



Brain Injury  
Community Re-entry  
(NIAGARA) INC.



## 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 October, November and December 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.



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(Niagara) Inc.  
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St. Catharines, Ontario L2W 1A1  
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Fax: 905-641-2785  
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Website: [www.bicr.org](http://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, October 4 - December 20, 2010  
(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:**

Monday, September 27, 2010



# Jewellery Making & Beadwork

**Description:**

Learn the basics of jewelry making, including design, stringing, crimping and basic wire work to create your own jewellery.

**Location:**

BICR Office  
Unit 10

**Date:**

Mondays, October 18 - December 13, 2010

**Time:**

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

**Minimum number of participants:**

4

**Maximum number of participants:**

8

**Transportation:**

Not provided. Please provide your own transportation.

**Activity Fee:**

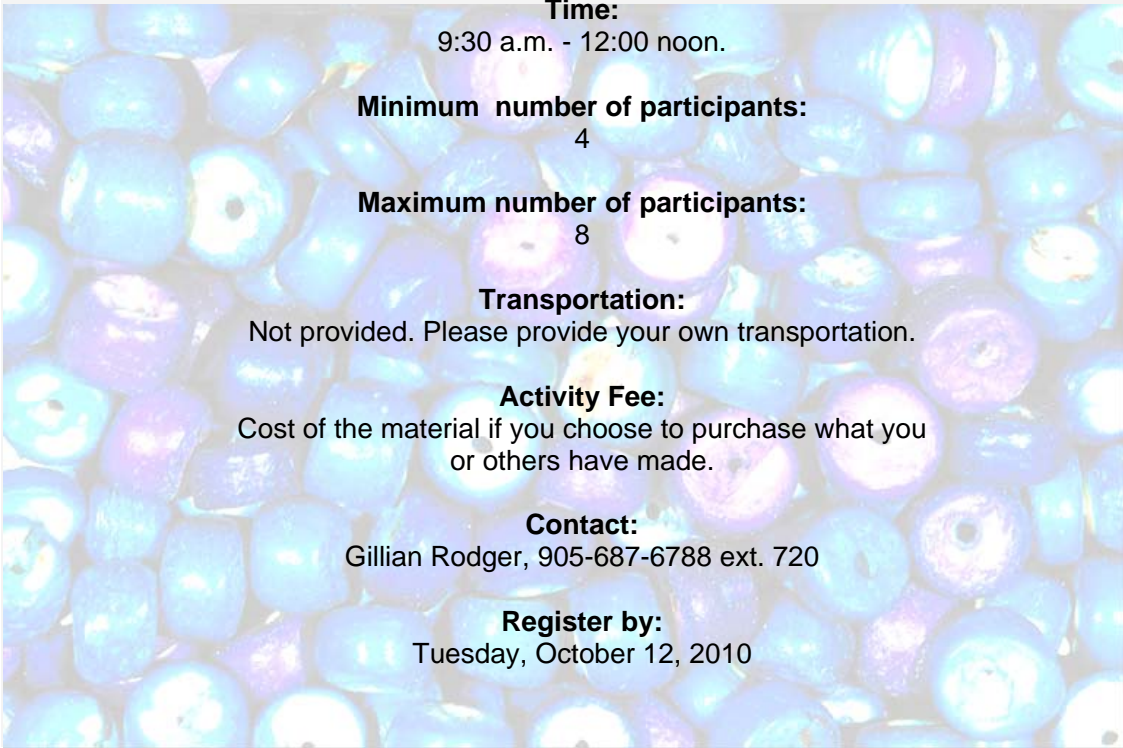
Cost of the material if you choose to purchase what you or others have made.

