WED	THU	FRI	SAT
					WRAP	Cinco de Mayo Party @ Parkdale
3	4	5	6	7	8	9
	Bowling Art and Soul	Supported Volunteering Trains TT - Karaoke	Wacky Wednesday Community Cafe Fit and Fun	Pub Games Stitch 'n' Bitch	WRAP Music with Kurt Laughter Yoga	
10	11	12	13	14	15	16
	Bowling Art and Soul	Supported Volunteering St. Cathrines Diner's Club Women's Group	Music Trivia Community Cafe Fit and Fun	SPRING FLING	WRAP	
17	18	19	20	21	22	23
		Supported Volunteering Trains TT - Marble Slab	Lunch Club Community Cafe Fit and Fun	Pub Games Stitch 'n' Bitch	WRAP Music with Kurt	Welland Jackfish Game 
24	25	26	27	28	29	30
	Bowling Art and Soul	Supported Volunteering Welland Diner's Club Women's Group	Music with Rick Community Cafe Fit and Fun	Pub Games Stitch 'n' Bitch	WRAP Music with Kurt	
31						

# MAY 2026

# JUNE 2026

## EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, JUNE 3 <sup>RD</sup>	1PM - 2:30PM	THE HUB	TEAM TRIVIA
BRAIN INJURY AWARENESS EVENT IN THE PARK	THURSDAY, JUNE 4 <sup>TH</sup>	10AM - 2PM	GRANTHAM OPTIMIST CLUB	SEE FLYER PAGE FOR DETAILS
MUSIC TRIVIA	WEDNESDAY, JUNE 10 <sup>TH</sup>	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
BICR BOWLATHON	SUNDAY, JUNE 14 <sup>TH</sup>	1PM - 4PM	PARKWAY SOCIAL ST. CATHARINES	SEE FLYER FOR DETAILS
WACKY WEDNESDAY	WEDNESDAY, JUNE 17 <sup>TH</sup>	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH RICK	WEDNESDAY, JUNE 24 <sup>TH</sup>	1PM - 2PM	THE HUB	COME OUT AND SING ALONG WITH RICK.
AVONDALE DAIRY BAR 	WEDNESDAY, JUNE 24 <sup>TH</sup>	6PM - 8PM	AVONDALE DAIRY BAR	COST IS THE PRICE OF YOUR ICE CREAM

# JUNE 2026

## ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY, JUNE 9 <sup>TH</sup>	5PM - 7PM	JACK ASTOR'S	PRICE IS THE COST OF YOUR MEAL

## WELLAND

BEACH PARTY	SATURDAY, JUNE 20 <sup>TH</sup>	1PM - 3PM	PROMENADE	COME OUT WORK ON YOUR TAN AND PLAY SOME GAMES.
WELLAND DINER'S CLUB	TUESDAY, JUNE 23 <sup>RD</sup>	5PM - 7PM	MT BELLIES	PRICE IS THE COST OF YOUR MEAL

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	Bowling	Trains	Community Cafe		WRAP	
	Art and Soul	TT - Jam Making	Fit 'n' Fun Wacky Wednesday	Brain Awareness in the Park	Music with Kurt	
7	8	9	10	11	12	13
	Bowling	St. Catharines Diner's Club	Music Trivia	Pub Games	WRAP	
	Art and Soul	Pizza with Andy	Community Cafe	Stitch 'n' Bitch	Music with Kurt	
		Women's Group	Fit and Fun	Laughter Yoga		
14	15	16	17	18	19	20
Bowlathon	Bowling	Trains	Lunch Club	Pub Games	WRAP	Beach Day @ Promenade
	Art and Soul	TT - Movies @ Pen Center	Wacky Wednesday Community Cafe Fit and Fun	Stitch 'n' Bitch	Music with Kurt	
21	22	23	24	25	26	27
	Bowling	Welland Diner's Club	Community Cafe	Pub Games	WRAP	
	Art and Soul	Brain Basics	Fit and Fun	Stitch 'n' Bitch	Music with Kurt	
		Women's Group	Music with Rick Avondale Dairy Bar 			
28	29	30				
	Bowling	Brain Basics				
	Art and Soul					

# JUNE 2026



# RECIPES WANTED

BICR is putting together a cookbook and wants your favourite recipes to add to it!

We're looking for:

- Dips
- Drinks
- Sandwiches
- Snacks
- Casseroles
- One pot meals
- Breakfast foods
- ANYTHING YOU OR YOUR FAMILY LOVE TO EAT!

**Please make sure recipes are complete with all measurements and cooking instructions.**

Email recipes to Katie Hill at [khill@bicr.org](mailto:khill@bicr.org)

or

Sarah Peters at [speters@bicr.org](mailto:speters@bicr.org)





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