



Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Summer 2011



Welcome to BICR's Learning & Leisure Guide

Welcome summer!! 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 July, August and September 2011.

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.

During the 2011 calendar year you will notice new and improved changes to the Learning & Leisure Guide. Such changes that you may notice in this seasons Learning & Leisure Guide are:

- New layout and a larger version of previous Learning & Leisure Guides.
- Detailed descriptions of programs and events being offered which will provide you with more knowledge and understanding of what's being offered.
- More programs and activities for you to take part in such as Gamers Gallery, new computer room and sign up schedule, a change of day for Diner's Club, Wacky Wednesday evenings, Employment workshops, Craft Corner and Mat and Chair Yoga classes.

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.

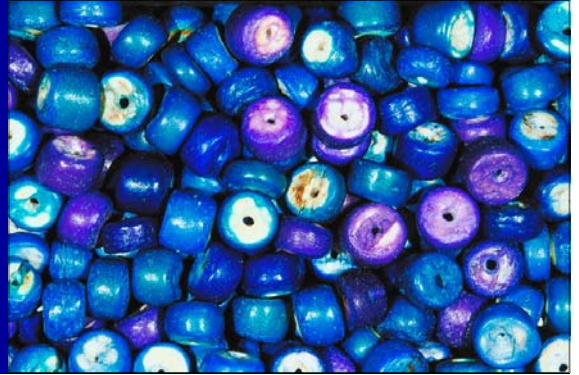
The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the government of Ontario.

WRAP



| | |
|----------------------------|--|
| Description: | 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. |
| Location: | Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls |
| Dates: | Mondays, July 4 to September 26, 2011 (excluding holidays) |
| Times: | 10am to 11:30am |
| Min # | 2 |
| Max # | 8 |
| Transportation: | Provided from BICR's Main Office at no cost. |
| Materials Required: | Sunscreen and hat. |
| Activity Fee: | N/A |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | Monday, June 27, 2011 |
| Comments: | Please dress weather and activity appropriate. |

Jewelry Making & Beadwork



| | |
|----------------------------|---|
| Description: | Learn the basics of jewelry making and beadwork including the following: <ul style="list-style-type: none">• Colour combination• Trends and design execution• Designing wearable art• Following patterns• Create necklaces, rings, bracelets, and other accessories• String, crimp, and learn basic wire work techniques using tools |
| Location: | BICR, Unit 10 |
| Dates: | Mondays, July 4 to August 29, 2011 (excluding holidays) |
| Times: | 1pm to 3pm |
| Min # | 4 |
| Max # | 12 |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | N/A |
| Activity Fee: | Cost of material if you choose to purchase what you made. |
| Pre-Requisites: | N/A |
| Contact Name: | Gillian Rodger-Pagnotta 905-687-6788 ext. 720 |
| Registration Date: | Monday, June 27, 2011 |
| Comments: | N/A |

Fun in the Sun



| | |
|----------------------------|---|
| Description: | Enjoy spending Monday afternoons in the sunshine working on crafts and other fun and challenging activities. Some activities to look forward to this season include tie-dying t-shirts, Christmas in July crafts, wood working and painting, planting flowers, obstacle courses and recreational activities. |
| Location: | Pavilion at Lakeside Park, Port Dalhousie |
| Dates: | Mondays, July 4, 2011 to August 29, 2011 (Rain or Shine) |
| Times: | 1pm to 3pm |
| Min # | N/A |
| Max # | N/A |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | On occasion participants may be asked to provide some materials. |
| Activity Fee: | N/A |
| Pre-Requisites: | N/A |
| Contact Name: | Cheril Kavanagh 905-687-6788 ext. 610 Jackie Lange 905-687-6788 ext. 302 |
| Registration Date: | Monday, June 27, 2011 |
| Comments: | Please bring sunscreen and a hat and dress for the weather. |

