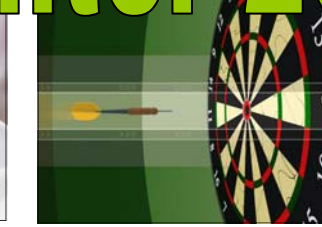
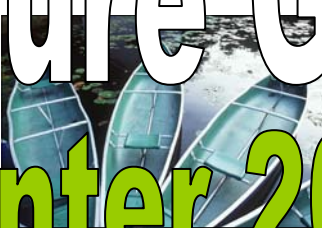




Brain Injury
Community Re-entry
(NIAGARA) INC.



Learning & Leisure Guide Winter 2011

Welcome to BICR's 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 2011. 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

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 10 - March 28, 2011
(excluding holidays)

Time:

9:30 a.m. - 12:00 noon.

Minimum number of participants:

4

Maximum number of participants:

6

Transportation:

Provided from BICR main office at no cost.

Contact:

Dave Horton, 905-687-6788 ext. 641

Register by:

Tuesday, January 4, 2011



Enhance Your Independent Living Skills - Cooking

Description:

Fine tune your cooking skills. Learn to shop smart, pick and plan meals and cook healthy without sacrificing taste.

Location:

BICR Office
Unit 10

Date:

Mondays, February 28 - April 18, 2011
(excluding holidays)

Time:

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

Minimum number of participants:

4

Maximum number of participants:

8

Transportation:

Not provided. Please provide your own transportation.

Activity Fee:

\$4.00 per session.

Prerequisites:

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:

Gillian Rodger-Pagnotta, 905-687-6788 ext. 720 or
Shirley Ely, 905-687-6788 ext.756

Register by:

Tuesday, February 22, 2011



Enhance Your Independent Living Skills - Fitness & Wellness

Description:

Learn & participate in a variety of fitness & wellness activities. Gain confidence to try new fitness & wellness programs, motivate individuals to become more physically fit and learn weight management tools.

Location:

BICR Office
Unit 10

Date:

Mondays, February 28 - April 18, 2011
(excluding holidays)

Time:

1:30 p.m. - 3:00 p.m.

Min# of Participants:

4

Max# of Participants:

8

Transportation:

Not provided. Please arrange your own transportation.

Prerequisites:

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:

Gillian Rodger-Pagnotta, 905-687-6788 ext. 720 or
Shirley Ely, 905-687-6788 ext. 756

Register by:

Tuesday, February 22, 2011



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 10 - March 28, 2011
(excluding holidays)

Time:

1:00 p.m. - 2:30/3:00 p.m.

Minimum number of participants:

4

Maximum number of participants:

N/A

Transportation:

Not provided. Please provide your own transportation.

Activity Fee:

\$2.50 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
Unit 12

Date:

Mondays, January 10 - June 13, 2011
(excluding holidays)

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.

Prerequisites:

