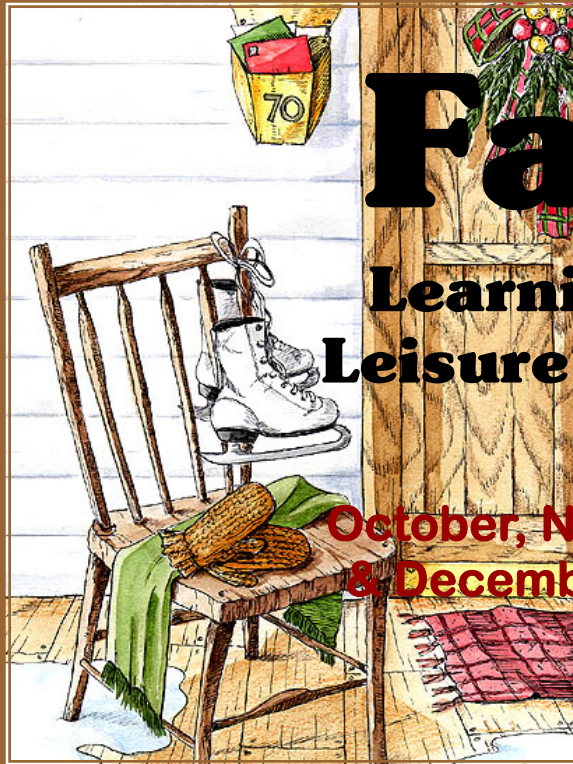




Brain Injury Community
Re-entry (Niagara) Inc.



Fall Learning & Leisure Guide

October, November
& December 2009



Recycled

Learning & Leisure Guide

It is with a great sense of excitement and anticipation that Brain Injury Community Re-entry (Niagara) Inc. (BICR) presents this seasonal **Learning and Leisure Guide** distributed every three months.

The purpose of this calendar is to bring together a variety of program activities that BICR offers and to present them in an easy-to-use guide. You will find in this guide many opportunities from such areas as the Therapeutic Recreational Services, Vocational Services and Social Work departments.

This guide profiles program activities that are offered in October, November and December 2009. Some program activities are time limited and run in sessions, while other program activities run year round.

The contacts indicated for each program activity are available to answer any questions you may have. Please review this guide and sign up for program activities of your choice.

BICR looks forward to your participation in any of these activities. If you have any questions or concerns, please don't hesitate to contact us.



Brain Injury Community Re-entry
(Niagara) Inc.
261 Martindale Road, Units 12 & 13
St. Catharines, Ontario L2W 1A1
Phone: 1-800-996-8796 or 905-687-6788
Fax: 905-641-2785
E-mail: recreation@bicr.org
Website: www.bicr.org
Dave Horton, Recreation Coordinator

WRAP

WORK - REST - AND - PLAY
MONDAY GROUP

- Description:** Work, Rest, And Play. Come on out and volunteer at the Niagara Parks School of Horticulture. (Show us your green thumb!)
- Location:** Botanical Gardens, Niagara Falls
- Date:** Mondays, October 5 - December 14, 2009
(excluding holidays)
- Time:** 9:30 a.m. - 12:00 p.m. (no full days)
- Min# of Participants:** 4
- Max# of Participants:** 6
- Transportation:** Provided from BICR main office at no cost.
- Material Required:** N/A
- Activity Fee:** N/A
- Pre-Requisites:** Not in Volunteer Ventures.
- Contact:** Dave Horton, 905-687-6788, ext. 641
- Register by:** Thursday, October 1, 2009



Bowling

Description: A social activity at Parkway Lanes where people can get together and play a game of 10-pin bowling. Wheelchair and ball ramps are available.

Location: Parkway Lanes, Ontario Street, St. Catharines.

Date: Mondays, September 21, 2009 - April 26, 2010

Time: 1:00 p.m. - 2:30/3:00 p.m.

Min# of Participants: 4

Max# of Participants: N/A

Transportation: Not provided; please provide your own transportation.

Material Required: N/A

Activity Fee: \$2.25 per person per game.

Contact: Dave Horton, 905-687-6788, ext. 641

Register by: N/A

Comments: Please bring enough money to play 1 or 2 games.



Circle of Friends

Description: Participants interact with one another during group. The Group Facilitator sets the topic for the evening and maintains direction of the group.

Location: BICR Main Office
261 Martindale Rd., Units 12 & 13, St. Catharines.

Date: Mondays, September 14 - December 14, 2009

Time: 6:50 p.m. - 8:30 p.m.

Min# of Participants: 5

Max# of Participants: 12

Transportation: Not provided; please arrange your own transportation.

Pre-Requisites: Willing to attend group and ask questions and interact with fellow members.

