

LEARNING AND LEISURE GUIDE

WINTER 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 **January, February,**

March 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.

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.



COMING SOON...

Spring fling!

Stay tuned for details.



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

Series #1: January 12th, 19th, 26th : Scrapbooking

Series #2: February 2nd : Ceramics

Series #3: February 9th, 23rd, March 2nd : Stained Glass

Series #4: March 9th, 16th, 23th : String Art

*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

JANUARY 5TH - MARCH 30TH

NO BOWLING MONDAY, FEBRUARY 16TH (FAMILY DAY)

TIME

10AM- 11:30PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

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

COMMENTS

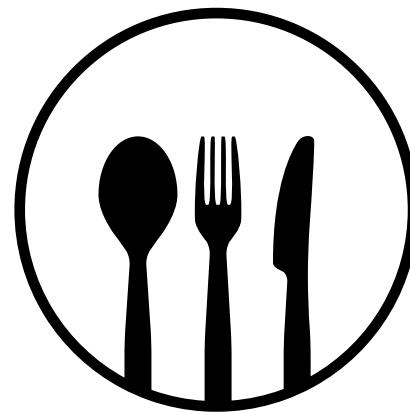
Cost is \$3.50 per game. Includes shoe rental.

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 AND WELLEND

DATES

DINER'S CLUB IS OFFERED ON TUESDAYS

St. Catharines:

January 13th - Fresco's

February 10th - Chuck's Roadhouse

March 10th - The Courtyard

Welland:

January 27th - MT Bellies

February 24th - Chuck's Roadhouse

March 24th - Boston Pizza

TIME

5PM TO 7PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

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

COMMENTS

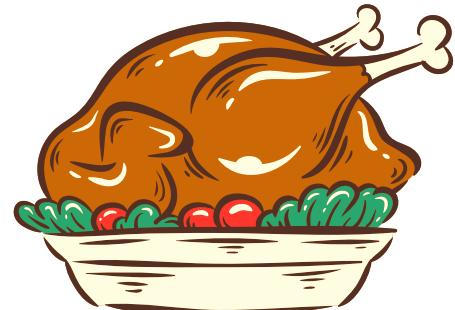
Cost is the price of your meal.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

TUESDAY GROUP

Take Home *Cooking*



Join the group at The Hub to work together to make an entire holiday turkey dinner you get to take home to enjoy at a later date.

Complete with mashed potatoes, gravy, stuffing, veggies, and fully roasted turkey. Practice those chopping and cooking skills to enjoy the classic holiday special.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

March 31st

TIME

10AM - 3PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

March 17th (2 weeks prior)

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 several meals.

Call ahead for menu information.

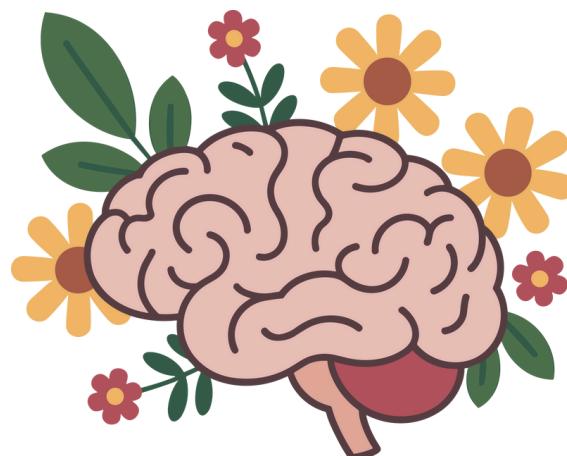
Number of Participants - Min: 4 Max: 6

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.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

Starting January 13th

Tuesdays, for 10 weeks

TIME

9AM - 12PM

TRANSPORTATION

PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

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

COMMENTS

This is a closed group, you **MUST** 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

January 20th : Tim Horton's @ Pen Center
February 3rd : Hot Cocoa & Chats @ The Hub
February 17th : Inside Walking Track @ Canada Games Park
March 3rd : Cookie Decorating @ The Hub
March 17th : Lunch and Shopping @ Pen Center (12:30pm - 3pm)

TIME

1PM - 2:30PM (**UNLESS OTHERWISE SPECIFIED**)

TRANSPORTATION

PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

One week prior to each program.

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

COMMENTS

Please do not arrive at The Hub before 12 noon.

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

January 20th - TBA
February 17th - TBA
March 17th - 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.

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

January 27th - Coffee Time @ The Pen Center (food court) 1:30PM - 3PM
February 10th - Lunch @ MT Bellies (cost of meal) 12PM - 2PM
February 24th - Music Trivia and Sing A Long (3340 Schmon Parkway Unit #2)
1:30PM - 3:30PM
March 10th - Coffee Social @ Tim Horton's (Turners Corner - HWY 20)
1:30pm - 2:30PM
March 24th - Easter Ceramics with Crystal from The Art Studio (cost \$20; 3340 Schmon Parkway, Unit 2) 1:30PM - 3:30PM

TIME

TIMES VARY BETWEEN 12:00PM AND 3:00PM

TRANSPORTATION

PROVIDED AT A COST.