Circle of Friends



| | |
|----------------------------|--|
| Description: | <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> |
| Location: | BICR, Unit 12 |
| Dates: | Mondays, September 12 to December 12, 2011 (excluding holidays) |
| Times: | 6:50pm to 8:30pm |
| Min # | 5 |
| Max # | 12 |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | N/A |
| Activity Fee: | N/A |
| Pre-Requisites: | N/A |
| Contact Name: | Valdi Paron 905-687-6788 ext. 335 Daniel Lutzer 905-687-6788 ext. 294 |
| Registration Date: | Monday, August 22, 2011 |
| Comments: | N/A |

Bowling



| | |
|----------------------------|--|
| Description: | <p>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.</p> <p>Partake in one or two games of 10 pin bowling and cheer on your friends. Let's see if you can get a Turkey.</p> |
| Location: | <p>Parkway Lanes 327 Ontario Street St. Catharines</p> |
| Dates: | <p>Mondays, September 19 to April 30, 2012 (excluding holidays)</p> |
| Times: | <p>1pm to 3pm</p> |
| Min # | <p>N/A</p> |
| Max # | <p>N/A</p> |
| Transportation: | <p>Not provided. Please arrange your own transportation.</p> |
| Materials Required: | <p>N/A</p> |
| Activity Fee: | <p>\$2.50 per game</p> |
| Pre-Requisites: | <p>N/A</p> |
| Contact Name: | <p>Dave Horton 905-687-6788 ext. 641</p> |
| Registration Date: | <p>N/A</p> |
| Comments: | <p>N/A</p> |

Horticulture


Description:

The Horticulture program focuses on learning and appreciating working outside with flower, herb and vegetable gardens. In addition to our regular gardens we have raised beds that accommodate participants using assistive devices such as walkers and wheelchairs. Assistance and instruction is provided on the following topics:

- Planning gardens while taking into consideration of specific growing needs i.e. sunlight or shade
- Preparing the soil for planting
- Choosing the plants
- Planting and maintenance of flower, herb and vegetable beds
- Weeding and watering

This program tends to three raised vegetable gardens, one herb garden, one strawberry garden, various flower beds and a raised theme bed.

At the conclusion of the program an End of Year Party and Open House is provided to showcase the gardens for family, friends, and BICR staff. Vegetables are donated to the local food bank.

Location:

NTEC 120 Canby Street

Dates:

Tuesdays, July 5 to September 27, 2011

Times:

9am to 1pm

Min #

4

Max #

12

Transportation:

Provided from BICR's Main Office at no cost.

Materials Required:

Gardening gloves if you chose.

Activity Fee:

Bring your own lunch or \$3 - \$4 if you would like to purchase lunch from N-TEC.

Pre-Requisites:

To enjoy the outdoors and gardening and growing vegetables.

Contact Name:

Linda Gosling ext. 618

Registration Date:

Monday, June 27, 2011

Comments:

The program is open to anyone who enjoys planting and working with flowers and vegetables gardens. An interest is all you need. Rain or shine.

Whispering Pines



| | |
|----------------------------|--|
| Description: | 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. |
| Location: | Sherkston |
| Dates: | Tuesdays, July 5 to September 27, 2011 |
| Times: | 12pm to 2pm |
| Min # | 4 |
| Max # | 12 |
| Transportation: | Provided at a cost. |
| Materials Required: | Please provide your own brushes or you can purchase them at Whispering Pines. |
| Activity Fee: | \$8 for van transportation \$8 per class plus the cost of supplies |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | Monday, June 27, 2011 |
| Comments: | BICR provides the paint. Canvases are sold at a minimal cost. |

SUBI - Fort Erie Group


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:

Head Injury Association of Fort Erie

Dates:

Tuesdays, June 28 to August 30, 2011

Times:

1pm to 3pm

Min #

4

Max #

10

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
Tracy Maddalena ext. 390

Registration Date:

Monday, June 27, 2011

Comments:

N/A

Gamers Gallery


Description:

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.

Week 1 through 13:

- | | |
|---------------------|----------------------|
| 1. Shuffle Board | 10. Scattergories |
| 2. Family Feud | 11. Sequence |
| 3. Music Trivia | 12. Cribbage |
| 4. Monopoly | 13. Wheel of Fortune |
| 5. Euchre | |
| 6. Clue | |
| 7. Scrabble | |
| 8. Smart Ass Trivia | |
| 9. Yahtzee | |

Location:

BICR, Unit 10

Dates:

Tuesdays, July 5 to September 27, 2011

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:

Monday, June 27, 2011

Comments:

Please register for each week that you plan to attend.

