



Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide Fall 2011



Welcome to BICR's Learning & Leisure Guide

Welcome fall!! 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 October, November & December 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.

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, October 3 to December 19, 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:	Wednesday, September 28, 2011
Comments:	Please dress weather and activity appropriate.

Christmas Gift Making



Description:	Ever wonder what to buy that special person who has everything? Why not come join us at PET where you will learn to create personal Christmas gifts. <ul style="list-style-type: none">• Bath baskets• Soaps• Candles• Christmas goodies• Decorated frames• Christmas wreath making
Location:	BICR, Unit 10
Dates:	Mondays, October 17 to November 7, 2011 (excluding holidays)
Times:	1pm to 3pm
Min #	4
Max #	10
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	Provided by the program.
Activity Fee:	Cost is \$5 if you choose to purchase what you made or you can donate it back to the program.
Pre-Requisites:	N/A
Contact Name:	Tanya Nazar 905-687-6788 ext. 720 or Shirley Ely ext. 756
Registration Date:	Friday, September 16, 2011
Comments:	Come celebrate the Christmas spirit at PET.

Bowling



Description:	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.
Location:	Parkway Lanes 327 Ontario Street St. Catharines
Dates:	Mondays, September 19 to April 30, 2012 (excluding holidays)
Times:	1pm to 3pm
Min #	N/A
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	\$2.50 per game
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	N/A
Comments:	N/A

Scrap Booking



Description:	Come out and enjoy the many benefits of scrapbooking. Focus and relive special memories, future dreams and create colourful works of art.
Location:	BICR, Unit 10
Dates:	Mondays, November 14 to December 19, 2011 (excluding holidays)
Times:	1pm to 3pm
Min #	1
Max #	4
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	Please bring your own scrapbook.
Activity Fee:	Onetime payment of \$5.
Pre-Requisites:	N/A
Contact Name:	Tanya Nazar 905-687-6788 ext. 720 or Shirley Ely ext. 756
Registration Date:	Monday, November 7, 2011
Comments:	N/A

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 19, 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 or Daniel Lutzer ext. 294
Registration Date:	Friday, September 9, 2011
Comments:	N/A

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, October 4 to December 20, 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:	Wednesday, September 28, 2011
Comments:	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:

October 4, 2011 - Thanksgiving decorations

October 18, 2011 - Halloween decorations

November 1, 2011 - Wind chimes

November 15, 2011 - Tie die

November 29, 2011 - Bees wax candles

December 6, 2011 - Christmas crafts ~ cards

December 20, 2011 - Christmas crafts ~ snowman decoration

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:

Wednesday, September 28, 2011

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:

October 11, 2011 - Rummy

October 25, 2011 - Pictionary

November 8, 2011 - Trivial Pursuit

November 22, 2011 - Risk

December 13, 2011 - Sorry

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:

Wednesday, September 28, 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, October 4 to December 20, 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. October 11, 2011 - Joey's Only November 8, 2011 - East Side Mario's December 13, 2011 - Angels Diner
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. October 25, 2011 - MT Bellies November 22, 2011 - Pizza Hut December 27, 2011 - Boston Pizza
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

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, 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:	Wednesday, September 28, 2011
Comments:	Yoga mats may be available if needed. Please contact Meg for details.

Chair Yoga and Meditation



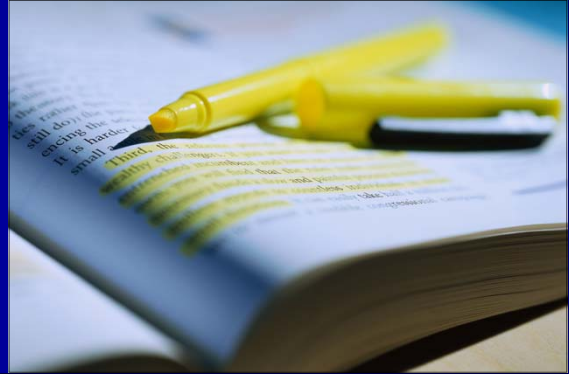
Description:	A gentle form of yoga completed while seated in a chair or wheelchair. All poses are modified to each individual. The participants will find peace of mind, relaxation and an improved sense of mind body connection. Guided meditation and Tibetan singing bowls will be incorporated in most sessions.
Location:	BICR, Unit 10
Dates:	Wednesdays: September 7 to September 28, 2011 October 12 to October 26, 2011 November 9, 2011 (there will be no chair yoga the first Wednesday of October and November)
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:	Wednesday, September 28, 2011
Comments:	N/A

