



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



Summer

Learning & Leisure Guide

July, August and September 2009



Recycled

Learning & Leisure Guide

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

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

This guide profiles program activities that are offered in July, August and September 2009. Some program activities are time limited and run in sessions, while other program activities run year round.

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

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



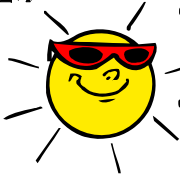
Brain Injury Community Re-entry
(Niagara) Inc.
261 Martindale Road, Units 12 & 13
St. Catharines, Ontario L2W 1A1
Phone: 1-800-996-8796 or 905-687-6788
Fax: 905-641-2785
E-mail: recreation@bicr.org
Website: www.bicr.org
Dave Horton, Recreation Coordinator

WRAP

WORK - REST - AND - PLAY
MONDAY GROUP

- Description:** Work, Rest, And Play. Come on out and volunteer at the Niagara Parks School of Horticulture. (Show us your green thumb!)
- Location:** Botanical Gardens, Niagara Falls
- Date:** Mondays, July 6 - September 28, 2009
(excluding holidays)
- Time:** 9:30 a.m. - 12:00 p.m. (no full days)
- Min# of Participants:** 4
- Max# of Participants:** 6
- Transportation:** Provided from BICR main office at no cost.
- Material Required:** N/A
- Activity Fee:** N/A
- Pre-Requisites:** Not in Volunteer Ventures.
- Contact:** Dave Horton, 905-687-6788, ext. 641
- Register by:** Thursday, July 2, 2009





Fun In The Sun

Description: Join “Fun In The Sun” each Monday. There will be a variety of activities, games and crafts.

Location: Pavilion in Port Dalhoise

Date: Mondays, June 1 - August 31, 2009

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

Min# of Participants: N/A

Max# of Participants: N/A

Transportation: Not provided; please provide your own transportation.

Material Required: On occasion you may be asked to bring materials for an activity.

Activity Fee: N/A

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

Register by: Rain or shine. Please bring water, hat and sunscreen.



Bowling

- Description:** A social activity at Parkway Lanes where people can get together and play a game of 10-pin bowling. Wheelchair and ball ramps are available.
- Location:** Parkway Lanes, Ontario Street, St. Catharines.
- Date:** Mondays, September 21, 2009 - April 26, 2010
- Time:** 1:00 p.m. - 2:30/3:00 p.m.
- Min# of Participants:** 4
- Max# of Participants:** N/A
- Transportation:** Not provided; please provide your own transportation.
- Material Required:** N/A
- Activity Fee:** \$2.25 per person per game.
- Contact:** Dave Horton, 905-687-6788, ext. 641
- Register by:** N/A
- Comments:** Please bring enough money to play 1 or 2 games.



Jewelry Making & Beadwork



Description: Learn the basics of jewelry making such as laying out your design, stringing and crimping and basic wire work to create your own jewelry.

Location: Ontario March of Dimes
243 Church Street, St. Catharines

Date: Monday, June 1 - August 24, 2009

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

Min# of Participants: 3

Max# of Participants: 6

Transportation: Not provided; please provide your own transportation.

Material Required: N/A

Activity Fee: If you wish to purchase the jewelry you or others have made you will be charged for the cost of the material only.

Contact: Gillian Rodger, 905-687-6788, ext. 265

Register by: On-going registration



Circle of Friends

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

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

Date: Mondays, September 14 - December 14, 2009

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

Min# of Participants: 5

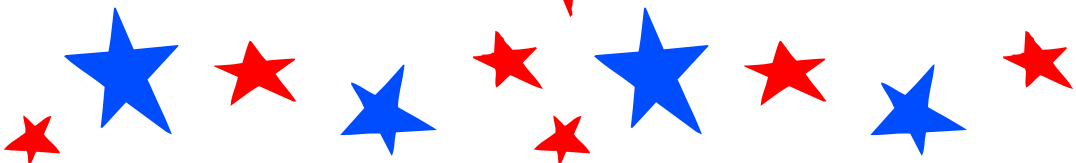
Max# of Participants: 12

Transportation: Not provided; please arrange your own transportation.

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

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

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



Cooking & Nutrition

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

Location: Head Injury Association of Fort Erie

Date: Tuesdays, on-going

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

Min# of Participants: 2

Max# of Participants: 4

Transportation: Not provided; please provide your own transportation.

Material Required: A healthy appetite.