Open Computer Sign-Up



| | |
|----------------------------|--|
| Description: | 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. |
| Location: | BICR, Unit 10 |
| Dates: | Tuesdays, July 5 to September 27, 2011 |
| Times: | 1pm to 3pm |
| Min # | 1 |
| Max # | 4 |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | N/A |
| Activity Fee: | N/A |
| Pre-Requisites: | Participants will be asked to sign a Computer Usage Agreement & Code of Conduct. |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | Up to 24 hours prior, permitting space is available. |
| Comments: | N/A |

St. Catharines Diner's Club



| | |
|------------------------------|--|
| Description: | 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. |
| Dates & Location: | First Tuesday of each month. July 5, 2011 - Big Marco's Restaurant August 2, 2011 - Swiss Chalet September 6, 2011 - Cat's Caboose |
| Times: | 6pm to 8pm |
| Min # | 4 |
| Max # | N/A |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | N/A |
| Activity Fee: | Cost of your meal. |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | 48 hours prior to the event. |
| Comments: | N/A |

Welland Diner's Club



| | |
|----------------------------|---|
| Description: | 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. |
| Dates: | Third Tuesday of each month. July 19, 2011 - Elbow Room August 16, 2011 - Bluestar September 20, 2011 - Swiss Chalet |
| Times: | 5pm to 7pm |
| Min # | 4 |
| Max # | N/A |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | N/A |
| Activity Fee: | Cost of your meal. |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | 48 hours prior to the event. |
| Comments: | N/A |

Jars, Jams & Jellies



Description: Have you ever wanted to learn how to preserve food? If you have, please join us and learn how to make jams, jellies, salsa, apple crisp and pickles.

While you are with us you will learn about the following:

- Learn to prepare fruit and vegetables for jarring
- Cooking jams, jellies and salsa
- Sterilizing and preparing jars and learning about jar care
- Learn recipes and special ingredients to make excellent quality jams, jellies and salsa
- Labeling and decorating jars for gifts

Location:

BICR, Unit 10

Dates/ Times/Description:

June 29, 2011
9:00am to 12:00pm
Strawberry Jam

August 24, 2011
9:00am to 3:00pm
Salsa!

July 13, 2011
9:00am to 12:00pm
Pickling beats and cucumbers

September 14, 2011
9:00am to 12:00pm
Cinnamon Pear Jam

July 27, 2011
9:00am to 12:00pm
Berry Jam

September 28, 2011
9:00am to 12:00pm
Apple Crisp to freeze

August 10, 2011
9:00am to 12:00pm
Peach Jam

Min #

2

Max #

6

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

If you would like assistance jarring your own fruit and vegetables, please contact us prior to the date(s) you will be attending for a list of ingredients and materials you will need to purchase and bring with you the day of the class.

If you wish to simply learn how to make and preserve jams and jellies you are not required to bring or pay anything.

Contact Name:

Gillian Rodger-Pagnotta 905-687-6788 ext. 720

Registration Date:

Please register as soon as possible.

Mat Yoga and Meditation



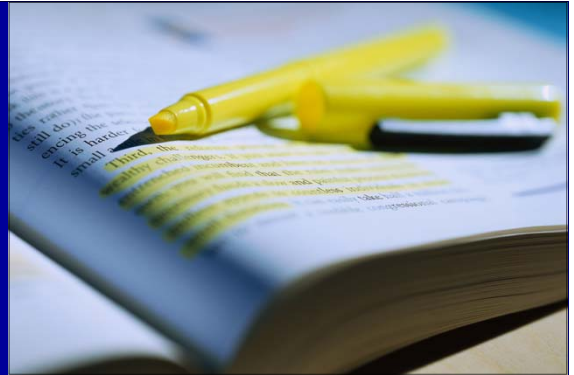
| | |
|----------------------------|--|
| Description: | A basic introduction to yoga on the mat. Participants will learn gentle pose sequences and enjoy guided meditation. This class will prepare participants for classes in the community. |
| Location: | BICR, Unit 10 |
| Dates: | Wednesdays, June 22 to July 27, 2011 and Wednesdays, September 7 to November 9, 2011 |
| Times: | 9am to 10am |
| Min # | 3 |
| Max # | 15 |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | Yoga mat. |
| Activity Fee: | No fee |
| Pre-Requisites: | N/A |
| Contact Name: | Meghan McEwen 905-687-6788 ext. 306 |
| Registration Date: | Monday, June 20, 2011 |
| Comments: | Yoga mats may be available if needed. Please contact Meg for details. |