Drumming with Yo



Description:	<p>Come join us at PET and enjoy listening and learning the art of native drumming.</p> <p>Participants will learn the basics of native drumming, enjoy the culture and sound of drumming and will have the opportunity to practice and learn on the drums provided by the facilitator.</p>
Location:	BICR, Unit 10
Dates/ Times/Description:	<p>First Wednesday of every month beginning October 5, 2011:</p> <p>October 5, 2011 November 2, 2011 December 7, 2011</p>
Time:	10 am to 11am
Min #	4
Max #	12
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	Materials provided by the program.
Cost:	No cost.
Pre-Requisites:	N/A
Contact Name:	Tanya Nazar 905-687-6788 ext. 720 or Shirley Ely ext. 756
Registration Date:	Friday, September 16, 2011
Comments:	If you have a participant that is noise sensitive, please be advised that this group may not be for them, as drumming is very loud and does create deep vibrations as well.

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 & Dates:	<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 & Games Night. October 5, 2011 November 2, 2011 December 7, 2011</p> <ul style="list-style-type: none"> • Call ahead and sign up to bring a food item • Play board games and have a good time with friends <p>The third Wednesday of every month will be Casino Night. October 19, 2011 November 16, 2011 December 21, 2011</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)
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 Casino Night.
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Tanya Nazar 905-687-6788 ext. 720
Registration Date:	Please register at least 48 hours prior to evening.
Comments:	N/A

BICR Movie Madness & Review



Description:	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.
Location:	BICR, Unit 10
Dates/ Times/Description:	Third Thursday of every month beginning October 20, 2011: October 20, 2011 November 17, 2011 December 15, 2011
Time:	9:30am to 12noon
Min #	3
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Cost:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	24 hours prior to the event.
Comments:	Please bring your own snacks and drinks. If you have a movie suggestion please forward to Dave Horton at recreation@bicr.org .

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 spending 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, October 6 to December 22, 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:	Wednesday, September 28, 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, October 7 to December 23, 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:	Wednesday, September 28, 2011
Comments:	Please dress weather and activity appropriate.

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. A special guest appearance is possible 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 or Shirley Ely 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:	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.
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. If your last name begins with A-P: Salad or Vegetable Dish Q-Z: Dessert.
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.

WE ARE ON THE MOVE

Did you know that St. Lawrence residence will be moving to a new location? We are very excited about our new residential site that will be located on Richeileu Promenade in Welland.

Construction has begun with Mountainview Homes. It is very exciting, and we are looking forward to the new residence.

We do need your help. We would like to give this residence a name (something more creative than the street it is located on!)



We will be asking for suggestions. If you have an idea of what to call our new residential site please complete the ballot below and submit at the main office. The entries will be presented to the Board of Directors who will choose the winning entry. The winner will receive a free tour of the new residence. OK you will also get a lovely gift.

Staff/Participant Name and Contact #

The name of the new residence is...

Brain Injury Community Re-entry (Niagara) Inc.

Special Events and Outings

Fall ~ October, November & December 2011

Here is a calendar for fall 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

October 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Sat, Oct 1	11:30 am - 2:00 pm	Fireman's Park NF	Harvest Festival	No entry fee, bring spending money for purchases and dress weather appropriate. 
Tues, Oct 4	6:30 - 10:00 pm	Niagara Square	Movie's	Cost is \$5 per person for the movie, bring spending money if you wish. 
Wed, Oct 5	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, Oct 13	10:00 am - 2:00 pm	Toronto	Hockey Hall of Fame	TBA
Wed, Oct 19	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, Oct 27	7:00 - 10:00 pm	Grantham Optimist Club Linwell Rd, St. Kitts	Halloween Dance	Cost is \$5 in advance and \$7 at the door. Snacks, drinks provided for a small cost, prizes and live band. 





ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Oct 11	6:00 - 8:00 pm	Joey's Only	Diner's Club	Cost is the price of your meal.
Fri, Oct 14	7:00 - 9:00 pm	Fort George	Ghost Tour	Cost is \$17 per person, limited space available.

WELLAND

Date	Time	Place	Event	Notes
Sun, Oct 2	11:30 am - 1:30 pm	Merritt Island	Food Festival	No entry fee, bring spending money for your purchases.
Sat, Oct 22	6:00 - 8:00 pm	Parkdale	Halloween Party	Prizes and snacks available.
Tues, Oct 25	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal.