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

Contact: Gillian Rodger, 905-687-6788, ext. 265

Register by: On-going registration



Whispering Pines

Description: Two-hour painting class located in the beautiful town of Sherkston.

Location: Whispering Pines Art Studio, Sherkston

Date: Tuesdays, July 7 - September 29, 2009

Time: Class time is 12:30 p.m. - 2:30 p.m.



Min# of Participants: 2

Max# of Participants: 6

Transportation: Provided at a cost.

Material Required: All materials available at a small cost.

Activity Fee: Varies from month to month.

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

Register by: Tuesday, June 30, 2009

Canoeing

Description: Enjoy the sparkling waters of the Niagara Region by taking a paddle in a canoe.

Location: St. Catharines - Wednesdays, June 3 & 10, July 22 & 29
Welland - Wednesdays, June 17 & 24, August 5 & 12
Niagara Falls - Wednesdays, July 8 & 15, August 19 & 26
Rainout day - Wednesdays, September 2 & 9

Time: 9:00 - 11:00 a.m.

Min# of Participants: 2 per session

Max# of Participants: 4 per session

Transportation: Not provided; please provide your own transportation.

Material Required: Comfortable clothing, hat, sunglasses, sunscreen.

Activity Fee: N/A

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

Register by: 48 hours before event unless event is full.

Comments: More canoeing sessions may be made available.



Volunteer Ventures

- Description:** These sessions are provided for individuals to gain experience and learn work-related skills through volunteering in a small group at various community locations.
- Location:** A variety of locations throughout the community.
- Date:** Wednesdays, July 8 - September 30, 2009
- Time:** Meet at BICR main office at 12:00 p.m. Return back to BICR from the worksite. No cost.
- Min# of Participants:** 2
- Max# of Participants:** 8
- Transportation:** Provided from BICR main office at no cost.
- Activity Fee:** Money for refreshments, if desired.
- Pre-Requisites:** Not enrolled in WRAP, Community Connections or any other independent volunteer/work placement. Have the ability to self-direct and work as a team member.
- Contact:** Tina Horton, 905-685-4464
- Register by:** Friday, June 26, 2009
- Comments:** Volunteer Ventures is intended for individuals seeking volunteer exploration and experience to gain skills for independent volunteering or employment.



Archery



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

Location: Beamsville

Date: Wednesdays, July 8 - September 30, 2009

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

Min# of Participants: 4

Max# of Participants: 8

Transportation: Provided from BICR main office at a cost.

Material Required: N/A

Activity Fee: \$3.00 plus transportation cost.

Pre-Requisites: N/A

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

Register by: Thursday, July 2, 2009

St. Catharines Diner's Club

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

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

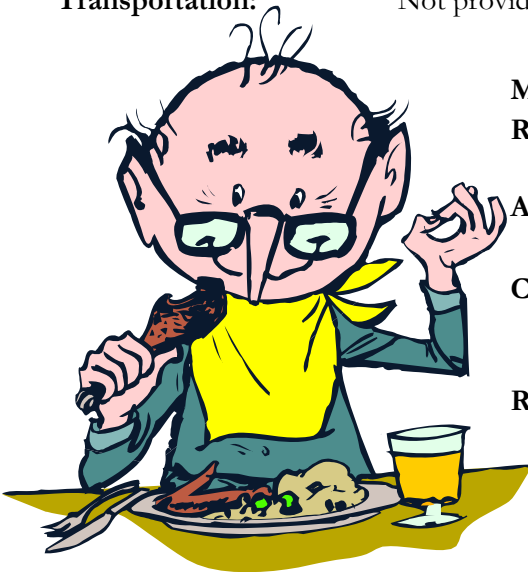
Date: First Wednesday of each month.

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

Min# of Participants: 2

Max# of Participants: N/A

Transportation: Not provided; please arrange your own transportation.



Material Required: A hearty appetite!

Activity Fee: Price of your meal.

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

Register by: Two days prior to the event.

Welland Diner's Club

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

Location: A variety of restaurants in the Welland area.

Date: Third Wednesday of every month.

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

Min# of Participants: 2

Max# of Participants: N/A

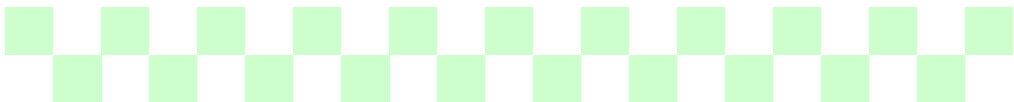
Transportation: Not provided; please arrange your own transportation.