Chair Yoga and Meditation



| | |
|----------------------------|--|
| Description: | 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. |
| Location: | BICR, Unit 10 |
| Dates: | Wednesdays, June 22 to July 27, 2011 and Wednesdays, September 7 to November 9, 2011 |
| Times: | 10:15am to 11:15am |
| Min # | 3 |
| Max # | 20 |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | Yoga mat. |
| Activity Fee: | No fee |
| Pre-Requisites: | N/A |
| Contact Name: | Meghan McEwen 905-687-6788 ext. 306 |
| Registration Date: | Monday, June 20, 2011 |
| Comments: | N/A |

SUBI



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:

Wednesdays ongoing.

Times:

2pm to 4pm

Min

4

Max

10

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:

N/A

Comments:

N/A

Wacky Wednesdays



| | |
|----------------------------|---|
| Description: | <p>Join us Wednesday evenings for a night of fun.</p> <p>The first Wednesday of every month will be Games Night.</p> <ul style="list-style-type: none"> • Call ahead and sign up • Bring your dinner and eat it with the group (brown bag style) • Play board games and have a good time with friends <p>The second Wednesday of every month will be Potluck Night.</p> <ul style="list-style-type: none"> • Call ahead and sign up to bring a food item • Eat, socialize and laugh with friends <p>The third Wednesday of every month will be Casino Night.</p> <ul style="list-style-type: none"> • Come and participate in Black Jack, Tex Hold'em, Roulette and Shuffle Board • Bring your dinner and eat it with the group (brown bag style) <p>The fourth Wednesday of every month will be Pizza and Movie Night</p> <ul style="list-style-type: none"> • Watch a movie on projection screen "theatre style" • Purchase pizza at \$1 per slice and pop at \$0.50 <p>The fifth Wednesday of some months will be Cards Night.</p> <ul style="list-style-type: none"> • Come out and participate in a variety of card games • Bring your dinner and eat it with the group (brown bag style) |
| Location: | BICR, Unit 10 |
| Dates: | Wednesdays – ongoing |
| Times: | 4pm to 7pm |
| Min # | N/A |
| Max # | N/A |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | Potluck night please signup and bring a food item. Bring dinner "brown bag style" on nights when food is not available i.e. casino, games and card nights. |
| Activity Fee: | Movie and Pizza night \$1.00 per slice of pizza and \$0.50 for pop or water |
| Pre-Requisites: | N/A |
| Contact Name: | Gillian Rodger-Pagnotta 905-687-6788 ext. 720 |
| Registration Date: | Please register at least 48 hours prior to evening. |
| Comments: | N/A |

Horticulture



Description:

The Horticulture program focuses on learning and appreciating working outside with flower, herb and vegetable gardens. In addition to our regular gardens we have raised beds that accommodate participants using assistive devices such as walkers and wheelchairs. Assistance and instruction is provided on the following topics:

- Planning gardens while taking into consideration of specific growing needs i.e. sunlight or shade
- Preparing the soil for planting
- Choosing the plants
- Planting and maintenance of flower, herb and vegetable beds
- Weeding and watering

This program tends to three raised vegetable gardens, one herb garden, one strawberry garden, various flower beds and a raised theme bed.

At the conclusion of the program an End of Year Party and Open House is provided to showcase the gardens for family, friends, and BICR staff. Vegetables are donated to the local food bank.

Location:

NTEC 120 Canby Street

Dates:

Thursdays, July 7 to September 29, 2011

Times:

9am to 1pm

Min

4

Max

12

Transportation:

Provided from BICR's Main Office at no cost.