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Harvest Festival at Fireman's Park Niagara Falls 11:30am-2:pm 
2 Niagara Food Festival Merritt Island with St. Lawrence 11:30am- 1:30pm	3	4 Movie at Niagara Square 6:30-10pm 	5 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	6	7	8
9	10 <i>Thanks Giving</i>	11 St. Catharines Diner's Club at Joey's Only 6-8pm	12	13 Hockey Hall of Fame 10am-2pm 	14 Ghost Tour at Fort George with Richardson Crt 7-9pm	15
16	17	18	19 Wacky Wednesday Casino Night at Unit 10 4-7pm	20	21	22 Halloween Dress up Party at Parkdale 6-8pm
23 30	24 31	25 Welland Diner's Club at MT Bellies 5-7pm	26	27 Halloween Dance at Grantham Optimist 7-10pm 	28	29

November 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Nov 2	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, Nov 5	7:00 - 9:00 pm	Queen's Park NF	Festival of Lights	This is an outdoor event, please dress weather appropriate. 
Fri, Nov 11	8:00 - 10:00 pm	Brock University	Brock Basketball	There is no cost for this event. 
Wed, Nov 16	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).
Wed, Nov 30	6:00 - 9:00 pm	Pen Centre	Christmas Shopping & Dinner	Please bring spending money and your shopping list. 


ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Nov 8	6:00 - 8:00 pm	Eastside Mario's	Diner's Club	Cost is the price of your meal.
Fri, Nov 25	6:30 - 8:00 pm	Richardson Crt	Games Night	Snacks & refreshments provided.

WELLAND

Date	Time	Place	Event	Notes
Sat, Nov 19	1:00 - 3:00 pm	BICR, Unit 10	Christmas Cookie Exchange & Trivia	Join us for hot chocolate, trivia and a cookie exchange. Cost \$1 per person.
Tues, Nov 22	5:00 - 7:00 pm	Pizza Hut	Diner's Club	Cost is the price of your meal.
Sat, Nov 26	6:00 - 8:00 pm	Parkdale	PJ Party & Movie	Snacks & refreshments provided.

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	3	4	5 Festival of Lights Opening Ceremony Queen's Park Niagara Falls 7-9pm 
6	7	8 St. Catharines Diner's Club at Eastside Mario's 6-8pm	9	10	11 Brock University Basketball 8-10pm 	12
13	14	15	16 Wacky Wednesday Casino Night at Unit 10 4-7pm	17	18	19 Christmas Cookie Exchange & Trivia with St. Lawrence at Unit 10 1-3pm
20	21	22 Welland Diner's Club at Pizza Hut 5-7pm	23	24	25 Games Night at Richardson Crt 6:30-8pm	26 Movie Night & PJ Party at Parkdale 6-8pm
27	28	29	30 Christmas Shopping & Dinner at the Pen Centre 6-9pm 			

December 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Fri, Dec 2	6:00 - 9:00 pm	NOTL	Candle Light Stroll	Cost is \$3 per person for a candle. Dress weather appropriate. 
Mon, Dec 5	5 - 7:30 pm	St. Columba Church St. Kitts	COSS/MOD Christmas Party	Please see page 23 for further details. 
Wed, Dec 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.
Thurs, Dec 15	7:00 - 10:00 pm	St. Kitts	Ice Dogs Game	TBA 
Wed, Dec 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).




ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Dec 13	6:00 - 8:00 pm	Angels Diner	Diner's Club	Cost is the price of your meal.
Sat, Dec 17	2:00 - 4:00 am	NOTL	Navy Hall	No entry fee with a non perishable food item. Musket & artillery demos, arts & crafts, etc.

WELLAND

Date	Time	Place	Event	Notes
Sat, Dec 10	11:00 am - 1:00 pm	Parkdale	Chili & Gift Exchange.	Maximum \$5 gift for exchange and enjoy a bowl of chili.
Sun, Dec 18	11:30 am - 2:30 pm	Promenade Richelieu	Holiday Party	Potluck & holiday movie. Bring a dish to share for potluck.
Tues, Dec 27	5:00 - 7:00 pm	Boston Pizza	Diner's Club	Cost is the price of your meal.

December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Candle Light Stroll at NOTL 6-9pm	3
						
4	5 COSS/Modular Christmas Party at St. Columba Church 5-7:30pm	6	7 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	8	9	10 Chili Lunch & Gift Exchange at Parkdale 11am-1pm
						
11	12	13 St. Catharines Diner's Club at Angels Diner 6-8pm	14	15 Niagara Ice Dogs Game 7-10pm	16	17 Navy Hall Celebration with Richardson Crt 2-4pm
						
18 Holiday Party at Promenade Richelieu 11:30am- 2:30pm	19	20	21 Wacky Wednesday Casino Night at Unit 10 4-7pm	22	23	24 <i>Office Closed at Noon</i>
25 <i>Christmas Day</i>	26 <i>Boxing Day</i>	27 <i>Office Closed</i> Welland Diner's Club at Boston Pizza 5-7pm	28	29	30	31 <i>Office Closed at Noon</i>



Brain Injury Community Re-entry (NIAGARA) INC.

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