Contact: Valdi Paron, 905-687-6788, ext. 335

Register by: Currently the session is full; however, openings do occur from time to time.



Cooking & Nutrition

Description: Enjoy eating? Learn to cook! Spend the morning learning to cook simple nutritious meals. Learn basic kitchen safety.

Location: Head Injury Association of Fort Erie

Date: Tuesdays, on-going

Time: 10:00 a.m. - 1:00 p.m.

Min# of Participants: 2

Max# of Participants: 4

Transportation: Not provided; please provide your own transportation.

Material Required: A healthy appetite.

Activity Fee: \$2 for the price of your meal.

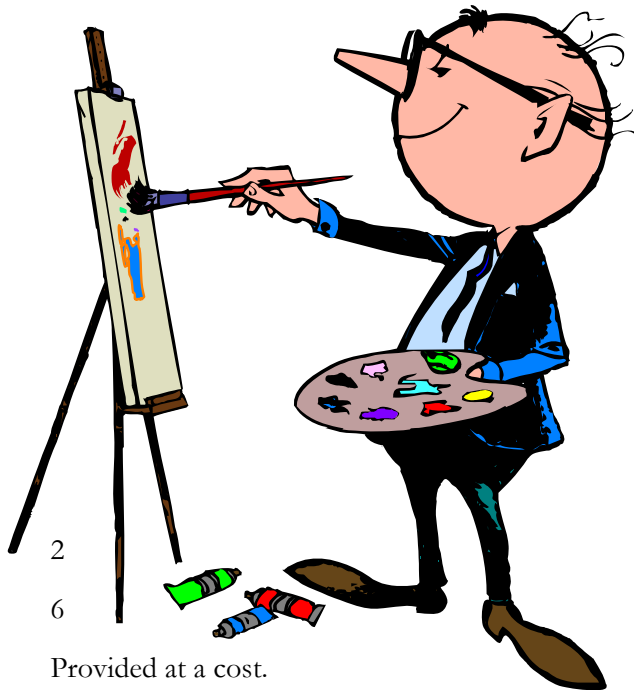
Contact: Diane Thomson, 905-687-6788, ext. 265

Register by: On-going registration



Whispering Pines

- Description:** Two-hour painting class located in the beautiful town of Sherkston.
- Location:** Whispering Pines Art Studio, Sherkston
- Date:** Tuesdays, October 6 - December 15, 2009
- Time:** Class time is 12:30 p.m. - 2:30 p.m.



- Min# of Participants:** 2
- Max# of Participants:** 6
- Transportation:** Provided at a cost.
- Material Required:** All materials available at a small cost.
- Activity Fee:** Varies from month to month.
- Contact:** Dave Horton, 905-687-6788, ext. 641
- Register by:** Tuesday, October 6, 2009

Volunteer Ventures

Description: These sessions are provided for individuals to gain experience and learn work-related skills through volunteering in a small group at various community locations.

Location: A variety of locations throughout the community.

Date: Wednesdays, October 7 - December 16, 2009

Time: Meet at BICR main office at 12:00 p.m. Return back to BICR from the worksite. No cost.

Min# of Participants: 2

Max# of Participants: 8

Transportation: Provided from BICR main office at no cost.

Activity Fee: Money for refreshments, if desired.

Pre-Requisites: Not enrolled in WRAP, Community Connections or any other independent volunteer/work placement. Have the ability to self-direct and work as a team member.

Contact: Tina Horton, 905-685-4464

Register by: Wednesday, September 30, 2009

Comments: Volunteer Ventures is intended for individuals seeking volunteer exploration and experience to gain skills for independent volunteering or employment.



Archery



Description: Indoor and outdoor ranges, target shooting, 3D shooting, full instruction and equipment provided.

Location: Beamsville

Date: Wednesdays, October 7 - December 16, 2009

Time: 1:00 p.m.- 3:00 p.m.

Min# of Participants: 4

Max# of Participants: 8

Transportation: Provided from BICR main office at a cost.

Material Required: N/A

Activity Fee: \$3.00 plus transportation cost.

Pre-Requisites: N/A

Contact: Dave Horton, 905-687-6788 ext. 641

Register by: Thursday, October 1, 2009

St. Catharines Diner's Club

Description: Come join us at a variety of restaurants in St. Catharines for a nice social dinner.

Location: A variety of restaurants in the St. Catharines area.

Date: First Wednesday of each month.

Time: 6:00 p.m. - 8:00 p.m.

Min# of Participants: 2

Max# of Participants: N/A

Transportation: Not provided; please arrange your own transportation.



Material Required: A hearty appetite!

Activity Fee: Price of your meal.