Materials Required:

Gardening gloves if you chose.

Activity Fee:

Bring your own lunch or \$3 - \$4 if you would like to purchase lunch from N-TEC.

Pre-Requisites:

To enjoy the outdoors and gardening and growing vegetables.

Contact Name:

Linda Gosling ext. 618

Registration Date:

Monday, June 27, 2011

Comments:

The program is open to anyone who enjoys planting and working with flowers and vegetables gardens. An interest is all you need. Rain or shine.

Craft Corner


Description:

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.

Week 1 through 13:

1. Pot Painting & Planting
2. Pot Painting & Planting
3. Paper Mache & Piñata
4. Paper Mache & Piñata
5. Create a card – Birthday, Christmas, Sympathy, Anniversary, etc.
6. Build & Paint a Birdhouse
7. Glass Painting
8. Beeswax Candles
9. Beading & Jewellery Making
10. Stain Glass
11. Welcome Signs
12. Wreath Making
13. Make-up Week

Location:

BICR, Unit 10

Dates:

Thursdays, June 2 to August 25, 2011

Times:

10am to 11:30am

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:

48 hours prior to activity

Comments:

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

Men's Group



| | |
|----------------------------|---|
| Description: | The group will organize a variety of activities for the 12 week sessions. Both indoor and outdoor activities and day trips will be offered weather permitting. An example would be to spend an afternoon fishing, playing billiards or darts, watching a movie, enjoying lunch out or a day trip to a museum. The planning is up to you and the many experiences await. |
| Location: | BICR, Unit 12 |
| Dates: | Thursdays, July 7 to September 29, 2011 |
| Times: | 1pm to 3pm |
| Min # | 2 |
| Max # | N/A |
| Transportation: | Provided at a cost. |
| Materials Required: | N/A |
| Activity Fee: | Some weeks may have a small cost depending on the activity. |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | Monday, June 27, 2011 |
| Comments: | N/A |

WRAP



| | |
|----------------------------|--|
| Description: | 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. |
| Location: | Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls |
| Dates: | Fridays, July 8 to September 30, 2011 |
| Times: | 10am to 11:30am |
| Min # | 2 |
| Max # | 8 |
| Transportation: | Provided from BICR's Main Office at no cost. |
| Materials Required: | Sunscreen and hat. |
| Activity Fee: | N/A |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | Monday, June 27, 2011 |
| Comments: | Please dress weather and activity appropriate. |

Geneva Park



| | |
|----------------------------|---|
| Description: | Spend four fabulous days relaxing on the calm lake of Chouchaching, Orillia, Ontario. Swim, canoe, enjoy nature walks, complete a craft or read under a shady tree. |
| Location: | Geneva Park, Orillia |
| Dates: | Community Outreach Services - August 15 to 18, 2011 Residential Services - August 22 to 25, 2011 |
| Times: | N/A |
| Min # | 4 |
| Max # | 15 |
| Transportation: | Provided from the Main Office. |
| Materials Required: | N/A |
| Activity Fee: | TBA |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | Wednesday, July 13, 2011 |
| Comments: | Four wheelchair spots available per trip. |

Golf Tournament



| | |
|----------------------------|---|
| Description: | Please join us and participate in our 14 th Annual Golf Tournament on Monday, September 12, 2011. You can make a difference by playing a round of golf, sponsoring a hole or making a prize donation. The tournament cost is \$125 per person. This includes 18 holes of golf, a cart, lunch, dinner, a prize, and use of the driving range between 11:30 a.m. and 1:00 p.m. on the day of the tournament. |
| Location: | Bridgewater Country Club in Fort Erie. |
| Dates: | Monday, September 12, 2011 |
| Times: | Registration at 11:00am |
| Min # | N/A |
| Max # | 144 Golfers |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | Golf equipment. |
| Activity Fee: | \$125 |
| Pre-Requisites: | N/A |
| Contact Name: | Jennifer MacLean 905-687-6788 ext. 637 |
| Registration Date: | Friday, September 9, 2011 |
| Comments: | N/A |

