



Brain Injury  
Community Re-entry  
(NIAGARA) INC.

# Learning & Leisure Guide Winter 2012



# Welcome to BICR's Learning & Leisure Guide

Welcome winter!! We also welcome you to explore Brain Injury Community Re-entry (Niagara) Inc.'s (BICR) seasonal Learning and Leisure Guide, which is distributed every three months. This guide profiles program activities that are offered in January, February, and March 2012.

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.

Like previous Learning & Leisure guides many of the programs and services being offered will take place in the community as well as the BICR main office. Others will take place beside BICR's main office at our new space, Unit 10, 261 Martindale Road. One such program is our new computer lab. You are welcome to sign up and use these computers which are all connected to the internet. For your convenience two of the computers are wheelchair accessible. The desks can be lowered and raised to suite your needs.

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. 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.

*Disclaimer:*

*Brain Injury Community Re-Entry (Niagara) Inc. acknowledges funding support for many of our programs and services from the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) 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 Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the government of Ontario.*

# WRAP



<b>Description:</b>	Come and get your hands dirty and relish at the end results. 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.
<b>Location:</b>	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
<b>Dates:</b>	Mondays, January 9 to March 26, 2012 (excluding holidays)
<b>Times:</b>	10am to 11:30am
<b>Min #</b>	2
<b>Max #</b>	8
<b>Transportation:</b>	Provided from BICR's Main Office at no cost.
<b>Materials Required:</b>	Sunscreen and hat.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Tuesday, January 3, 2012
<b>Comments:</b>	Please dress weather and activity appropriate.

# International Cooking Program



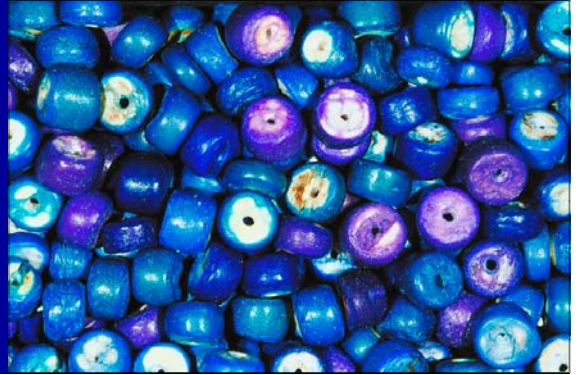
<b>Description &amp; Dates:</b>	<p>Come out and cook and eat lunch every Monday while fine tuning your cooking skills. Learn to create different foods from around the world.</p> <p>Week 1 through 6: January 9, 2012 - Italy January 16, 2012 - Mexico January 23, 2012 - Poland/Ukraine January 30, 2012 - Britain February 6, 2012 - Canadian (French Canadian) February 13, 2012 - China</p>
<b>Location:</b>	BICR, Unit 10
<b>Times:</b>	9am to 1pm
<b>Min #</b>	2
<b>Max #</b>	5
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	\$2 for the cost of your meal.
<b>Pre-Requisites:</b>	Must be able to work independently and in a group setting.
<b>Contact Name:</b>	Tanya Nazar 905-687-6788 ext. 720 Shirley Ely 905-687-6788 ext. 756
<b>Registration Date:</b>	Thursday, January 7, 2012
<b>Comments:</b>	As we only have limited space in the kitchen, this group will be small; some participants may be waitlisted until the next cooking program.

# Bowling



<b>Description:</b>	Join in on all the benefits bowling has to offer. It is an anaerobic type of physical exercise similar to walking with free weights. Bowling helps to burn calories and work muscle groups not usually exercised. Apart from the physical benefits it also strengthens friendships and creates new ones.  Partake in one or two games of 10 pin bowling and cheer on your friends. Let's see if you can get a Turkey.
<b>Location:</b>	Parkway Lanes 327 Ontario Street St. Catharines
<b>Dates:</b>	Mondays, January 9 to April 30, 2012 (excluding holidays)
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	N/A
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	\$2.50 per game
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	N/A
<b>Comments:</b>	N/A