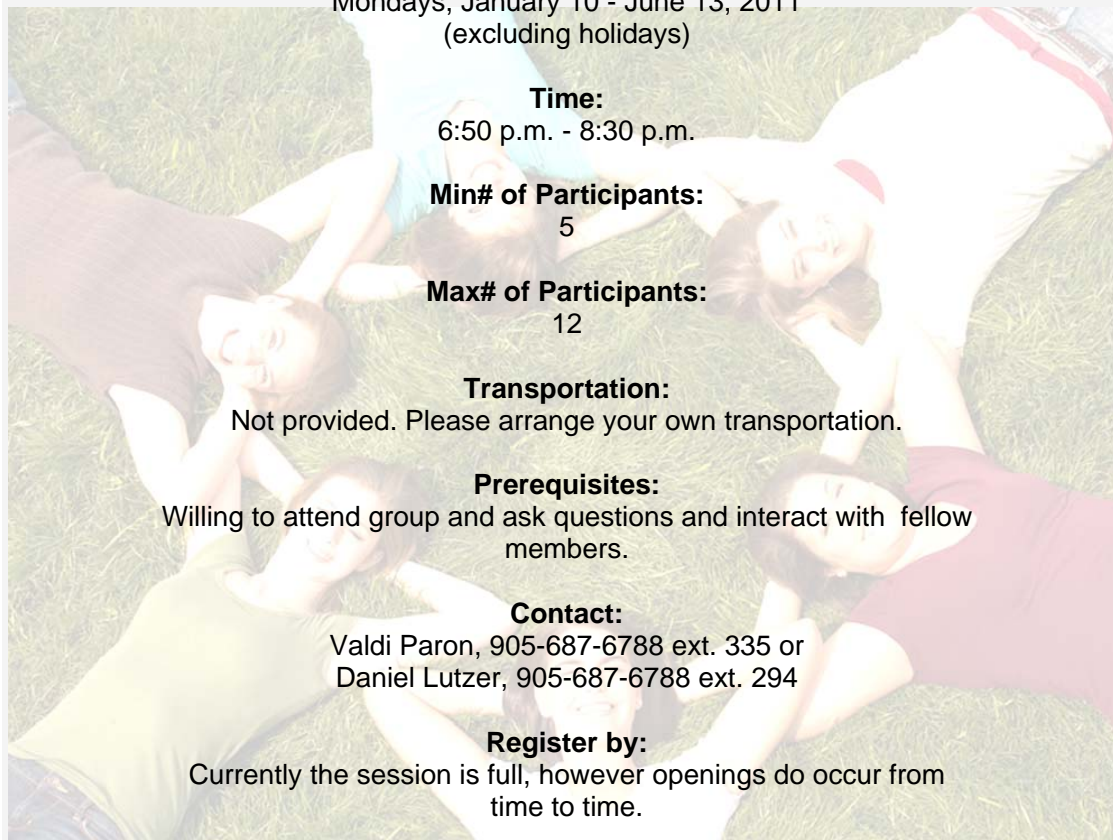
Willing to attend group and ask questions and interact with fellow members.

Contact:

Valdi Paron, 905-687-6788 ext. 335 or
Daniel Lutzer, 905-687-6788 ext. 294

Register by:

Currently the session is full, however openings do occur from time to time.



Fort Erie Cooking & Nutrition

Description:

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

Location:

Head Injury Association of Fort Erie

Date:

Mondays and Tuesdays on-going.

Time:

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

Min# of Participants:

2

Max# of Participants:

12

Transportation:

Not provided. Please arrange your own transportation.

Prerequisites:

A healthy appetite.

Cost:

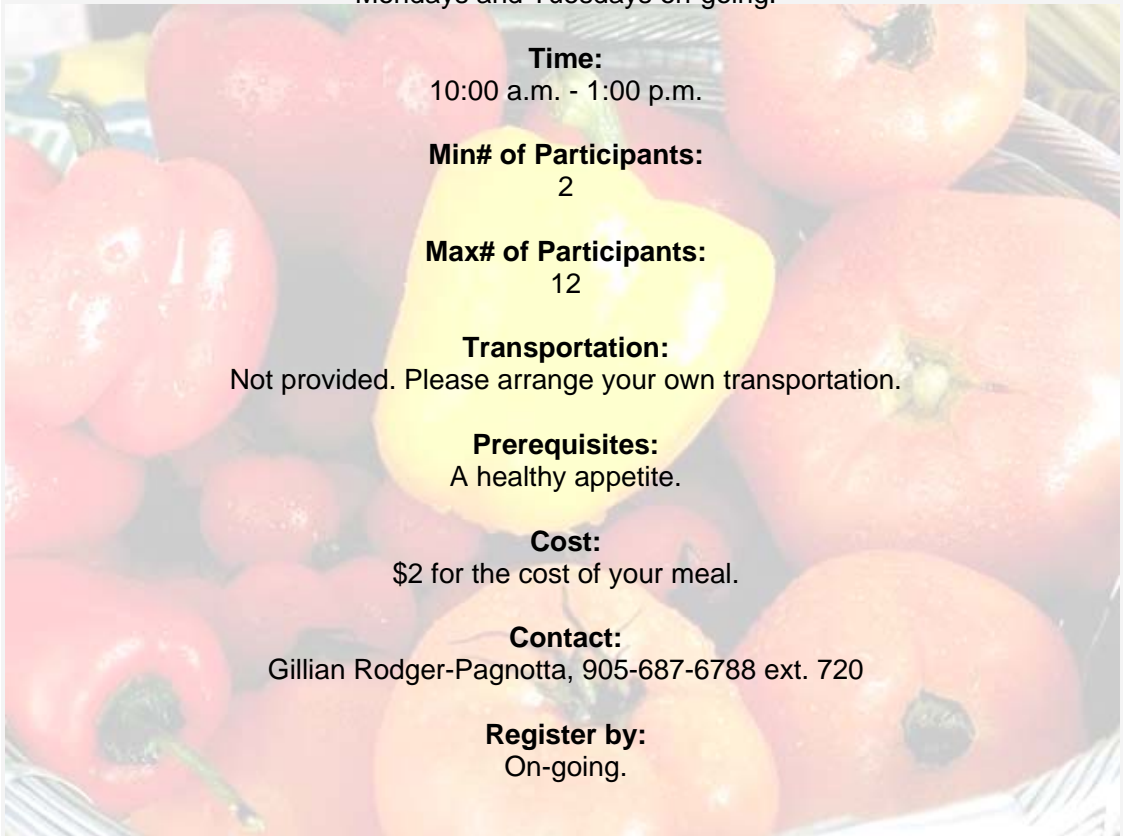
\$2 for the cost of your meal.

Contact:

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

Register by:

On-going.



Whispering Pines

Description:

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

Location:

Whispering Pines Art Studio
Sherkston

Date:

Tuesdays, January 4 - March 29, 2011

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.

Materials 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, December 21, 2010



Yoga and Meditation

Description:

A gentle basic introduction to yoga, combined with guided imagery and relaxation techniques. Participants will learn through repetition, an increase in self esteem and will learn coping mechanisms to handle stress.

Location:

BICR Office
Unit 10

Date:

Wednesdays, January 12 & 26, February 9 & 23, March 9 & 23, 2011

Time:

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

Minimum number of participants:

5

Maximum number of participants:

15

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

Comfortable clothing with stretch.

Activity Fee:

No cost

Contact:

Meghan McEwen, 905-687-6788 ext. 306

Comments:

Mats and music provided. Six week progressive course, each week building on the last. All poses are modified to do in a chair or wheelchair.



SUBI

(Substance Use/Brain Injury)

Description:

An educational support group for individuals with an acquired brain injury who are also dealing with substance dependency.

Location:

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

Date:

Wednesdays, ongoing.

Time:

2:00 p.m. - 4:00 p.m.

Minimum number of participants:

4

Maximum number of participants:

8

Transportation:

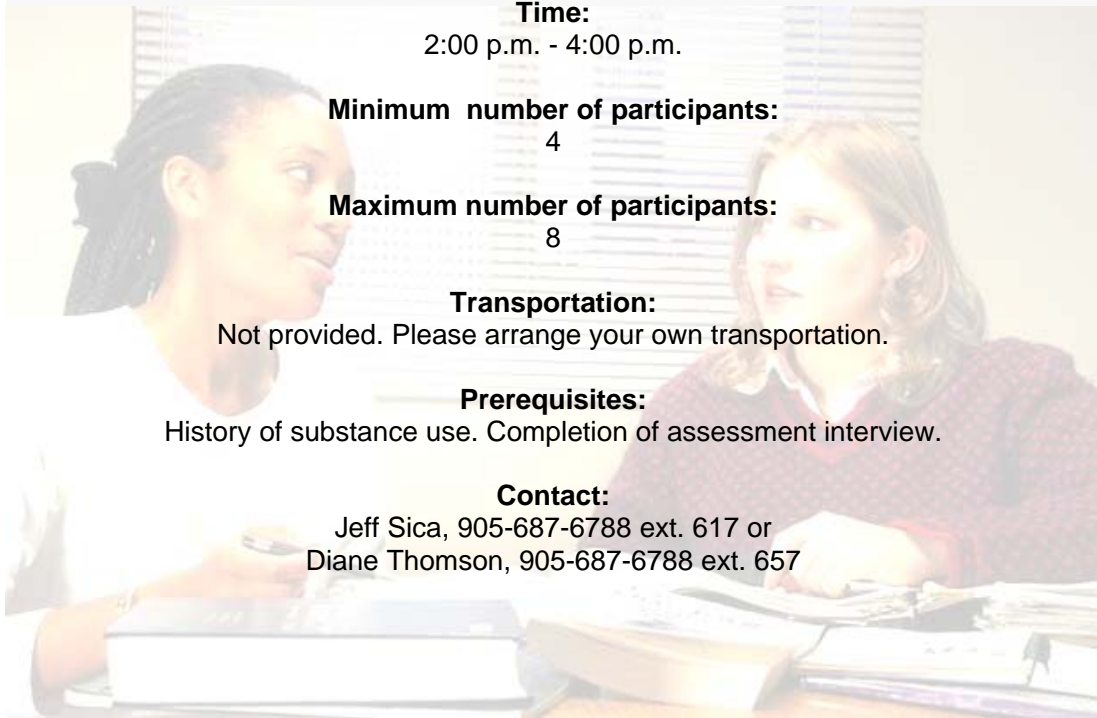
Not provided. Please arrange your own transportation.

Prerequisites:

History of substance use. Completion of assessment interview.

Contact:

Jeff Sica, 905-687-6788 ext. 617 or
Diane Thomson, 905-687-6788 ext. 657



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.

Minimum number of participants:

2

Maximum number of participants:

N/A

Transportation:

Not provided. Please provide your own transportation.

Prerequisites:

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.

Prerequisites:

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:

We meet every other Monday and spend time together. For the winter months we will continue to focus on healthy eating and healthy lifestyles. We will share recipes, healthy food ideas and some women may choose to weigh-in at every meeting. We will also continue to work towards self-appreciation through various projects.

Date:

January 10 & 24, February 7 & 21

Time:

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

Location:

BICR Office
Unit 10

Min# of Participants:

4

Max# of Participants:

15

Transportation:

Not provided. Please provide your own transportation.

Activity Fee:

A small fee may apply for some art projects.

Contact:

Ineke Soto, 905-687-6788 ext. 614

Register by:

Ongoing registration.

Men's Social Group

Description:

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

Location:

BICR Main Office
Unit 12

Date:

Thursdays, January 6 - March 31, 2011

Time:

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

Minimum number of participants:

4

Maximum number of participants:

8

Transportation:

Provided from BICR main office at no cost.

Pre-Requisites:

Not in BICR's Circle of Friends group.

Contact:

Dave Horton, 905-687-6788 ext. 641

Register by:

N/A

WRAP

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 7 - March 25, 2011

Time:

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

Minimum number of participants:

4

Maximum number of participants:

6

Transportation:

Provided from BICR main office at no cost.

Material Required:

You must provide your own lunch.

Activity Fee:

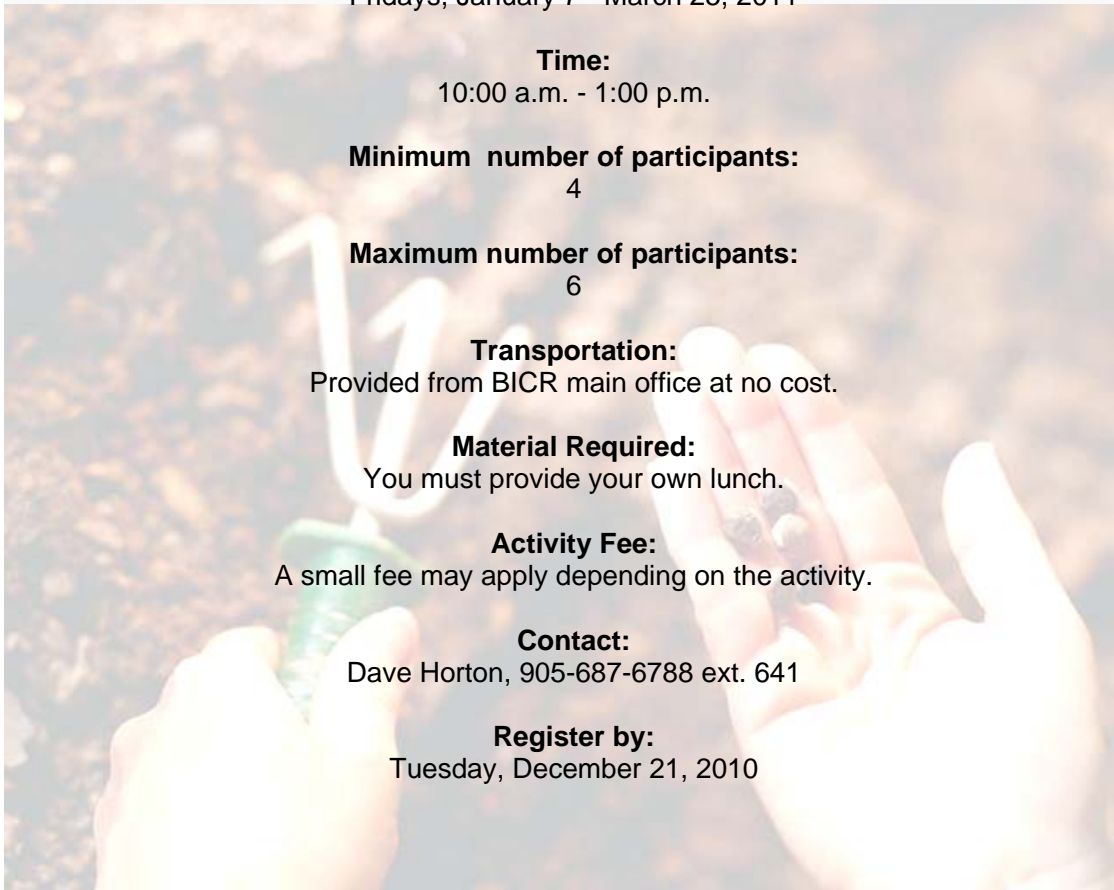
A small fee may apply depending on the activity.

Contact:

Dave Horton, 905-687-6788 ext. 641

Register by:

Tuesday, December 21, 2010



Geneva Park

Description:

Spend four fabulous days relaxing on the calm lake of Geneva Park. Snowshoeing, cross country skiing, shuffle board, ping pong, games and activities.

Location:

Orillia, Ontario

Date:

January or February 2011

Minimum number of participants:

4

Maximum number of participants:

12-15

Transportation:

Transportation provided from BICR main office.

Activity Fee:

TBA

Contact:

Dave Horton, 905-687-6788 ext. 641

Register by:

Tuesday, December 21, 2010

Comments:

Four wheelchair spots available.



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, March 26, 2011

Time:

12:00 p.m. - 4:00 p.m.

Minimum number of participants:

N/A

Maximum number of participants:

N/A

Transportation:

Not provided. Please arrange your own transportation.

Activity Fee:

Minimum \$40 pledge per adult

Minimum \$20 pledge per child

Contact:

Dave Horton, 905-687-6788 ext. 641

Register by:

Friday, March 11, 2011



Spring Fling Dance

Description:

Join us for music, dancing and prizes.

Location:

Grantham Optimist
188 Linwell Road, St. Catharines

Date:

Thursday, April 14, 2011

Time:

7:00 p.m. - 10:00 p.m.

Minimum number of participants:

N/A

Maximum number of participants:

N/A

Transportation:

Not provided. Please arrange your own transportation.

Activity Fee:

Tickets are \$5.00.