Halloween Dance



| | |
|----------------------------|---|
| Description: | Partake in a frightful evening to celebrate Halloween! Dress up in your scariest costume, show us your dance moves, sing along to the live music or relax and enjoy the social aspect of the event. There will be prizes, baked goods, pizza and beverages for your enjoyment, and a possible special guest appearance and let's not forget lots and lots of fun! |
| | Bring your boogie and let's get down to it! |
| Location: | Grantham Optimist Club 188 Linwell Road, St. Catharines |
| Dates: | Thursday, October 27, 2011 |
| Times: | 7pm to 10pm |
| Min # | N/A |
| Max # | N/A |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | N/A |
| Activity Fee: | \$5 in advance \$7 at the door |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 Shirley Ely 905-687-6788 ext. 756 |
| Registration Date: | N/A |
| Comments: | Dress up in your in your best Halloween costume. There will be a minimal cost for pizza, baked goods and drinks. |

Outreach & Modular Services Christmas Party



| | |
|----------------------------|--|
| Description: | Save the date! Celebrate the holiday season with a get-together for participants and families of COSS and Modular Service Programs. There will be great food, children's games and a surprise visit from Santa. Details to follow in the Winter Learning and Leisure Guide. |
| Location: | St. Columba Church 7 St. Columba Drive, St. Catharines |
| Dates: | Monday, December 5, 2011 |
| Times: | 5pm to 7:30pm |
| Min # | N/A |
| Max # | N/A |
| Transportation: | Not provided. Please arrange your own transportation. |
| Materials Required: | Potluck dinner, please bring a dish to share with others. Assigned dish/dessert details to follow. |
| Activity Fee: | N/A |
| Pre-Requisites: | N/A |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | Monday, November 28, 2011 |
| Comments: | Please bring a wrapped gift for your child valuing approximately \$10. |

Caribbean Trip



| | |
|----------------------------|---|
| Description: | We are planning an all inclusive week-long trip to the Caribbean in early 2012. White beaches, warm weather and good times guaranteed. |
| Location: | TBA |
| Dates: | January or February 2012 |
| Times: | N/A |
| Min # | 8 |
| Max # | N/A |
| Transportation: | Provided. |
| Materials Required: | Sunscreen, bathing suit, towel, passport and a smile! |
| Activity Fee: | Approximately \$1,100 to \$1,300 |
| Pre-Requisites: | Please complete an application form. |
| Contact Name: | Dave Horton 905-687-6788 ext. 641 |
| Registration Date: | Friday, July 29, 2011 |
| Comments: | We will run fundraisers to reduce some of the costs associated with the trip. The more fundraisers you attend the more money you will save. |

Brain Injury Community Re-entry (Niagara) Inc.

Special Events and Outings

Summer ~ July, August & September 2011

Here is a calendar for summer 2011 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

July 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

| Date | Time | Place | Event | Notes |
|---------------|-------------------|------------------------|-------------------|---|
| Wed, July 6 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Enjoy a games night with friends |
| Wed, July 13 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Bring a dish to share for potluck |
| Fri, July 15 | 7:30 - 10:30 pm | Niagara Falls | Concert/fireworks | Free concert, please dress for the weather conditions  |
| Wed, July 20 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Night of friendly gambling at casino night |
| Thur, July 21 | 9:00 am - 5:00 pm | Rogers Centre, Toronto | Jays Game | Cost TBA, please dress for the weather conditions  |
| Wed, July 27 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Enjoy a game or two of cards |
| Fri, July 29 | 9:00 am - 4:00 pm | Stevensville | Safari Niagara | Cost is \$11 plus tax, please bring or buy a lunch and dress for weather conditions  |

ST. CATHARINES

| Date | Time | Place | Event | Notes |
|--------------|----------------|------------------|--------------|---|
| Tues, July 5 | 6:00 - 8:00 pm | Big Marco's | Diner's Club | Cost is the price of your meal |
| Sat, July 16 | 5:00 - 7:00 pm | Richardson Court | BBQ | Cost is \$2, enjoy music, games and good food |