# Jewelry Making



<b>Description:</b>	Learn the basics of jewelry making and beadwork including the following: <ul style="list-style-type: none"><li>• Colour combination</li><li>• Trends and design execution</li><li>• Designing wearable art</li><li>• Following patterns</li><li>• Create necklaces, rings, bracelets, and other accessories</li><li>• String, crimp, and learn basic wire work techniques using tools</li></ul>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Mondays, March 12, 2012 to June 25, 2012 (excluding holidays)
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	10
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of material if you choose to purchase what you made.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Tanya Nazar 905-687-6788 ext. 720 Shirley Ely 905-687-6788 ext. 756
<b>Registration Date:</b>	Monday, March 5, 2012
<b>Comments:</b>	N/A

# YMCA Group



**Description:** Do you want to get fit or stay fit? Come join us at the St. Catharines YMCA three times per week. Ride a bike, walk/run on a treadmill, work out, play basket ball, swim, etc.

**Location:** St. Catharines YMCA

**Dates:** Mondays, January 9 to March 26, 2012 (excluding holidays)  
Wednesdays, January 4 to March 28, 2012  
Fridays, January 6 to March 30, 2012

**Time:** 1 pm to 3 pm

**Min #** 4

**Max #** 10

**Transportation:** Not provided. Please arrange your own transportation.

**Materials Required:** BIAN or YMCA membership.

**Cost:** Membership as above.

**Pre-Requisites:** N/A

**Contact Name:** Dave Horton 905-687-6788 ext. 641

**Registration Date:** 24 hours prior to the event.

**Comments:** N/A

# SUBI - Level 1



## Description:

SUBI (Substance Use/Brain Injury) is an educational support group initially designed through collaboration between Cam-H (Centre for Addiction and Mental Health) and CHIRS (Community Head Injury Resource Services). The group addresses individuals who have both an acquired brain injury and addiction issues. Individuals with an ABI who also use alcohol or drugs may not recover as quickly as those who do not, and may have increased difficulties with balance and mobility, increased instances of depression and memory impairment, and are at a higher risk for having another brain injury.

The sessions will cover the following:

- Areas related to the addiction cycle
- Tools to use during a recovery
- Improving personal relationships
- Coping strategies
- Goal setting for recovery

The group also provides an opportunity for members to meet other individuals who have struggled with ABI and substance use.

## Location:

BICR, Unit 12

## Dates:

Mondays, January 16 to March 26, 2012  
(excluding holidays)

## Times:

2pm to 4pm

## Min #

4

## Max #

8

## Transportation:

Not provided. Please arrange your own transportation.

## Materials Required:

Provided

## Activity Fee:

N/A

## Pre-Requisites:

Referral and completion of assessment interview.

## Contact Name:

Jeff Sica ext. 629

## Registration Date:

Monday, January 9, 2012

## Comments:

N/A

# Circle of Friends



<b>Description:</b>	<p>Circle of Friends is a group intended for individuals with an ABI. While attending this weekly group, individuals have an opportunity to learn about a variety of topics while interacting with one another.</p> <p>The Group Facilitator selects the topic for the evening and facilitates discussions and group interaction. The focus of the group is to develop healthy friendships and/or relationships.</p>
<b>Location:</b>	BICR, Unit 12
<b>Dates:</b>	Mondays, January 9 to March 26, 2012 (excluding holidays)
<b>Times:</b>	6:50pm to 8:30pm
<b>Min #</b>	5
<b>Max #</b>	12
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Valdi Paron 905-687-6788 ext. 335 or Daniel Lutzer ext. 294
<b>Registration Date:</b>	Tuesday, January 3, 2012
<b>Comments:</b>	N/A

# Whispering Pines



<b>Description:</b>	Are you artistic or do you enjoy working with colours and paints? Come on out to the beautiful town of Sherkston and participate in an acrylic painting class. Still lives, scenery shots and other types of painting are offered.
<b>Location:</b>	Sherkston
<b>Dates:</b>	Tuesdays, January 10 to March 27, 2012
<b>Times:</b>	12pm to 2pm
<b>Min #</b>	4
<b>Max #</b>	12
<b>Transportation:</b>	Provided at a cost.
<b>Materials Required:</b>	Please provide your own brushes or you can purchase them at Whispering Pines.
<b>Activity Fee:</b>	\$8 for van transportation \$8 per class plus the cost of supplies
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Tuesday, January 3, 2012
<b>Comments:</b>	BICR provides the paint. Canvases are sold at a minimal cost.

