



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

Learning and Leisure Guide



Winter 2010



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 January, February and March 2010. 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, January 4 - March 29, 2010
(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, December 17, 2009



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, January 4 - March 29, 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.

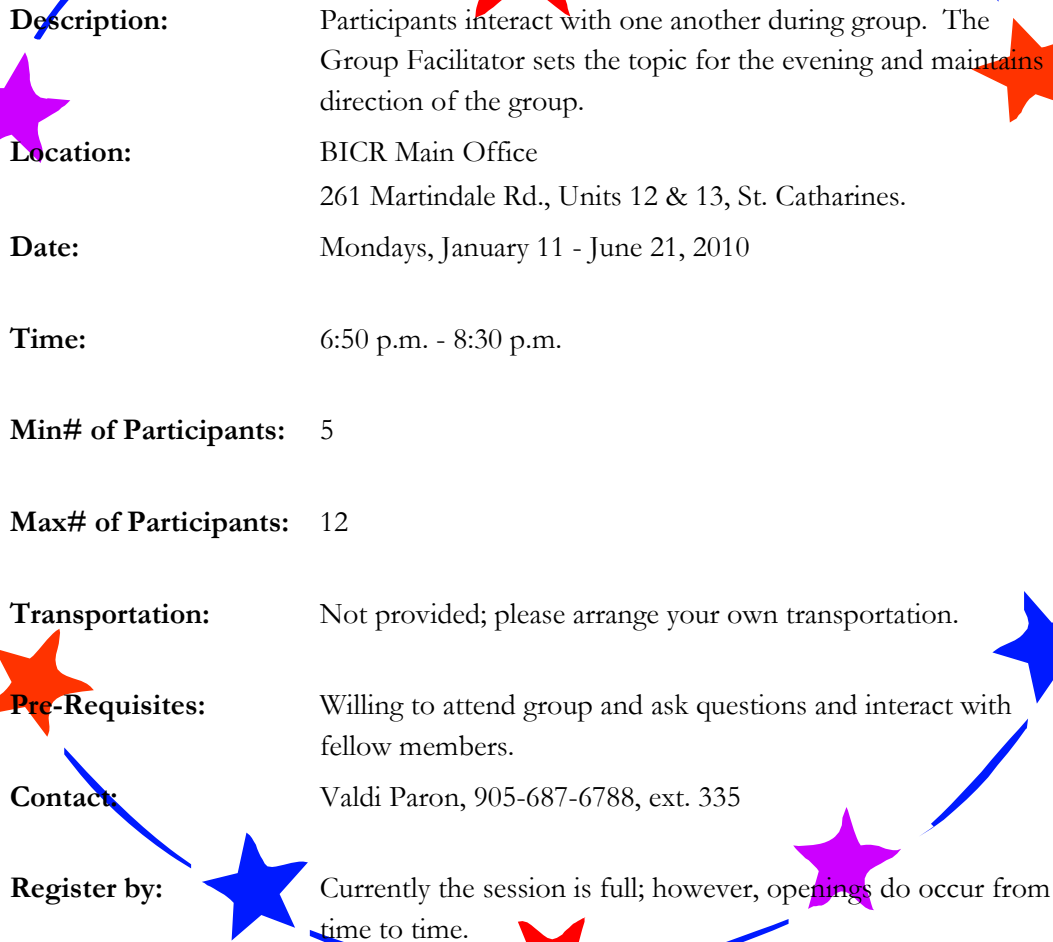
Contact: Dave Horton, 905-687-6788, ext. 641

Register by: N/A

Comments: Please bring enough money to play 1 or 2 games.



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, January 11 - June 21, 2010
- 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.

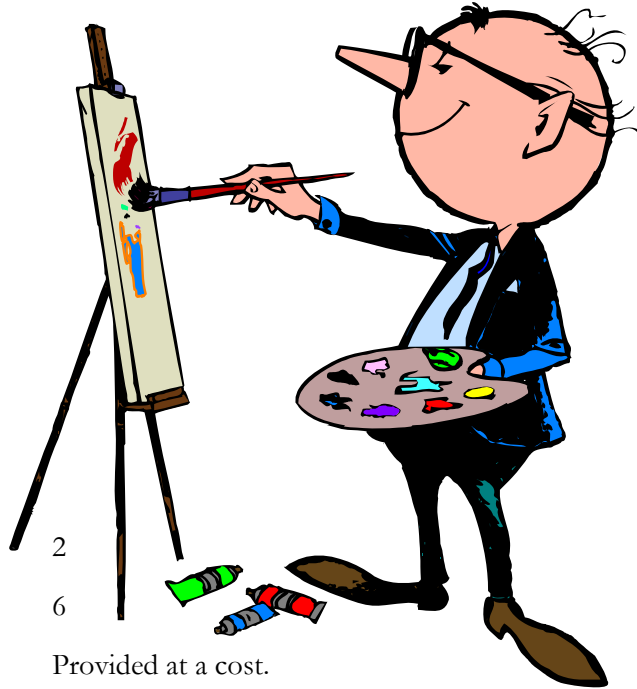
Whispering Pines

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

Location: Whispering Pines Art Studio, Sherkston

Date: Tuesdays, January 5 - March 30, 2010

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: Thursday, December 17, 2009

Archery



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

Location: Beamsville

Date: Wednesdays, January 6 - March 31, 2010

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, December 17, 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!