WELLAND

| Date | Time | Place | Event | Notes |
|--------------|--------------------|--------------------|--------------------------|--|
| Tue, July 2 | 11:00 am - 1:00 pm | Merritt Island | Canada Day Party | Please bring a picnic lunch and partake in games and activities |
| Tue, July 19 | 5:00 - 7:00 pm | Elbow Room | Diner's Club | Cost is the price of your meal |
| Tue, July 26 | 6:30 - 9:30 pm | Fireman's Park, NF | Twilight Tuesday Concert | Please bring a blanket and lawn chair and dress for the weather conditions |

July 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--|---|---|---|--|
| | | | | | 1 <i>Canada Day</i> | 2 Canada Day Party at Merritt Island with Parkdale 11am-1pm |
| 3 | 4 | 5 St. Catharines Diner's Club at Big Marco's 6-8pm | 6 Wacky Wednesday Games Night at Unit 10 4-7pm | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 Wacky Wednesday Potluck Dinner at Unit 10 4-7pm | 14 | 15 Concert & Fireworks at Niagara Falls 7:30-10:30pm | 16 BBQ at Richardson Court 5-7pm |
| 17 | 18 | 19 Welland Diner's Club at Elbow Room 5-7pm | 20 Wacky Wednesday Casino Night at Unit 10 4-7pm | 21 Jay's Game Toronto vs Seattle at Roger Centre 9am-5pm | 22 | 23 |
| 24 | 25 | 26 Twilight Tuesday Concert at Fireman's Park with St. Lawrence 6:30-9:30pm | 27 Wacky Wednesday Card Games at Unit 10 4-7pm | 28 | 29 Safari Niagara 9am-4pm | 30 |
| 31 | | | | | | |

August 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

| Date | Time | Place | Event | Notes |
|-------------|-----------------|-------------------|---------------------|---|
| Wed, Aug 3 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Enjoy a games night with friends |
| Wed, Aug 10 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Bring a dish to share for potluck |
| Sat, Aug 13 | 12:00 - 3:00 pm | BICR, Unit 10 | Potluck and Games | Bring a dish to share for potluck lunch A-L veggies or salad M-Z dessert  |
| Wed, Aug 17 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Enjoy pizza & a movie, cost is \$1.00 per pizza slice and \$0.50 per pop  |
| Wed, Aug 24 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Night of friendly gambling at casino night |
| Tue, Aug 30 | 6:30 - 7:30 pm | Queenston Heights | Outdoor Games Night | Bring an outdoor game and dress for the weather conditions  |
| Wed, Aug 31 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Enjoy a game or two of cards  |

ST. CATHARINES

| Date | Time | Place | Event | Notes |
|-------------|--------------------|----------------|--------------------------|---|
| Tues, Aug 2 | 6:00 - 8:00 pm | Swiss Chalet | Diner's Club | Cost is the price of your meal |
| Sat, Aug 20 | 11:00 am - 1:00 pm | Port Dalhousie | Picnic at Port Dalhousie | Meet at the Pavilion and bring a packed lunch |

WELLAND

| Date | Time | Place | Event | Notes |
|-------------|----------------|--------------------|------------------------|---|
| Thur, Aug 4 | 5:00 - 7:00 pm | Fireman's Park, NF | Blues Thursday Concert | Admission is free, please dress for the weather conditions and bring a blanket and lawn chair |
| Sun, Aug 14 | 6:00 - 8:00 pm | Parkdale | Ice Cream Sundae | Ice cream with all the fixings |
| Tue, Aug 16 | 5:00 - 7:00 pm | Bluestar | Diner's Club | Cost is the price of your meal |

August 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|------------------------|--|--|---|-----|--|
| | 1 <i>Civic Holiday</i> | 2 St. Catharines Diner's Club at Swiss Chalet 6-8pm | 3 Wacky Wednesday Games Night at Unit 10 4-7pm | 4 Blues Thursday Concert at Fireman's Park with St. Lawrence 6:30-9:30pm | 5 | 6 |
| 7 | 8 | 9 | 10 Wacky Wednesday Potluck Dinner at Unit 10 4-7pm | 11 | 12 | 13 Potluck & Games at Unit 10 12-3pm |
| 14 Ice Cream Sundae at Parkdale 6-8pm | 15 | 16 Welland Diner's Club at Bluestar 5-7pm | 17 Wacky Wednesday Pizza & Movie at Unit 10 4-7pm | 18 | 19 | 20 Picnic at Port Dalhousie with Richardson Crt 11am-1pm <i>Bring your packed lunch</i> |
| 21 | 22 | 23 | 24 Wacky Wednesday Casino Night at Unit 10 4-7pm | 25 | 26 | 27 |
| 28 | 29 | 30 Outdoor Games at Queenston Heights 6:30-7:30pm | 31 Wacky Wednesday Card Games Night at Unit 10 4-7pm | | | |