# Craft Corner


**Description & Dates:**

Crafts galore...this is a new and exciting group designed to be fun and creative. Bright colours and materials, new and original ideas and much, much, more. Join us for one or all of the planned sessions below.

**Tuesdays:**

January 3, 2012 - Blast off rocket candy card

January 17, 2012 - Snow swabs

January 31, 2012 - Beetle baby

February 14, 2012 - Scratch and win

February 28, 2012 - Quadropus

March 13, 2012 - Green stamp

March 27, 2012 - Water bottle holder

**Location:**

BICR, Unit 10

**Times:**

1pm to 3pm

**Min #**

2

**Max #**

10

**Transportation:**

Not provided. Please arrange your own transportation.

**Materials Required:**

All materials will be provided

**Activity Fee:**

\$4 per week for supplies

**Pre-Requisites:**

N/A

**Contact Name:**

Dave Horton 905-687-6788 ext. 641

**Registration Date:**

Tuesday, January 3, 2012

**Comments:**

You do not have to attend every week. Sign up only for the weeks you want to come.

# Gamers Gallery

**Description & Dates:**

Are you a “gamer”? If you enjoy a game or two or like to socialize with friends this program is for you. Each week the group will partake in a popular game. No skill necessary, we learn as we go and teach each other as we follow the general rules of the game. Join us for one or all of the sessions listed below.

**Tuesdays:**

January 10, 2012 - Card Game Mania

January 24, 2012 - Who Wants to be a Millionaire

February 7, 2012 - Jeopardy PowerPoint

February 21, 2012 - Monopoly

March 6, 2012 - Charades

March 20, 2012 - Picture Guess

**Location:**

BICR, Unit 10

**Times:**

1pm to 3pm

**Min #**

4

**Max #**

8

**Transportation:**

Not provided. Please arrange your own transportation.

**Materials Required:**

N/A

**Activity Fee:**

N/A

**Pre-Requisites:**

N/A

**Contact Name:**

Dave Horton 905-687-6788 ext. 641

**Registration Date:**

Tuesday, January 3, 2012

**Comments:**

Please register for each week that you plan to attend.

# Open Computer Sign-Up



<b>Description:</b>	Do you sometimes wish you had access to a computer in a supported environment? Well, BICR now has computers that you are able to reserve time on. You can schedule some time to work on your computer skills, surf the web, check your email, learn new skills and complete on-line programs. While this free time is geared towards individuals with some computer knowledge, if you are interested in learning basic computer skills let us know and we will look at offering group skill building sessions in the future.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Tuesdays, January 3 to March 27, 2012
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	1
<b>Max #</b>	4
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	Participants will be asked to sign a Computer Usage Agreement & Code of Conduct.
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Up to 24 hours prior, permitting space is available.
<b>Comments:</b>	N/A

# St. Catharines Diner's Club



<b>Description:</b>	Good food, good friends, good times! Join us at a different restaurant located in St. Catharines each month for a reasonably priced dinner. Taste the local cuisine, try something new or enjoy your favorite dish, it's up to you. Bring a smile and a hearty appetite.
<b>Dates &amp; Location:</b>	Thursday, January 26, 2012 - Pasta Dinner Fundraiser ***(see page 26 for further details)  First Tuesday of each month.  February 14, 2012 - Big Marco's March 13, 2012 - Ricky Jo's
<b>Times:</b>	6pm to 8pm
<b>Min #</b>	4
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	N/A

# Welland Diner's Club



<b>Description:</b>	Good food, good friends, good times! Join us at a different restaurant located in Welland each month for a reasonably priced dinner. Taste the local cuisine, try something new or enjoy your favorite dish, it's up to you. Bring a smile and a hearty appetite.
<b>Dates:</b>	Thursday, January 26, 2012 - Pasta Dinner Fundraiser ***(see page 26 for further details)  Third Tuesday of each month.  February 28, 2012 - MT Bellies March 27, 2012 - Blue Star
<b>Times:</b>	5pm to 7pm
<b>Min #</b>	4
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	N/A

# Mat Yoga and Meditation



<b>Description:</b>	A basic introduction to yoga on the mat. Participants will learn gentle pose sequences and enjoy guided meditation. This class will prepare participants for classes in the community.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Wednesdays, January 4 to March 28, 2012
<b>Times:</b>	9am to 10am
<b>Min #</b>	3
<b>Max #</b>	15
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	Yoga mat.
<b>Activity Fee:</b>	No fee
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Meghan McEwen 905-687-6788 ext. 306
<b>Registration Date:</b>	Tuesday, January 3, 2012
<b>Comments:</b>	Yoga mats may be available if needed. Please contact Meg for details.