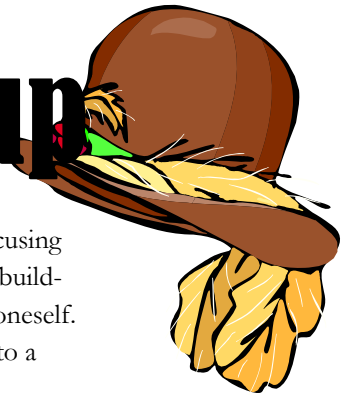
Activity Fee: Price of your meal.

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

Register by: Two days prior to the event.



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, January 14 - 9:45-12:00, meet at Bethany for fun activities
Thursday, January 28 - 9:45-12:00, meeting at Bethany
Thursday, February 11 - 9:45-12:00, meeting at Bethany or planned outing
Thursday, February 25 - 9:45- 12:00, meeting at Bethany
Thursday, March 11 - 9:45-12:00, meeting at Bethany or planned outing
Thursday, March 25 - 9:45-12:00, meeting at Bethany

Min# of Participants: 4

Max# of Participants: 15

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

Register by: On-going registration

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



Men's Social Group

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

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

Date: Thursdays, January 7 - March 25, 2010

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.

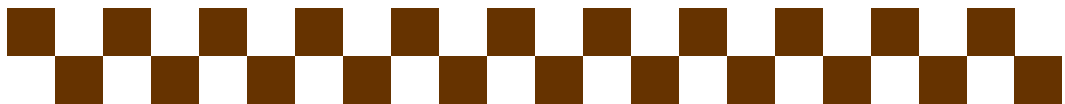
Material Required: N/A

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



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, January 8 - March 26, 2010
- 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:** Thursday, December 17, 2009



Valentines Day Dance



Description: Spot dances, prizes, snacks and beverages.

Location: Grantham Optimist Club, 188 Linwell Road

Date: Thursday, February 11, 2010

Time: Doors open at 6:30pm
Dance 7:00 p.m. - 10:00 p.m.

Transportation: To be announced.

Material Required: Dancing shoes and rhythm.

Activity Fee: \$5.00 per admission ticket, \$1.00 per pizza slice and \$1.00 per beverage.

Contact: Shirley Ely, 905-687-7467, ext. 264
Diane Thomson, 905-687-7467, ext. 265
Dave Horton, 905-687-6788, ext. 641

Register by: Friday, February 5, 2010

Comments: A social gathering to meet new and old friends. If you have transportation difficulties contact Shirley or Diane.

BICR Annual Bowl-A-Thon

Description: Fundraiser bowl-a-thon with 2 games of bowling and lunch to follow at Boston Pizza.

Location: Parkway Lanes, 327 Ontario Street, St. Catharines

Date: Saturday, April 17, 2010

Time: 12:00 p.m. – 4:00 p.m.

Min# of Participants: N/A

Max# of Participants: N/A

Transportation: Not provided; please provide your own transportation.

Activity Fee: Minimum \$40 pledge per adult

Minimum \$20 pledge per child

Activity Fee: To be announced.

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

Courtney Kaminski, 905-687-6788, ext. 325

Register by: Friday, April 9, 2010

Comments: Come on out and support a great cause and have fun while your doing it!



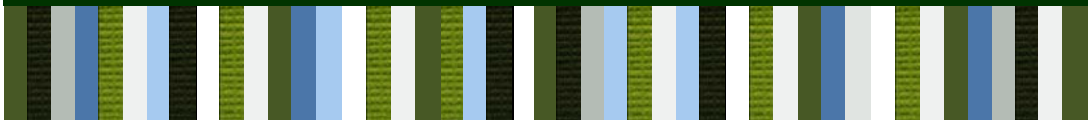
**Brain Injury Community Re-entry (Niagara) Inc.
will be hosting a**

**Strategic Planning
Open Space
on March 11, 2010**

**All BICR participants and their family members
are invited and encouraged to attend.**

**Open Space is an opportunity to provide our
agency with feedback, as well as a
chance to share new ideas with us.**

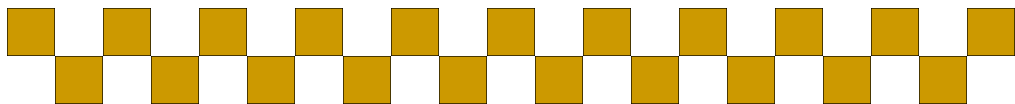
**Keep an eye out for more information,
as well as your invitation, in the New Year.**



Weekly Groups

January - March, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
WRAP 10-12:30pm	Whispering Pines 12:30-2:30pm	Archery 1-3pm	Women's Group 9:45-12pm	WRAP 10am-1pm
Bowling 1-3pm		Diner's Club St. Catharines First Wednesday of the month	Men's Group 1-3pm	
Circle of Friends 6:50-8:30pm		Diner's Club Welland Third Wednesday of the month		



January 2010						
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						
February 2010						
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						
March 2010						
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			

Winter

January, February and March 2010
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

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