REGISTER BY

Dawn Wolff at dwolff@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

January 7th - Team Building with Dave

February 4th - Family Feud

March 4th - Team Trivia

January 21st

February 18th

March 18th

CASINO GAMES

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
or Dave Horton at recreation@bicr.org

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.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

January 28th

February 25th

March 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 “Mini Trivia” activity from 1-2pm prior to Music with 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

January 7th to March 25th

TIME

9:30AM - 10:30AM

TRANSPORTATION

NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION

REGISTER BY

48 hours prior

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)
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	January 7 th - Yoga 14 th - Follow the Leader 21 st - Yoga 28 th - BAM February 4 th - Yoga 11 th - Chair Dance 18 th - Yoga 25 th - BAM March 4 th - Yoga 11 th - Follow the Leader 18 th - Yoga 25 th - BAM
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

January 14th

February 11th

March 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

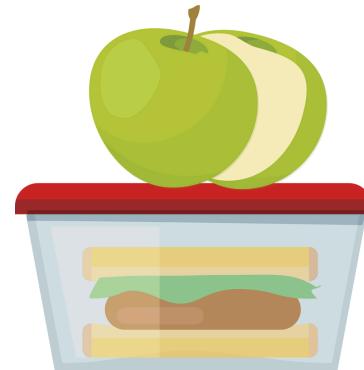
Come out and test your music knowledge or just listen to the tunes.

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

January 21st - The Early Bird (2 Merritt St., St. Catharines) 11:30AM - 1PM

February 18th - Cats Caboose (224 Glenridge Ave., St. Catharines) 11:30AM - 1PM

March 18th - The Courtyard (2 Dunlop Dr., St. Catharines) 11:30AM - 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

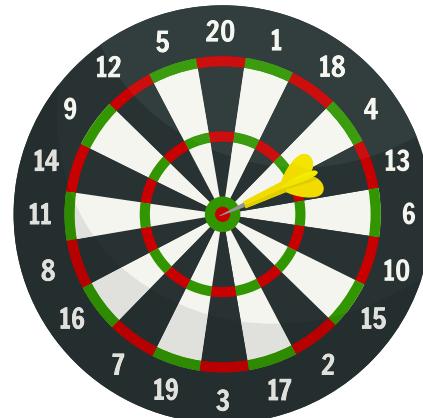
Cost is the price of your meal.

Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

THURSDAY GROUP

Pub *Games*



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

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

January 8th - March 26th

****No Pub Games January 22nd****

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

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:

January 8th to March 26th

**No Stitch 'n' Bitch on January 22nd **

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 khill@bicr.org
or 905-682-2678.

COMMENTS

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:

January 16th

February 20th

March 20th

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

January 9th - March 27th

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

January 9th
February 13th
March 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

January 9th - March 27th

TIME

11:00AM TO 12:00PM

TRANSPORTATION

NOT PROVIDED

REGISTER BY

48 Hours prior

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

COMMENTS

Available IN PERSON only.

LEARNING AND LEISURE GUIDE

FIRST AID & CPR TRAINING



DATE:

WEDNESDAY, FEBRUARY 11, 2026



TIME:

9AM - 4PM



LOCATION:

3340 SCHMON PARKWAY, UNIT 2



CONTACT:

DIANNE JACKSON

905-687-6788 EXT. 614

DJACKSON@BICR.ORG

- **NO COST**
- **LIMITED NUMBER OF SPOTS**
- **TRANSPORTATION NOT PROVIDED**

**MUST BE PHYSICALLY
CAPABLE OF PERFORMING
ALL CPR DUTIES.**



JANUARY 2026

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY 	WEDNESDAY JANUARY 7 TH	1PM - 2:30PM	THE HUB	JOIN US FOR A FUN TEAM BUILDING ACTIVITY
MUSIC TRIVIA	WEDNESDAY JANUARY 14 TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
ICE DOGS HOCKEY 	SUNDAY JANUARY 18 TH	2PM - 5PM	MERIDIAN CENTER	COST IS \$18 PER TICKET, REGISTER BY JANUARY 5 TH
WACKY WEDNESDAY	WEDNESDAY, JANUARY 21 ST	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH RICK	WEDNESDAY JANUARY 28 TH	1PM - 3PM	THE HUB	COME OUT AND HEAR YOUR FAVOURITE SONGS.