# Chair Yoga and Meditation



<b>Description:</b>	A gentle form of yoga completed while seated in a chair or wheelchair. All poses are modified to each individual. The participants will find peace of mind, relaxation and an improved sense of mind body connection. Guided meditation and Tibetan singing bowls will be incorporated in most sessions.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Wednesdays, January 4 to March 28, 2012
<b>Times:</b>	10:15am to 11:15am
<b>Min #</b>	3
<b>Max #</b>	20
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	Yoga mat.
<b>Activity Fee:</b>	No fee
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Meghan McEwen 905-687-6788 ext. 306
<b>Registration Date:</b>	Tuesday, January 3, 2012
<b>Comments:</b>	N/A

# Art Expression



**Description:** Join us and learn the different styles of art and express yourself through creativity while creating works of art.

Learn:

- Etching
- Clay sculpturing
- Bead art
- Canvas painting (water, oil)
- Velvet colouring art
- Basic drawing (farm scene)

**Location:** BICR, Unit 10

**Dates:** Wednesdays, January 11 to February 15, 2012

**Times:** 1:00pm to 3:00pm

**Min #** 2

**Max #** 6

**Transportation:** Not provided. Please arrange your own transportation.

**Materials Required:** Provided.

**Activity Fee:** One time fee of \$2 for supplies.

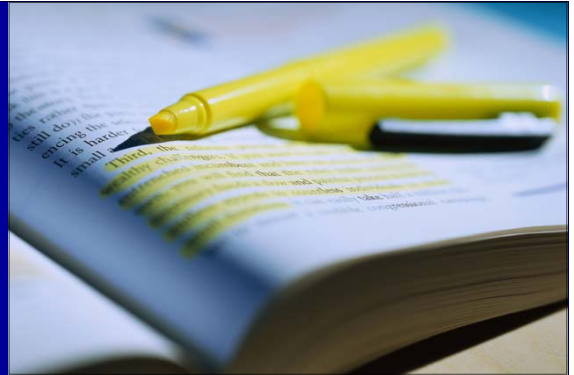
**Pre-Requisites:** Ability to work in a group setting with little assistance.

**Contact Name:** Tanya Nazar 905-687-6788 ext. 720

**Registration Date:** Monday, January 9, 2012

**Comments:** As we only have limited space some participants may be waitlisted until the next art expression is run.

# SUBI



<b>Description:</b>	SUBI (Substance Use/Brain Injury) is an educational support group designed to address individuals with ABI who have also struggled with addictive related behaviours. This particular group is intended for those who have previously completed the Level 1 group, and wish to be involved in an ongoing group meeting to maintain the changes they have attempted to make in their daily lives. This group will continue to meet on an on-going weekly basis, and will incorporate review of materials covered in Level 1 with new materials related to relapse prevention techniques. This group will also incorporate a higher level of group discussion and peer support and possible application of strategies through group and community based activities.
<b>Location:</b>	BICR, Unit 12
<b>Dates:</b>	Wednesdays ongoing
<b>Times:</b>	2pm to 4pm
<b>Min #</b>	5
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	Provided
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	Completion of SUBI Level 1 group cycle.
<b>Contact Name:</b>	Jeff Sica ext. 629
<b>Registration Date:</b>	N/A
<b>Comments:</b>	N/A