Material Required: A hearty appetite!

Activity Fee: Price of your meal.

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

Register by: Two days prior to the event.



Horticulture Therapy

Description: This program is designed for participants who enjoy the love of outdoors and gardening. May and June consists of clean-up and planting our beds at N-TEC. July and August focus is on watering and weeding.

Location: N-TEC
Port Robinson

Date: Tuesdays, July 5 - September 22, 2009
Thursdays, July 9 - August 27, 2009
(excluding holidays)

Times: 9:00 a.m. - 1:00 p.m.

Min# of Participants: 4

Max# of Participants: 12



Transportation: Transportation provided from BICR main office at no cost.

Material Required: Sunscreen, hat, water and bring your smile! Lunch is also needed.

Activity Fee: \$3.00 - \$4.00 if you would like to purchase lunch from N-TEC.

Contact: Linda Gosling, 905-687-6788 ext. 387

Register by: Friday, July 3, 2009 (please specify if you would like to attend on Tuesdays or Thursdays)

Comments: Occasional off-site trips T.B.A.

BICR's Baseball Team

Description: Come on out every Thursday and join the BICR baseball team. Every Thursday there will be a practice depending on the weather.

Location: Grantham Optimist Club
Linwell Road, St. Catharines

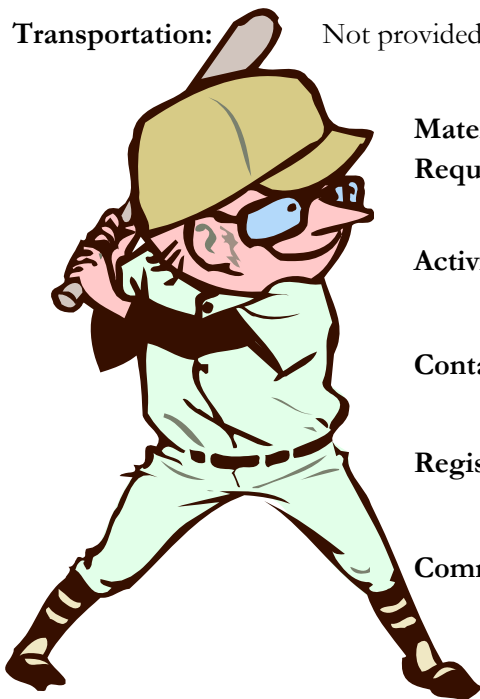
Date: Thursdays, May 21 - September 3, 2009

Time: 10:00 a.m. - 11:30 a.m.

Min# of Participants: 3-5

Max# of Participants: N/A.

Transportation: Not provided; please provide your own transportation.



Materials Required: Loose comfortable clothing, baseball glove.

Activity Fee: N/A

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

Register by: N/A

Comments: This is a practice where participants all get to hit and field. The competitiveness of this event depends on the numbers.

Men's Social Group

Description: Join a group of your peers for social activities in the Niagara Region.

Location: BICR Main Office

Date: Thursdays, July 2 - September 24, 2009

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

Min# of Participants: 4

Max# of Participants: 8

Transportation: Provided from BICR main office at no cost.

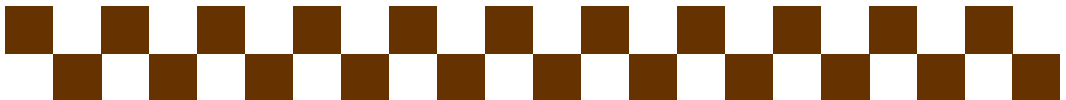
Material Required: N/A

Activity Fee: N/A

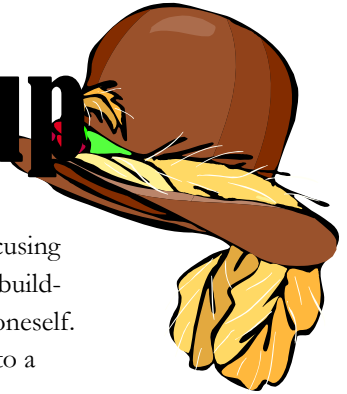
Pre-Requisites: Not in BICR's "Circle of Friends" group.

