



Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide Spring 2011



Welcome to BICR's Learning & Leisure Guide

Welcome spring!! 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 April, May and June 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.

WRAP



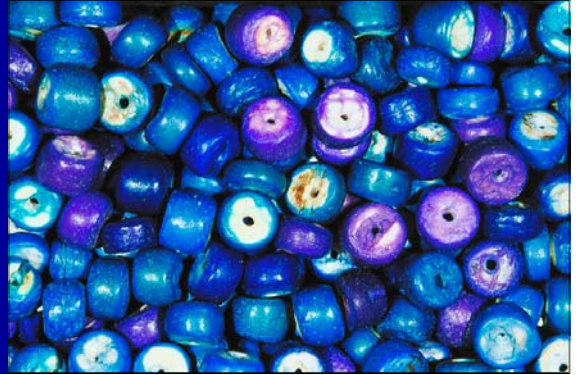
Description:	Come and get your hands dirty and relish at the end results. This year round program includes a variety of activities such as weeding, raking, transplanting, seeding, watering and general garden maintenance. See a flower bloom or a vegetable grow and watch the many changing colours of the seasons.
Location:	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
Dates:	Mondays, April 4 to June 27, 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, March 28, 2011
Comments:	Please dress weather and activity appropriate.

Enhance Your Independent Living Skills - Cooking



Description:	<p>Come out and cook and eat lunch every Monday while fine tuning your cooking skills. Learn to shop smart, pick and plan meals and cook healthy without sacrificing taste.</p> <p>Discussion groups will be held on the following topics:</p> <ul style="list-style-type: none"> • General safety around the kitchen • Knife handling • Portion control and healthy fast food • Healthy eating and easy tips for planning a healthy diet and sticking to it • Proper food handling and storage, learn about potentially hazardous foods, contamination and bacterial growth • Calcium and your bones; which foods will keep your bones strong • Salt and sodium; the hidden ingredient in processed food
Location:	BICR, Unit 10
Dates:	Mondays, May 2 to June 27, 2011 (excluding holidays)
Times:	9am to 1pm
Min #	4
Max #	8
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	\$4 for the cost of your meal and a beverage
Pre-Requisites:	Intended for individuals seeking independent living skills, either currently living independently or with the goal to live independently and the ability to self direct and work within a team.
Contact Name:	Gillian Roger Pagnotta 905-687-6788 ext. 720 Shirley Ely 905-687-6788 ext. 756
Registration Date:	Thursday, April 14, 2011
Comments:	N/A

Jewelry Making & Beadwork



Description:	Learn the basics of jewellery 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, May 2 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:	Friday, April 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, April 4 to 25, 2011 (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>

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, June 6, 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:	Friday, May 20, 2011
Comments:	Please bring sunscreen and a hat and dress for the weather.

SUBI - Level 1



Description:

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

This group is intended for individuals who have not attended a SUBI group in the past. The sessions will cover the following:

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

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

Location:

BICR, Unit 12

Dates:

Mondays, June 6 to August 8, 2011
(excluding holidays)

Times:

2pm to 4pm

Min

4

Max

8

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

Provided

Activity Fee:

N/A

Pre-Requisites:

Referral and completion of assessment interview

Contact Name:

Jeff Sica ext. 617
Diane Thomson ext. 657

Registration Date:

Friday, May 6, 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, April 4 to June 13, 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, March 28, 2011
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 and 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 to view the gardens. Vegetable are donated to the local food bank.

Location:

NTEC 120 Canby Street

Dates:

Tuesdays, April 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, March 28, 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, April 5 to June 28, 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, March 28, 2011
Comments:	BICR provides the paint. Canvases are sold at a minimal cost.