# Wacky Wednesdays



<b>Description &amp; Dates:</b>	<p>Join us twice a month on a Wednesday evening for a night of fun.</p> <p>The first Wednesday of every month will be Potluck &amp; Games Night.          January 4, 2012          February 1, 2012          March 7, 2012</p> <ul style="list-style-type: none"> <li>• Call ahead and sign up to bring a food item</li> <li>• Play board games and have a good time with friends</li> </ul> <p>The third Wednesday of every month will be Casino Night.          January 18, 2012          February 15, 2012          March 21, 2012</p> <ul style="list-style-type: none"> <li>• Come and participate in Black Jack, Tex Hold'em, Roulette and Shuffle Board</li> <li>• Bring your dinner and eat it with the group (brown bag style)</li> </ul>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Wednesdays – ongoing
<b>Times:</b>	4pm to 7pm
<b>Min #</b>	5
<b>Max #</b>	20
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	Potluck night please signup and bring a food item. Bring dinner "brown bag style" on Casino Night.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Shirley Ely 905-687-6788 ext. 720 for Potluck & Games Night Dave Horton 905-687-6788 ext. 641 for Casino Night.
<b>Registration Date:</b>	Please register at least 48 hours prior to evening.
<b>Comments:</b>	N/A

# BICR Movie Madness & Review



<b>Description:</b>	Come on out and enjoy a classic or new movie and then write a review on the movie. Your review may be published in our newsletter.
<b>Location:</b>	BICR, Unit 10
<b>Dates/ Times/Description:</b>	Third Thursday of each month:  January 19, 2012 February 16, 2012 March 15, 2012
<b>Time:</b>	9:30am to 12noon
<b>Min #</b>	3
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Cost:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	24 hours prior to the event.
<b>Comments:</b>	Please bring your own snacks and drinks. If you have a movie suggestion please forward to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a> .

# Men's Group



**Description, Dates & Times:** The group has organized a variety of activities for the 12 week sessions.

Thursdays, January 5 to March 29, 2012

January 5, 2012, 12pm to 3pm - Chef Boy R Dave's 3 Hour Cooking Class  
 January 12, 2012, 12pm to 4pm - Hamilton War Plane Museum  
 January 19, 2012, 12pm to 3pm - Shuffleboard Tournament at Unit 10  
 January 26, 2012, 1pm to 3pm - Fallsview Casino  
 February 2, 2012, 12pm to 3pm - Bird Kingdom, Niagara Falls  
 February 9, 2012, 1pm to 3pm - Billiards In The Corner  
 February 16, 2012, 1pm to 3pm - St. Catharines Lock 3 Museum  
 February 23, 2012, 12pm to 3pm - Boston Pizza, Clifton Hill  
 March 1, 2012, 12:30pm to 3pm - Archery  
 March 8, 2012, 1pm to 3pm - Yoga & Meditation, BICR Office, Unit 10  
 March 15, 2012, 12pm to 3pm - White Meadows for Pancakes  
 March 22, 2012, 1pm to 3pm - Clay Modeling  
 March 29, 2012, 1pm to 3pm - Planning Day, BICR Office, Unit 10

**Location:** BICR, Unit 12

**Min #** 2

**Max #** N/A

**Transportation:** Provided at a cost.

**Materials Required:** N/A

**Activity Fee:** Some weeks may have a cost depending on the activity.

**Pre-Requisites:** N/A

**Contact Name:** Dave Horton 905-687-6788 ext. 641

**Registration Date:** Tuesday, January 3, 2012

**Comments:** N/A

# WRAP



<b>Description:</b>	Come and get your hands dirty and relish at the end results. 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.
<b>Location:</b>	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
<b>Dates:</b>	Fridays, January 6 to March 30, 2012
<b>Times:</b>	10am to 11:30am
<b>Min #</b>	2
<b>Max #</b>	8
<b>Transportation:</b>	Provided from BICR's Main Office at no cost.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Tuesday, January 3, 2012
<b>Comments:</b>	Please dress weather and activity appropriate.