Contact:

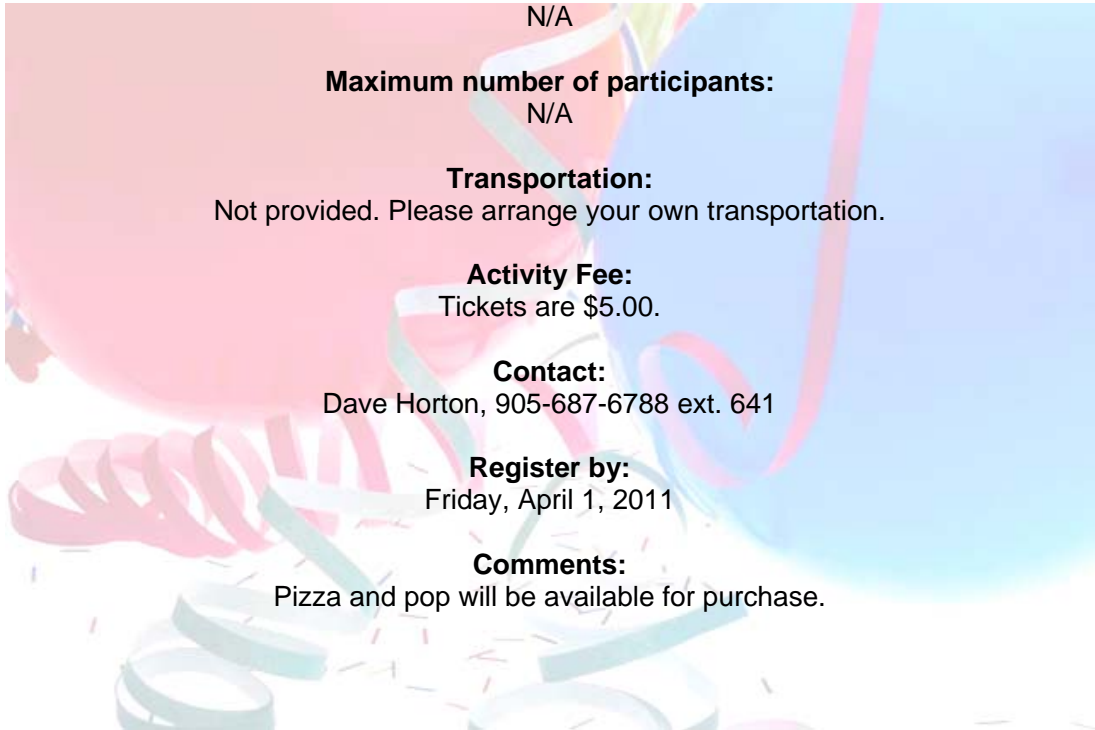
Dave Horton, 905-687-6788 ext. 641

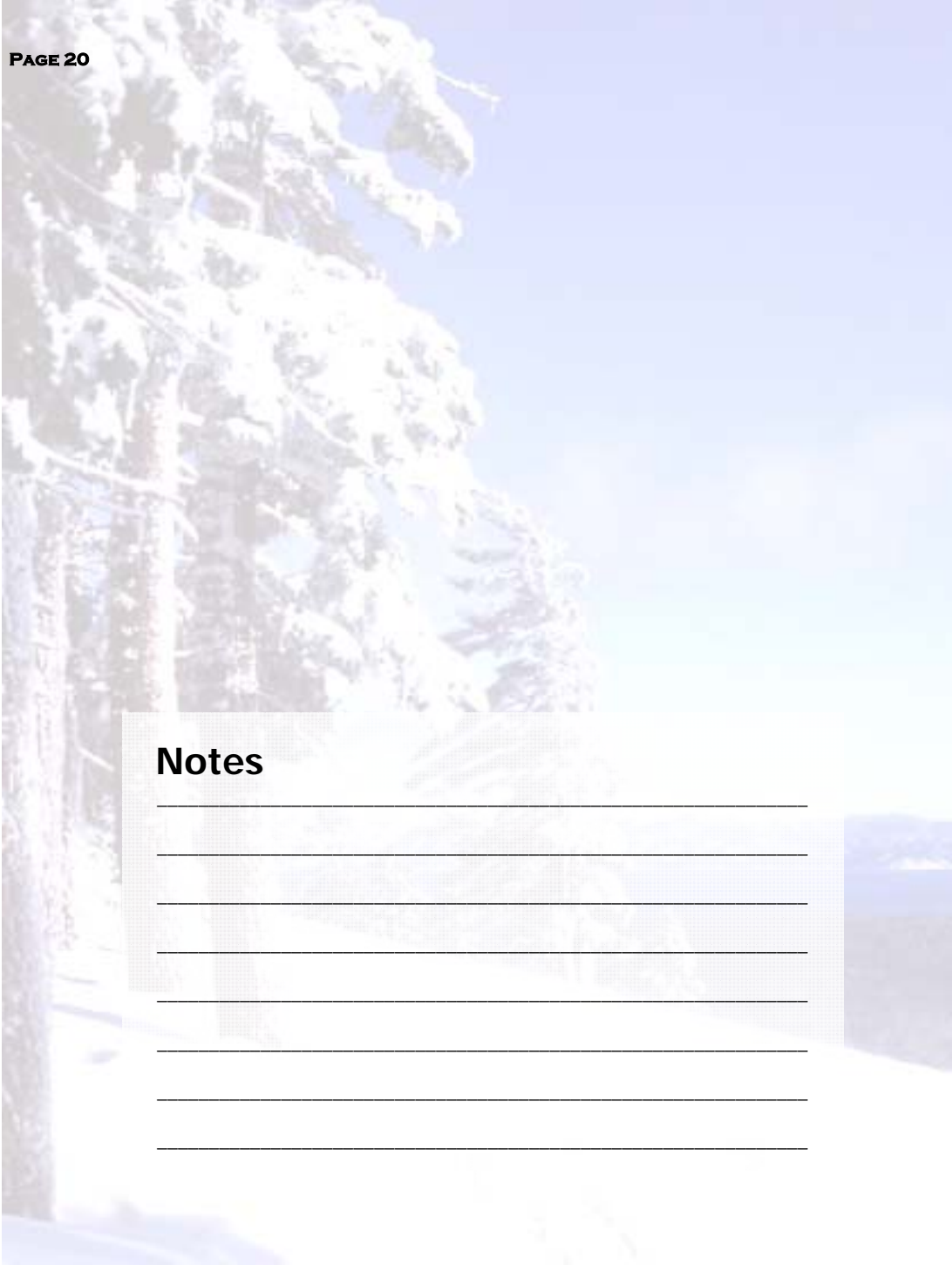
Register by:

Friday, April 1, 2011

Comments:

Pizza and pop will be available for purchase.





Notes

Weekly Groups January - March, 2011

Monday	Tuesday	Wednesday	Thursday	Friday
Enhance Your Independent Living Skills - Cooking 9:00am-1:00pm				
WRAP 9:30am-12:00pm				
Fort Erie Cooking & Nutrition 10:00am-1:00pm	Fort Erie Cooking & Nutrition 10:00am-1:00pm	Yoga & Meditation 10:00-11:30am		WRAP 10:00am-1:00pm
Bowling 1:00-3:00pm	Whispering Pines 12:30-2:30pm	SUBI (Substance Use/ Brain Injury) 2:00-4:00pm	Women's Group 1:00pm-3:00pm	
Enhance Your Independent Living Skills – Fitness & Wellness 1:30-3:00pm			Men's Group 1:00-3:00pm	
Circle of Friends 6:50-8:30pm		Diner's Club St. Catharines First Wednesday of the month		
		Diner's Club Welland Third Wednesday of the month		

January 2011						
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 30	24 31	25	26	27	28	29
February 2011						
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 2011						
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 & March 2011 Activity Interest Form

To help ensure your enrolment in the program activity of your choice, 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

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Units 12 & 13
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