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 9:

1. Monopoly
2. Black Jack
3. Euchre
4. Poker
5. Clue
6. Crazy eights
7. Trivia
8. Rummy
9. Risk

Location:

BICR, Unit 10

Dates:

Tuesdays, April 5 to May 31, 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, March 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 will be 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, April 5 to May 31, 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.
Location:	A different restaurant each month.
Dates:	Wednesday, April 6, 2011 followed by the first Tuesday of every month starting in May.
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

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.
Location:	A different restaurant each month.
Dates:	Wednesday, April 20, 2011 followed by the third Tuesday of every month starting in May.
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

Canoeing



Description:	If you enjoy the outdoors, come explore it with us by canoeing. Canoeing can be as peaceful or exhilarating as you want. It is a great way to enjoy the Niagara Region's beautiful waterways, while at the same time fitting in a low impact activity that can improve your aerobic fitness, strength and flexibility.
Location:	St. Catharines – Jordan Harbour, Beacon Boat Launch Niagara Falls – Public Boat Launch, Lion's Creek Road in Chippawa Welland – Lincoln Street Docks
Dates:	June 1 & 8, July 13 & 20 – St. Catharines June 15 & 22, July 27 & August 3 – Niagara Falls June 29 & July 6, August 10 & 17 – Welland
	Rain Out Dates: August 24 & 31
Times:	9am to 11am
Min #	1 per session
Max #	4 per session
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	All materials and equipment provided.
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	1 week prior to the selected dates.
Comments:	Please provide your own sunglasses, sunscreen, and hat. Dress for the weather and be prepared to get wet.

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, April 6 to June 15, 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, March 28, 2011
Comments:	N/A

Mat Yoga and Meditation



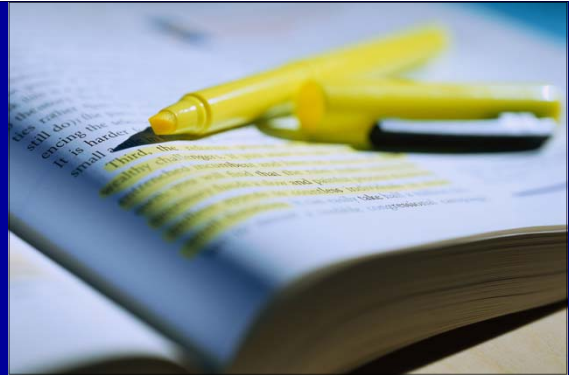
Description:	A basic introduction to yoga on the mat. Participants will learn gentle pose sequences and enjoy guided meditation. This class will prepare participants for classes in the community.
Location:	BICR, Unit 10
Dates:	Wednesdays, April 6 to June 15, 2011
Times:	9am to 10am
Min #	3
Max #	15
Transportation:	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, March 28, 2011
Comments:	Yoga mats may be available if needed. Please contact Meg for details.

Fun Central



Description:	Come join the group that brings your mind and body back into balance by participating in fun and stress-free activities. Weekly themes guaranteed to make you laugh.
Location:	BICR, Unit 10
Dates:	Wednesdays, March 9 to April 27, 2011
Times:	12:30pm to 2:00pm
Min #	2
Max #	12
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Roger Pagnotta 905-687-6788 ext. 720 Shirley Ely 905-687-6788 ext. 756
Registration Date:	Ongoing registration
Comments:	N/A

SUBI - Maintenance



Description:	<p>SUBI (Substance Use/Brain Injury) is an educational support group designed to address individuals with ABI who have also struggled with addictive related behaviours.</p> <p>This particular group is intended for those who have previously completed the Level 1 group, and wish to be involved in an on-going group meeting to maintain the changes they have attempted to make in their daily lives. This group will continue to meet on a weekly basis, and will incorporate review of the materials covered in Level 1 with new materials added related to relapse prevention techniques. This group will also incorporate a higher level of group discussion and peer support.</p>
Location:	BICR, Unit 12
Dates:	Wednesdays – ongoing
Times:	2pm to 4pm
Min #	4
Max #	8
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	Provided
Activity Fee:	N/A
Pre-Requisites:	Referral and completion of assessment interview.
Contact Name:	Jeff Sica ext. 617 Diane Thomson ext. 657
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 and 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 to view the gardens. Vegetable are donated to the local food bank.

Location:

NTEC 120 Canby Street

Dates:

Thursdays, April 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, March 28, 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.