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

Register by: N/A



Women's Group



Description:

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

Meeting Dates, Times and Locations:

Thursday, July 9 - 9:45-1:00, meet at Bethany for fun activities

Thursday, July 30 - 9:45-12:00, meeting at Bethany

Thursday, August 13 - 9:45-12:00, meeting at Bethany or planned outing

Thursday, August 27 - 9:45- 12:00, meeting at Bethany

Thursday, September 10 - 9:45-12:00, meeting at Bethany or planned outing

Thursday, September 24 - 9:45-12:00, meeting at Bethany

Min# of Participants:

4

Max# of Participants:

12

Transportation:

Not provided; please provide your own transportation.

Activity Fee:

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

Contact:

Ineke Soto, 905-687-6788, ext. 614 or Kimberley Underhill, ext. 657

Register by: On-going registration

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





Substance Dependence Support Group

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

WRAP

WORK - REST - AND - PLAY
FRIDAY GROUP

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

Location: School of Horticulture.

Date: Fridays, July 3 - September 25, 2009

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

Min# of Participants: 4

Max# of Participants: 6

Transportation: Provided from BICR main office at no cost.

Material Required: You must provide your own lunch.

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

Pre-Requisites: Not in Volunteer Ventures.

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

Register by: Friday, June 26, 2009



Geneva Park

Description: Spend 4 fabulous days relaxing on the calm lake of Geneva Park. Swim, canoe, go on nature walks, complete a craft, or just read a book under a shade tree.

Location: Orillia, Ontario

Date, Times: COSS & Modular Services: August 10 - 13, 2009
Residential Services: August 24 - 27, 2009

Min# of Participants: 4

Max# of Participants: 12 - 15

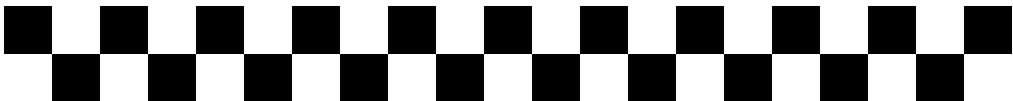
Transportation: Transportation provided from BICR main office at no cost.

Activity Fee: T.B.A.

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

Register by: T.B.A.

Comments: 4 wheelchair spots available and 4 non-wheelchair spots.



BICR's 12th Annual Golf Tournament

Description: BICR's 12th Annual Golf Tournament Fundraiser. Four person scramble, dinner and prizes to follow at the course.

Location: Bridgewater Country Club
700 Gilmore Road, Fort Erie

Date: Monday, September 14, 2009

Time: Registration at 11:00 a.m.

Min# of Participants: N/A

Max# of Participants: 144 Golfers

Transportation: Not provided; please provide your own transportation.

Materials Required: Golf equipment if you have it available.

Activity Fee: \$120.00

Contact: Jennifer MacLean, 905-687-6788 ext. 637

Register by: Tuesday, September 1, 2009



**Drink fluids**

- Drink 8 glasses of water every day
- Reduce your intake of coffee, tea and soda pop with caffeine, and avoid drinking alcohol (caffeine and alcohol increase water loss from the body)
- If you take water pills (diuretics) or are on a low salt diet, see your doctor for advice