Contact: Dave Horton, 905-687-6788, ext. 641

Register by: Two days prior to the event.

Welland Diner's Club

Description: Come join us at a variety of restaurants in the Welland area for a nice social dinner.

Location: A variety of restaurants in the Welland area.

Date: Third Wednesday of every month.

Time: 5:00 p.m. - 7:00 p.m.

Min# of Participants: 2

Max# of Participants: N/A

Transportation: Not provided; please arrange your own transportation.

Material Required: A hearty appetite!

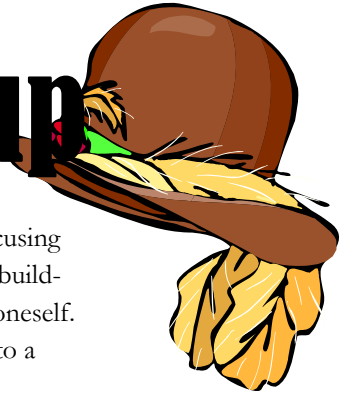
Activity Fee: Price of your meal.

Contact: Dave Horton,
905-687-6788, ext. 641

Register by: Two days prior to the event.



Women's Group



Description:

Monthly supportive meetings for women focusing on different topics; for example group team building, dealing with losses and learning to like oneself. Secondly, the group plans a monthly outing to a location generated by the group.

Meeting Dates, Times and Locations:

Thursday, October 8 - 9:45-12:00, meet at Bethany for fun activities
Thursday, October 29 - 9:45-12:00, meeting at Bethany
Thursday, November 12 - 9:45-12:00, meeting at Bethany or planned outing
Thursday, November 26 - 9:45- 12:00, meeting at Bethany
Thursday, December 10 - 9:45-12:00, meeting at Bethany or planned outing
Thursday, December 17 - 9:45-12:00, meeting at Bethany

Min# of Participants: 4

Max# of Participants: 15

Transportation: Not provided; please provide your own transportation.

Activity Fee: N/A for monthly meetings, small fee may apply for some outings.

Contact: Ineke Soto, 905-687-6788, ext. 614

Register by: On-going registration

Comments: Everyone is welcome. Drop in for one session or come out to all. See you there!

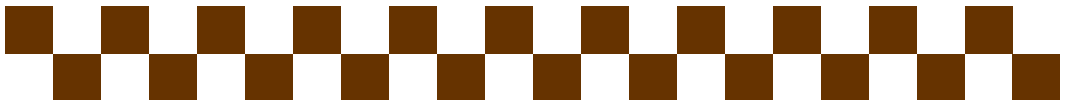


Men's Social Group

Description:	Join a group of your peers for social activities in the Niagara Region.
Location:	BICR Main Office 216 Martindale Rd., Units 12 & 13, St. Catharines
Date:	Thursdays, October 1 - December 17, 2009
Time:	1:00 p.m. - 3:00 p.m.
Min# of Participants:	4
Max# of Participants:	8



Transportation:	Provided from BICR main office at no cost.
Material Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	Not in BICR's "Circle of Friends" group.
Contact:	Dave Horton, 905-687-6788, ext. 641
Register by:	N/A



Substance Dependence Support Group

- Description:** A ten week educational support group for individuals with acquired brain injury who are also dealing with substance dependency. Upon completion of the program each individual will receive a certificate of achievement.
- Location:** BICR Main Office
261 Martindale Rd., Units 12 & 13, St. Catharines.
- Date:** TBA
- Time:** 2:00 p.m. - 4:00 p.m.
- Min# of Participants:** 4
- Max# of Participants:** 8
- Transportation:** Not provided; please arrange your own transportation. If you have transportation difficulties contact Kimberley Underhill or Jeff Sica.
- Pre-Requisites:** History of substance use.
Completion of assessment interview.
- Contact:** Kimberley Underhill, 905-687-6788, ext. 657
Jeff Sica, 905-687-6788, ext. 617
- Register by:** TBA
- Comments:** Refreshments and a light snack will be served.

WRAP

WORK - REST - AND - PLAY

FRIDAY GROUP

Description: Work, Rest, And Play. Come on out and volunteer at the Niagara Parks School of Horticulture. (Show us your green thumb!)

Location: School of Horticulture

Date: Fridays, October 2 - December 18, 2009

Time: 10:00 a.m. - 1:00 p.m.

Min# of Participants: 4

Max# of Participants: 6

Transportation: Provided from BICR main office at no cost.

Material Required: You must provide your own lunch.

Activity Fee: A small fee may apply depending on activity.

Pre-Requisites: Not in Volunteer Ventures.