Employment



Description:	<p>A six week workshop series with the goal of providing education to participants about working in Niagara.</p> <p>Week 1: Navigating through the Ontario Disability Support Program (ODSP)</p> <p>Week 2: Understanding your place in the World by exploring volunteering vs. employment</p> <p>Week 3: Employment Laws – Understanding the legislated responsibilities of employees and employers in Ontario.</p> <p>Week 4: Technology in the Millennium</p> <p>Week 5: Stereotypes in Employment</p> <p>Week 6: When I grow up I want to be.....?</p>
Location:	BICR, Unit 12
Dates:	Thursdays, March 17 to April 21
Times:	10am to 11am
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:	Tina Horton 905-687-6788 ext. 704 Lina Somma 905-687-6788 ext. 730
Registration Date:	Wednesday, March 16, 2011
Comments:	N/A

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, April 7 to June 30, 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, March 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, April 8 to June 24, 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, March 28, 2011
Comments:	Please dress weather and activity appropriate.

Spring Fling Dance



Description:	It's a new season...let's celebrate it!!! Partake in a dance to welcome spring. Show us your dance moves and 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 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, April 14, 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 Gillian Roger Pagnotta 905-687-6788 ext. 720
Registration Date:	N/A
Comments:	Dress up in your most fashionable spring outfit. There will be a minimal cost for pizza, baked goods and drinks.

Baseball Tournament



Description:	<p>If you're looking for a way to get off the couch and get active, why not sign up for BICR's annual baseball tournament.</p> <p>The tournament is certainly an event that will get your blood pumping whether you are pitching or keeping an eye out for fly balls in the outfield.</p> <p>Bring an enthusiasm for the sport and a hearty appetite as a BBQ lunch is available.</p>
Location:	<p>Grantham Optimist Club 188 Linwell Road, St. Catharines</p>
Dates:	<p>Thursday, June 30, 2011</p>
Times:	<p>10am to 2pm</p>
Min #	<p>N/A</p>
Max #	<p>N/A</p>
Transportation:	<p>Not provided. Please arrange your own transportation.</p>
Materials Required:	<p>Sunscreen, hat, baseball glove, bat, etc. We will have extra gloves and bats if you don't have them.</p>
Activity Fee:	<p>Please bring \$7 for a BBQ lunch.</p>
Pre-Requisites:	<p>N/A</p>
Contact Name:	<p>Dave Horton 905-687-6788 ext. 641</p>
Registration Date:	<p>Thursday, June 23, 2011</p>
Comments:	<p>N/A</p>

Brain Injury Community Re-entry (Niagara) Inc.

Special Events and Outings

Spring - April, May & June 2011

Here is a calendar for spring 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 problems 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 your staff as they occur.
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

April 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Thurs, April 14	7:00 - 10:00 pm	Grantham Optimist	Spring Fling	Cost \$5 in advance or \$7 at the door 
Tues, April 26	6:30 - 9:30 pm	Niagara Square	Movies	Cost \$7 per person (approx.) 
Fri, April 29	2:00 - 4:00 pm	Balls Falls	Nature Walk	Dress weather appropriate 

ST. CATHARINES

Date	Time	Place	Event	Notes
Wed, April 6	6:00 - 8:00 pm	Montana's Restaurant	Diner's Club	Cost is the price of your meal
Fri, April 15	5:00 - 7:00 pm	Richardson Court	Potluck Dinner	Please bring a dish to share

WELLAND

Date	Time	Place	Event	Notes
Sun, April 10	2:00 - 4:00 pm	BICR, Unit 10	Afternoon Tea & Scones	Cost \$2 per person & bring your own mug
Sat, April 16	6:00 - 8:00 pm	Parkdale	Easter Egg Decorating	Show your creative touch
Wed, April 20	5:00 - 7:00 pm	Bravo Restaurant	Diner's Club	Cost is the price of your meal

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 St. Catharines Diner's Club at Montana's 6-8pm	7	8	9
10 Afternoon Tea & Scones with St. Lawrence at Unit 10 2-4pm	11	12	13	14 Spring Fling Dance at Grantham Optimist Club 7-10pm	15 Potluck at Richardson Court 5-7:30pm	16 Easter Egg Decorating at Parkdale 6-8pm
17	18	19	20 Welland Diner's Club at Bravo 5-7pm	21	22 <i>Good Friday</i>	23
24 <i>Easter Sunday</i>	25	26 Movies at Niagara Square 6:30-9:30pm	27	28	29 Nature Walk at Balls Falls 2-4pm	30