# Bus Training



<b>Description:</b>	<p>Learn the basics of the St. Catharines Transit system. Receive a bus schedule and information on how to access information needed to take St. Catharines Transit.</p> <p>Take a road trip from BICR's Office to the bus terminal and learn how to navigate from there. Return trip to BICR's Office.</p>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Friday, February 3, 2012 (one time only)
<b>Times:</b>	9am to 11:00am
<b>Min #</b>	2
<b>Max #</b>	5
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost is \$2.50 for transit.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Tanya Nazar 905-687-6788 ext. 720
<b>Registration Date:</b>	Wednesday, February 1, 2012
<b>Comments:</b>	N/A

# Brain Injury Community Re-entry (Niagara) Inc.

# Special Events and Outings

## Winter ~ January, February and March 2012

Here is a calendar for winter 2012 events and outings to be sponsored by BICR. Please note the following:

The calendar is to be used as a quick reference tool whereas the accompanying sheets have more detail about each event.

1. Events are listed and offered by city. You may attend an event in another city however transportation may not be provided.
2. All fees must be paid up front, occasionally in advance, particularly for ticketed events.
3. Often, a head-count of how many participants and staff are attending must be given in advance to the business/box office sponsoring the event. Therefore, **everyone (staff/participants) must register at least 48 hours** prior to the event in order to attend. Last minute sign ups cannot be accommodated. Events with a greater deadline date prior to the event will be noted. Some events require a minimum number of participants to occur.
4. **Bolded events with the van icon in the box indicate door-to-door van pick up availability.** All other events require participants to either provide their own transportation or meet in a central location to ride the van to an out-of-town event. All van rides require participants to pay transportation costs as indicated in **exact change!** You will be notified **24 hours** before the event occurs regarding your pick-up time.
5. Times indicated on the calendar are event times and do not include pick-up and drop-off time or driving time.
6. If you have any difficulties understanding the information given in this calendar, please consult your staff, family members, or call the TRS coordinator for clarification and assistance.
7. Opportunities for additional events may occur throughout the season and will be advertised to staff as they occur and will be added to our website.
8. Registration for events are open three weeks prior to the event except where an earlier deadline is indicated.
9. It is BICR's policy that alcohol consumption during an event is absolutely **not** permitted.
10. For out-of-country events (e.g. Sabres game), proper medical/insurance coverage is required as well as appropriate identification. If evidence of this is not presented, you will not be permitted to go to the event with BICR.

**BICR MAIN OFFICE PHONE NUMBER: (905) 687-6788**

# January 2012

## EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Jan 4	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Potluck and games night. Call ahead and sign up to bring a food item.
Thurs, Jan 12	10:30 am - 12:00 pm	Betty's Restaurant	Brunch	Cost of the event TBA. 
Wed, Jan 18	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat it with the group (brown bag style).
Thurs, Jan 19	9:30 am - 12:00 pm	BICR, Unit 10	Movie Madness	Come out and join us for a new movie release.
Sat, Jan 21	1:00 - 3:00 pm	NOTL	Ice Sculptures	This event is outdoors, please dress weather appropriate.
Wed, Jan 25	7:00 - 10:00 pm	4Pad Arena St. Catharines	Brock Hockey	No cost for this event. 
Thurs, Jan 26	5:00 - 8:00 pm	Eagle Valley Golf Club	Diner's Club	Cost is \$10 for all you can eat pasta. 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Fri, Jan 13	6:30 - 8:00 pm	Richardson Court	Movie Night & Snacks	No cost for this event.

## WELLAND



Date	Time	Place	Event	Notes
Sun, Jan 1	7:00 - 9:00 pm	Promenade Richelieu	New Years Party	Cost is \$2, snacks, beverage & games included.
Sat, Jan 14	6:00 - 8:00 pm	Parkdale	Karaoke & Movie	Bring your best singing voice & blast out a tune.

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Years Party at Promenade Richelieu 7-9pm	2 <i>Office Closed</i>	3	4 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	5	6	7
8	9	10	11	12 Brunch at Betty's Restaurant 10:30am-12pm	13 Movie Night & Snacks at Richardson Crt 6:30-7:30pm	14 Karaoke & Movie Night at Parkdale 6-8pm
15	16	17	18 Wacky Wednesday Casino Night at Unit 10 4-7pm	19 Movie Madness at Unit 10 9:30am-12pm	20	21 Ice Sculpture Show NOTL 1-3pm
22	23	24	25 Brock Hockey vs Waterloo 7-10pm	26 BICR Pasta Dinner at Eagle Valley Golf Club 5-8pm	27	28
29	30	31				

# February 2012

## EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Feb 1	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Potluck and games night. Call ahead and sign up to bring a food item.
Thurs, Feb 9	7:00 - 9:00 pm	BICR, Unit 10	Trivia Night	Cost of the event is \$2 for snacks & beverages. 
Wed, Feb 15	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat it with the group (brown bag style).
Thurs, Feb 16	9:30 am - 12:00 pm	BICR, Unit 10	Movie Madness	Come out and join us for a new movie release.
Sat, Feb 25	12:00 - 2:00 pm	BICR, Unit 10	Potluck Lunch	Bring a dish to share. 


## ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Feb 14	6:00 - 8:00 pm	Big Marco's	Diner's Club	Cost is the price of your meal.
Sat, Feb 18	10:00 - 11:30 am	White Meadows Sugar Bush	Breakfast	Cost is the price of your meal.

## WELLAND




Date	Time	Place	Event	Notes
Sun, Feb 5	6:00 - 10:00 pm	Promenade Richelieu	Superbowl Party	Join us for chili, buns and beverages. Cost \$3 per person.
Sat, Feb 11	6:00 - 8:00 pm	Parkdale	Valentines Party	Wear red, get a valentine, snacks available.
Tues, Feb 28	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal.

# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	2	3	4
5 Superbowl Party at Promenade Richelieu 6-10pm	6	7	8	9 Trivia Night at Unit 10 7-9pm 	10	11 Valentine's Day Party at Parkdale 6-8pm
12	13	14 St. Catharines Diner's Club Big Marco's 6-8pm	15 Wacky Wednesday Casino Night at Unit 10 4-7pm	16 Movie Madness 9:30am-12pm	17	18 White Meadows Sugar Bush with Richardson Crt 10-11:30am
19	20 <i>Family Day</i>	21	22	23	24	25 Potluck Lunch at Unit 10 12-2pm 
26	27	28 Welland Diner's Club MT Bellies 5-7pm	29			

# March 2012

## EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Mar 7	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Potluck and games night. Call ahead and sign up to bring a food item.
Sat, Mar 10	12:00 - 4:00 pm	Parkway Lanes & Boston Pizza	BICR Bowl-a-thon	Further details to follow. 
Thurs, Mar 15	9:30 am - 12:00 pm	BICR, Unit 10	Movie Madness	Come out and join us for a new movie release.
Wed, Mar 21	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat it with the group (brown bag style).
Sat, Mar 24	10:30 am - 12:00 pm	White Meadows	Pancake Brunch	Cost between \$10-\$15 per person. 
Wed, Mar 28	7:00 - 9:00 pm	BICR, Unit 10	Bingo	Please bring a \$5 gift for the prize table. 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Mar 13	6:00 - 8:00 pm	Ricky Jo's	Diner's Club	Cost is the price of your meal.
Fri, Mar 23	7:00 - 8:30 pm	Richardson Crt	Arts & Crafts	Cost is \$2 per person.

## WELLAND

Date	Time	Place	Event	Notes
Sat, Mar 17	6:00 - 8:00 pm	Parkdale	St. Patty's Day Party	Please dress in green.
Tue, Mar 20	6:00 - 8:00 pm	Promenade Richelieu	First Day of Spring Party	Join us for cookie decorating, crafts & more. Cost \$3 per person.
Tues, Mar 27	5:00 - 7:00 pm	Blue Star	Diner's Club	Cost is the price of your meal.

# March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	8	9	10 BICR Bowl-a-thon at Parkway Lanes & Boston Pizza 12-4pm 
11	12	13 St. Catharines Diner's Club at Ricky Jo's 6-8pm	14	15 Movie Madness at Unit 10 9:30am-12pm	16	17 St. Patty's Day Party at Parkdale 6-8pm
18	19	20 First Day of Spring Celebration at Promenade Richelieu 6-8pm	21 Wacky Wednesday Casino Night at Unit 10 4-7pm	22	23 Arts & Crafts at Richardson Crt 7-8:30pm	24 Pancake Brunch at White Meadows 10:30am- 12:00pm 
25	26	27 Welland Diner's Club at Blue Star 5-7pm	28 Bingo at Unit 10 7-9pm 	29	30	31



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

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