Contact: Dave Horton, 905-687-6788 ext. 641

Register by: Friday, September 25, 2009



Fall Back



November 1, 2009

The annual fall back ritual takes place at 2 am Sunday morning, as we return to Eastern Standard Time, after an extended period of Daylight Saving.

Fall Prevention Safety Tips

Tips for Pedestrians

- Make eye contact with drivers, so you know they see you and they know you see them.
- Always use designated crossing points and obey pedestrian traffic signs and signals.
- Walk facing traffic, especially where there are no sidewalks.
- Enter and exit driveways and alleys carefully.
- Incorporate reflective materials on jackets and backpacks.



Tips for Drivers

- Always yield to pedestrians.
- Use your headlights at all times to ensure you are visible to pedestrians and other vehicles.
- Slow down and keep extra distance between your vehicle and the one in front. It takes longer to stop on wet or slippery roads.

Tips for Cyclists

- Treat your bicycle as you would a car, and obey the road rules.
- Always wear a helmet while riding a bicycle.

Lest We Forget

November 11, 1918

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

by John McCrae, May 1915



COSS and Modular Services Family Christmas Party

Description: A get-together for participants and families of COSS and Modular Services Programs.

Location: St. Columba Church.
7 St. Columba Drive, St. Catharines

Date: Monday, December 21, 2009

Time: 5:00 - 7:30 p.m.

Transportation: You are encouraged to make your own transportation arrangements.

Material Required: Potluck meal, please bring a dish to share with others. If your last name begins with:
A-P: Salad or Vegetable Dish
Q-Z: Dessert

Contact: Dave Horton, 905-687-6788 ext. 641

Register by: Monday, December 14, 2009

Comments: Please bring a wrapped gift for your child valuing approximately \$10. Santa Claus will be the surprise guest.

Winter Geneva Park

Description: The agency is looking into the **possibility** of planning a 4 day, 3 night trip to Geneva Park between January 1, 2010 and March 31, 2010.

The trip may include snow shoeing, broomball, campfires, cross country skiing and more.

Location: YMCA Geneva Park, Orillia, Ontario

Date: To be announced (if the trip is a go)

Min# of Participants: 6

Max# of Participants: 10

Transportation: To be announced.

Material Required: To be announced.

Activity Fee: To be announced.

Contact: Dave Horton, 905-687-6788, ext. 641

Comments: Anyone interested in attending this trip please contact Dave Horton at ext. 641. If we have enough interest the decision will be made on whether or not the trip is a go.





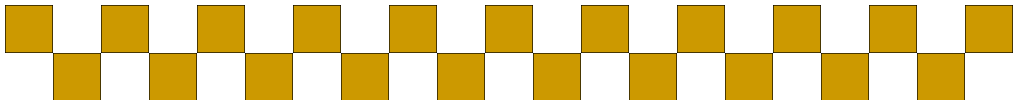
Fall

Notes:

Weekly Groups

October - December 2009

Monday	Tuesday	Wednesday	Thursday	Friday
WRAP 10-12:30pm	Cooking & Nutrition 10am-1pm	Volunteer Ventures 12noon	Women's Group 9:45-12pm	WRAP 10am-1pm
Bowling 1-3pm	Whispering Pines 12:30-2:30pm	Archery 1-3pm	Men's Group 1-3pm	
Circle of Friends 6:50-8:30pm		Diner's Club St. Catharines First Wednesday of the month	Substance Dependence Support Group 2-4pm	
		Diner's Club Welland Third Wednesday of the month		



October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Fall

October, November and December 2009
Activity Interest Form

To help ensure your enrolment in the program activity of your choice, please complete the following and return it to the BICR main office Recreation Department. Please return as soon as possible before the deadline date of your chosen activities.

Participant's Name:	
Address:	Phone:
Participant's Contact Person:	Phone:
Participant's Case Facilitator:	

Please check off all BICR services/programs that Participant is currently receiving:

- | | |
|---|---|
| <input type="checkbox"/> Case Management | <input type="checkbox"/> Intake |
| <input type="checkbox"/> Long Term Case Facilitator | <input type="checkbox"/> Outreach (COSS) |
| <input type="checkbox"/> PET Program | <input type="checkbox"/> Psychology Services |
| <input type="checkbox"/> Recreational Services | <input type="checkbox"/> Residential Services |
| <input type="checkbox"/> Social Work Services | <input type="checkbox"/> Vocational Services |

	Preference	Activity Name	Date(s) & Time(s)	Activity Contact Person
1st				
2nd				
3rd				



Brain Injury Community Re-entry (NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

261 Martindale Road
Units 12 & 13
St. Catharines, ON L2W 1A1

Phone: 905-687-6788
Fax: 905-641-2785
Email: recreation@bicr.org
Website: www.bicr.org