May 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, May 4	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Enjoy a games night with friends
Fri, May 7	12:30 - 2:30 pm	BICR, Unit 10	Minute to Win it	Games night 
Wed, May 11	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Bring a dish to share for potluck
Fri, May 13	9:00 am - 4:00 pm	Niagara Falls	Safari Niagara	Cost TBA 
Wed, May 18	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night
Fri, May 20	12:30 - 2:30 pm	BICR, Unit 10	Cupcake Decorating	Cost is \$3, bring a dozen cup cakes
Wed, May 25	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Enjoy pizza & a movie
Tues, May 31	7:00 - 9:00 pm	Fallsview, NF	Fallsview Casino	Casino night 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, May 3	6:00 - 8:00 pm	Joe's Only	Diner's Club	Cost is the price of your meal
Fri, May 27	6:00 - 7:30 pm	Richardson Court	Author & Book Reading	Book night

WELLAND

Date	Time	Place	Event	Notes
Tues, May 17	5:00 - 7:00 pm	Boston Pizza	Diner's Club	Cost is the price of your meal
Sat, May 28	11:00 am - 1:00 pm	Outside at Parkdale	Spring BBQ Luncheon	Parkdale to provide burgers & buns, St. Lawrence to bring salad & Richardson Court to bring dessert

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 St. Catharines Diner's Club at Joey's Only 6-8pm	4 Wacky Wednesday Games Night at Unit 10 4-7pm	5	6	7 Games of Minute It to Win It at Unit 10 12:30-2:30pm 
8	9	10	11 Wacky Wednesday Potluck Dinner at Unit 10 4-7pm	12	13 Safari Niagara 9am-4pm	14 
15	16	17 Welland Diner's Club at Boston Pizza 5-7pm	18 Wacky Wednesday Casino Night at Unit 10 4-7pm	19	20 Cupcake Decorating at Unit 10 with St. Lawrence 6:30-8pm	21
22	23 <i>Victoria Day</i>	24	25 Wacky Wednesday Pizza & Movie at Unit 10 4-7pm	26	27 Author & Book Reading at Richardson Court 6-7:30pm	28 Spring BBQ Potluck at Parkdale 11am-1pm
29	30	31 Fallsview Casino 7-9pm 				

June 2011

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, June 1	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Enjoy a games night with friends
Wed, June 8	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Bring a dish to share for potluck
Wed, June 15	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night
Thu, June 16	7:00 - 9:00 pm	Niagara Falls	Avondale Dairy Bar	Cost is the price of your cone 
Wed, June 22	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Enjoy pizza & a movie
Fri, June 24	9:15 am - 4:00 pm	Niagara Falls	Marineland	Cost TBA 
Wed, June 29	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Cards night
Thu, June 30	10:00 am - 2:00 pm	Grantham Optimist	Baseball Tournament	Baseball game, men and ladies welcome 



ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, June 7	6:00 - 8:00 pm	Boston Pizza	Diner's Club	Cost is the price of your meal
Sat, June 18	10:00 - 11:00 am	Niagara Falls	Butterfly Conservatory	Go wild with butterflies

WELLAND

Date	Time	Place	Event	Notes
Fri, June 10	7:00 - 9:00 pm	BICR, Unit 10	Games Night	With St. Lawrence
Tues, June 21	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal
Sat, June 25	5:00 - 7:00 pm	Parkdale	Pizza & Movie	No cost

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wacky Wednesday Games Night at Unit 10 4-7pm	2	3	4
5	6	7 St. Catharines Diner's Club at Boston Pizza 6-8pm	8 Wacky Wednesday Potluck Dinner at Unit 10 4-7pm	9	10 Games Night at Unit 10 with St. Lawrence 7-9pm	11
12	13	14	15 Wacky Wednesday Casino Night at Unit 10 4-7pm	16 Avondale Dairy Bar 7-9pm 	17	18 Butterfly Conservatory with Richardson Court 10-11am
19	20	21 Welland Diner's Club at MT Bellies 6-8pm	22 Wacky Wednesday Pizza & Movie at Unit 10 4-7pm	23	24 Marineland 9:15am-4pm 	25 Pizza & Movie Night 5-7pm
26	27	28	29 Wacky Wednesday Cards Night at Unit 10 4-7pm	30 Baseball Tournament at Grantham Optimist 10am-2pm 		



Brain Injury Community Re-entry (NIAGARA) INC.

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