JANUARY 2026

ST. CATHARINES

EVENT	DATE	TIME	PLACE	NOTES
ST. CATH DINER'S CLUB	TUESDAY JANUARY 13 TH	5PM - 7PM	FRESCO'S	PRICE IS THE COST OF YOUR MEAL

WELLAND

NEW YEAR'S TRIVIA AND GAMES WITH A TWIST	SATURDAY JANUARY 24 TH	1:30PM - 3PM	PARKDALE	LIGHT REFRESHMENTS TO BE SERVED
WELLAND DINER'S CLUB	TUESDAY JANUARY, 27 TH	5PM - 7PM	MT BELLIES	PRICE IS THE COST OF YOUR MEAL

JANUARY 2026

FEBRUARY 2026

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, FEBRUARY 4 TH	1PM - 2:30PM	THE HUB	FAMILY FEUD
NIAGARA TAKES FLIGHT 	WEDNESDAY, FEBRUARY 4 TH	1PM - 3PM	TABLE ROCK, NIAGARA FALLS	A NEW ACTIVITY TAKING YOU THROUGH NF (INDOORS). COST TBA. REGISTER BY JAN. 28 TH
MUSIC TRIVIA	WEDNESDAY, FEBRUARY 11 TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
WACKY WEDNESDAY	WEDNESDAY, FEBRUARY 18 TH	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH RICK	WEDNESDAY, FEBRUARY 25 TH	1PM - 3PM	THE HUB	COME OUT AND HEAR YOUR FAVOURITE SONGS.
LUNCH @ THE MANDARIN 	SATURDAY, FEBRUARY, 28 TH	12PM - 2PM	THE MANDARIN, ST. CATHARINES	COST IS THE PRICE OF YOUR MEAL.

FEBRUARY 2026

ST. CATHARINES

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

WELLAND

WELLAND DINER'S CLUB	TUESDAY, FEBRUARY, 24 TH	5PM - 7PM	CHUCK'S ROADHOUSE	PRICE IS THE COST OF YOUR MEAL
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NIAGARA FALLS

SUPER BOWL PARTY	SUNDAY, FEBRUARY 8 TH	6PM - 10PM	ST. PAUL	MORE DETAILS TO FOLLOW.
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FEBRUARY

2026

MARCH 2026

EVENTS OPEN TO EVERYONE



(Transportation Provided)

EVENT	DATE	TIME	PLACE	NOTES
WACKY WEDNESDAY	WEDNESDAY, MARCH 4 TH	1PM - 2:30PM	THE HUB	TEAM TRIVIA
INDOOR MINI PUTT	WEDNESDAY, MARCH, 4 TH	1PM - 3PM	WIZARD MINI GOLF, NIAGARA FALLS	COST IS \$12 PER PERSON
MUSIC TRIVIA	WEDNESDAY, MARCH 11 TH	1PM - 2:30PM	THE HUB	COME OUT AND TEST YOUR MUSIC KNOWLEDGE.
CROSSFIRE WRESTLING	SATURDAY, MARCH 14 TH	4PM - 7PM	MERRITTON COMMUNITY CENTER	COST IS \$15 PER PERSON
WACKY WEDNESDAY	WEDNESDAY, MARCH 18 TH	1PM - 2:30PM	THE HUB	CASINO GAMES
MUSIC WITH RICK	WEDNESDAY, MARCH 25 TH	1PM - 3PM	THE HUB	COME OUT AND LISTEN TO YOUR FAVOURITE TUNES.

MARCH 2026

ST. CATHARINES

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

WELLAND

ST. PATRICK'S DAY FUN	SATURDAY, MARCH, 7 TH	1PM - 2:30PM	PROMENADE	COME OUT AND JOIN US FOR SOME ST. PATRICK'S DAY FUN!
WELLAND DINER'S CLUB	TUESDAY, MARCH 24 TH	5PM - 7PM	BOSTON PIZZA	PRICE IS THE COST OF YOUR MEAL

SUN	MON	TUE	WED	THU	FRI	SAT
1	Bowling	2	3	4	5	6
	Art and Soul	TT - Cookie Decorating	Brain Basics	Community Cafe	Pub Games	WRAP
8	Bowling	9	10	Fit 'n' Fun	Stitch 'n' Bitch	Music with Kurt
	Art and Soul	St. Catharines Diner's Club	Wacky Wednesday	Indoor Mini Putt	Indoor Mini Putt	St. Patrick's Day @ Promenade
15	Bowling	16	17	18	19	20
	Art and Soul	Brain Basics	TT - Lunch and Shopping	Wacky Wednesday	Pub Games	WRAP
22	Bowling	23	24	25	26	27
	Art and Soul	Welland Diner's Club	Community Cafe	Fit and Fun	Pub Games	WRAP
29	Bowling	30	31	Take Home Cooking	Stitch 'n' Bitch	Music with Kurt

MARCH
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

or

Sarah Peters at speters@bicr.org

MY ACTIVITIES



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

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