Find a cool place to spend the day

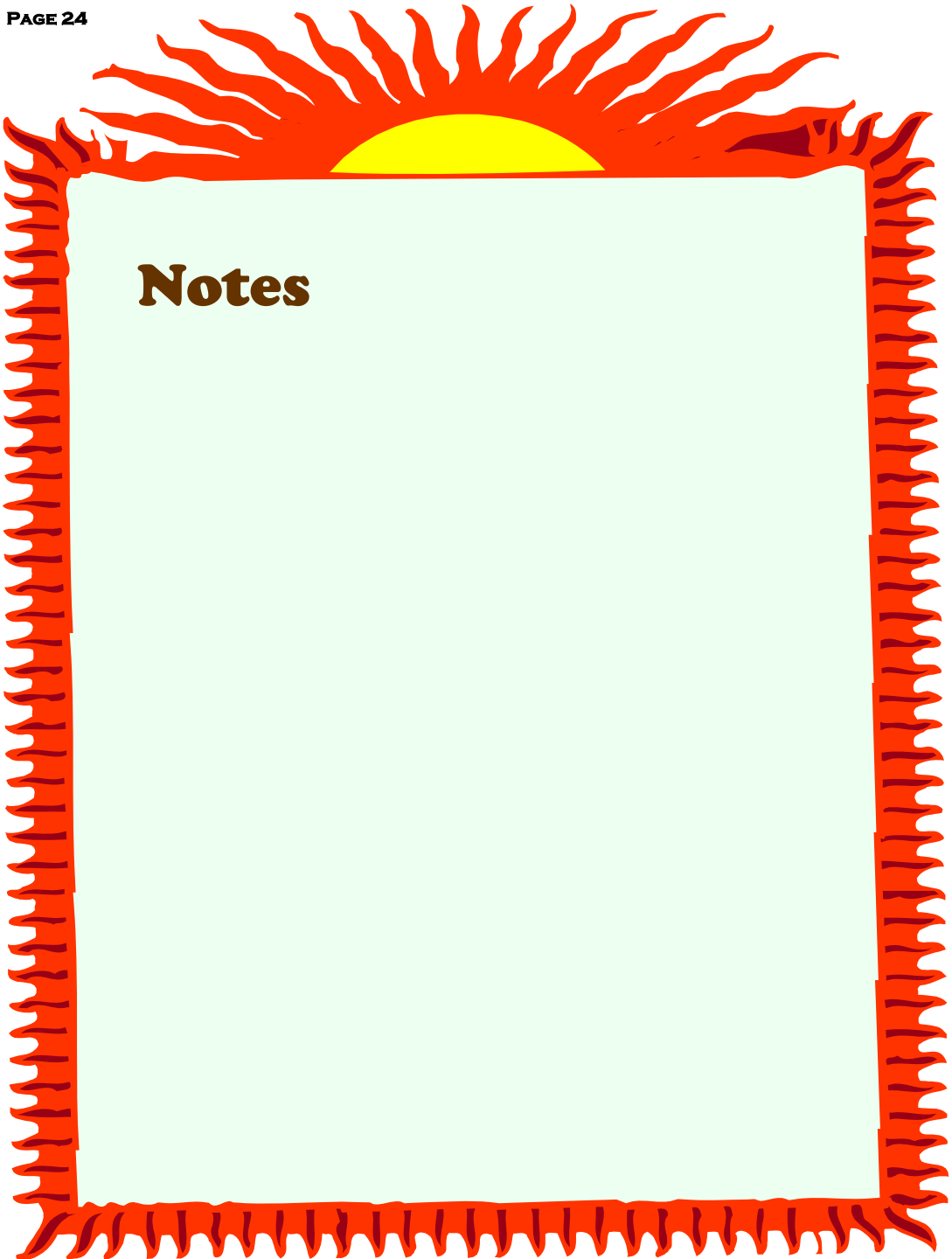
- Visit a friend or relative who has air conditioning
- Go to a mall, library or other air conditioned public place
- Turn on air conditioning or electric fans

Wear appropriate clothing when you go out

- Cool, loose-fitting, light coloured clothes
- A hat or umbrella
- Sunscreen of SPF 15 or higher (put it on 20 minutes before going out)
- Sunglasses that block 100% of UVA and UVB rays

Keep your cool

- Go outdoors in the early morning or late afternoon
- Avoid strenuous activities
- Take a cool shower, bath, or sponge bath
- Eat small, light meals with cool drinks and foods (not very cold) such as salads, fruits and jello

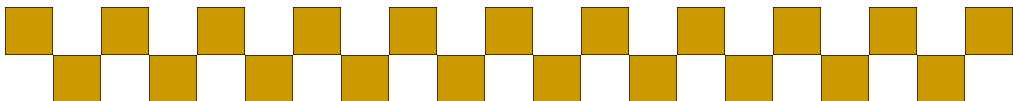


Notes

Weekly Groups

July - September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
WRAP 10-12:30pm	Cooking & Nutrition 10am-1pm	Canoeing 9-11am	Men's Group 12 or 1-3pm	WRAP 10am-1pm
Fun In The Sun 1-3pm	Whispering Pines 12:30-2:30pm	Volunteer Ventures 12noon	Women's Group 9:45-12pm	
Bowling 1-3pm (starts Sept 21)		Archery 1-3pm	Substance Dependence Support Group 2-4pm	
Jewelry Making & Beadwork 1-3pm		Diner's Club St. Catharines First Wednesday of the month		
Circle of Friends 6:50-8:30pm		Diner's Club Welland Third Wednesday of the month		



July 2009

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

August 2009

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

September 2009

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

Summer

July, August and September 2009

Activity Interest Form

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

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

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

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

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



Brain Injury Community Re-entry (NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

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

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