September 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

| Date | Time | Place | Event | Notes |
|--------------|-----------------|-----------------------|-----------------------------|---|
| Wed, Sept 7 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Enjoy a games night with friends |
| Fri, Sept 9 | 5:30 - 11:00 pm | Merrittville Speedway | Speedway Racing | Cost TBA, please dress for the weather conditions  |
| Wed, Sept 14 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Bring a dish to share for potluck |
| Fri, Sept 16 | 1:30 - 3:30 pm | Welland Fairground | Niagara Regional Exhibition | Cost is \$3, please bring spending money  |
| Wed, Sept 21 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Night of friendly gambling at casino night |
| Tue, Sept 27 | 7:00 - 9:00 pm | Fallsview Casino, NF | Casino | Please bring spending money  |
| Wed, Sept 28 | 4:00 - 7:00 pm | BICR, Unit 10 | Wacky Wednesday | Enjoy pizza & a movie, cost is \$1.00 per pizza slice and \$0.50 per pop |

ST. CATHARINES

| Date | Time | Place | Event | Notes |
|--------------|----------------|----------------|--------------|----------------------------------|
| Tues, Sept 6 | 6:00 - 8:00 pm | Cat's Caboose | Diner's Club | Cost is the price of your meal |
| Fri, Sept 23 | 6:30 - 9:30 am | Richardson Crt | Movie Night | Snacks and refreshments provided |

WELLAND

| Date | Time | Place | Event | Notes |
|---------------|--------------------|----------------------------|----------------------------|---|
| Sat, Sept 3 | 11:00 am - 1:00 pm | Parkdale | Goodbye Summer BBQ & Party | May be outdoors, please dress for the weather conditions |
| Tues, Sept 20 | 5:00 - 7:00 pm | Swiss Chalet | Diner's Club | Cost is the price of your meal |
| Sat, Sept 24 | 11:00 am - 1:00 pm | Windwood Farms, Beamsville | Apple Picking | Cost is \$1 per pound for apples, BBQ available for \$2, as well as a marshmallow roast and gift shop |

September 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---------------------|--|---|-----|--|--|
| | | | | 1 | 2 | 3 Goodbye Summer Party & BBQ at Parkdale 11am-1pm |
| 4 | 5 <i>Labour Day</i> | 6 St. Catharines Diner's Club at Cat's Caboose 6-8pm | 7 Wacky Wednesday Games Night at Unit 10 4-7pm | 8 | 9 Merrittville Speedway 5:30-11pm | 10 |
| 11 | 12 | 13 | 14 Wacky Wednesday Potluck Dinner at Unit 10 4-7pm | 15 | 16 Niagara Regional Exhibition 1:30-3:30pm | 17 |
| 18 | 19 | 20 Welland Diner's Club at Swiss Chalet 5-7pm | 21 Wacky Wednesday Casino Night at Unit 10 4-7pm | 22 | 23 Movie Night at Richardson Crt 6:30-9:30pm | 24 Apple Picking at Windwood Farms with St. Lawrence 11am-1pm |
| 25 | 26 | 27 Fallsview Casino 7-9pm | 28 Wacky Wednesday Pizza & Movie at Unit 10 4-7pm | 29 | 30 | |



Brain Injury Community Re-entry (NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

Brain Injury Community Re-entry (Niagara) Inc.
261 Martindale Road, Suites 12 & 13
St. Catharines, Ontario L2W 1A1

Phone: 905-687-6788 or 1-800-996-8796
Fax: 905-641-2785
Email: staff@bicr.org
Website: www.bicr.org