**Contact:**

Gillian Rodger, 905-687-6788 ext. 720

**Register by:**

Tuesday, October 12, 2010



# 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, October 4 - May 2, 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  
261 Martindale Rd., Units 12 & 13  
St. Catharines

**Date:**

Mondays, September 20 - December 13, 2010  
(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:**

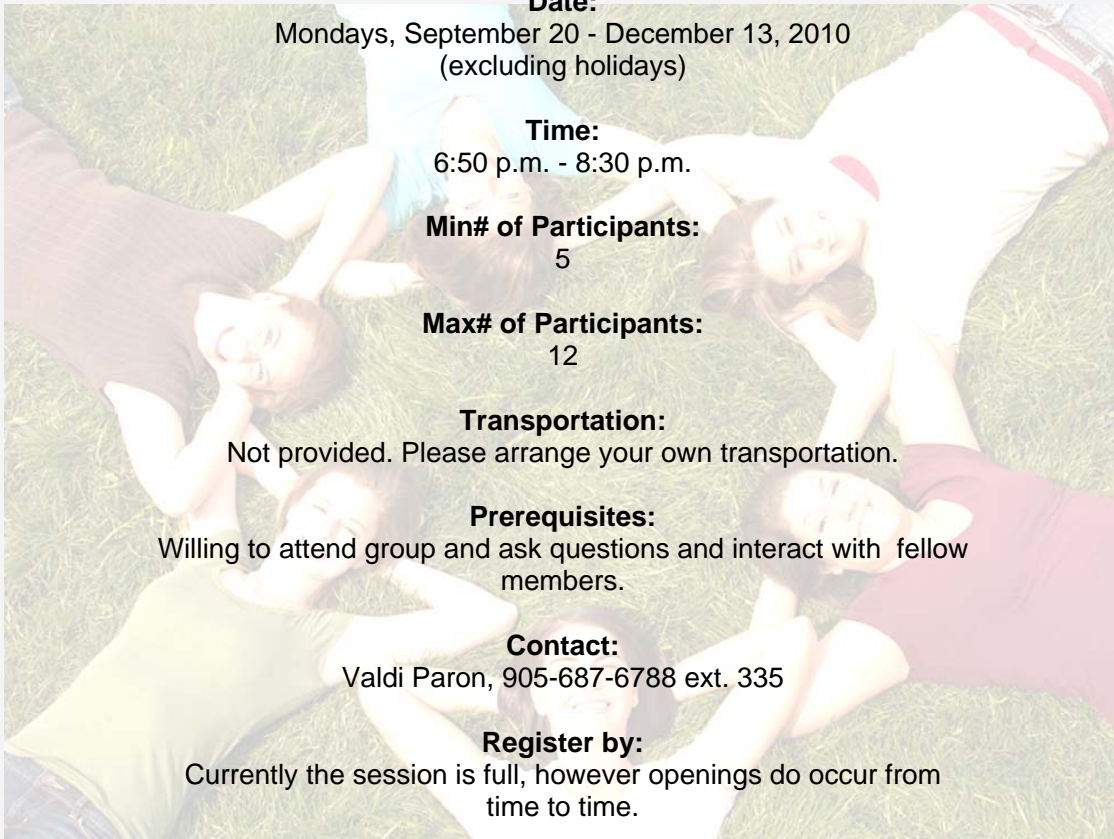
Willing to attend group and ask questions and interact with fellow members.

**Contact:**

Valdi Paron, 905-687-6788 ext. 335

**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 cooking 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:**

12

**Transportation:**

Not provided. Please arrange your own transportation.

**Prerequisites:**

A healthy appetite.

**Cost:**

\$2 for the cost of your meal.

**Contact:**

Diane Thomson, 905-687-6788 ext. 390

**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, October 5 - December 21, 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.

**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:**

Monday, September 27, 2010

# Christmas Baking

**Description:**

Sweet tooth? Learn to bake for Christmas. Spend the morning baking Christmas goodies.

**Location:**

BICR Office  
Unit 10

**Date:**

Wednesdays, October 6, November 3 & 17,  
December 1 & 22, 2010

**Time:**

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

**Min# of Participants:**

2

**Max# of Participants:**

8

**Transportation:**

Not provided. Please arrange your own transportation.

**Activity Fee:**

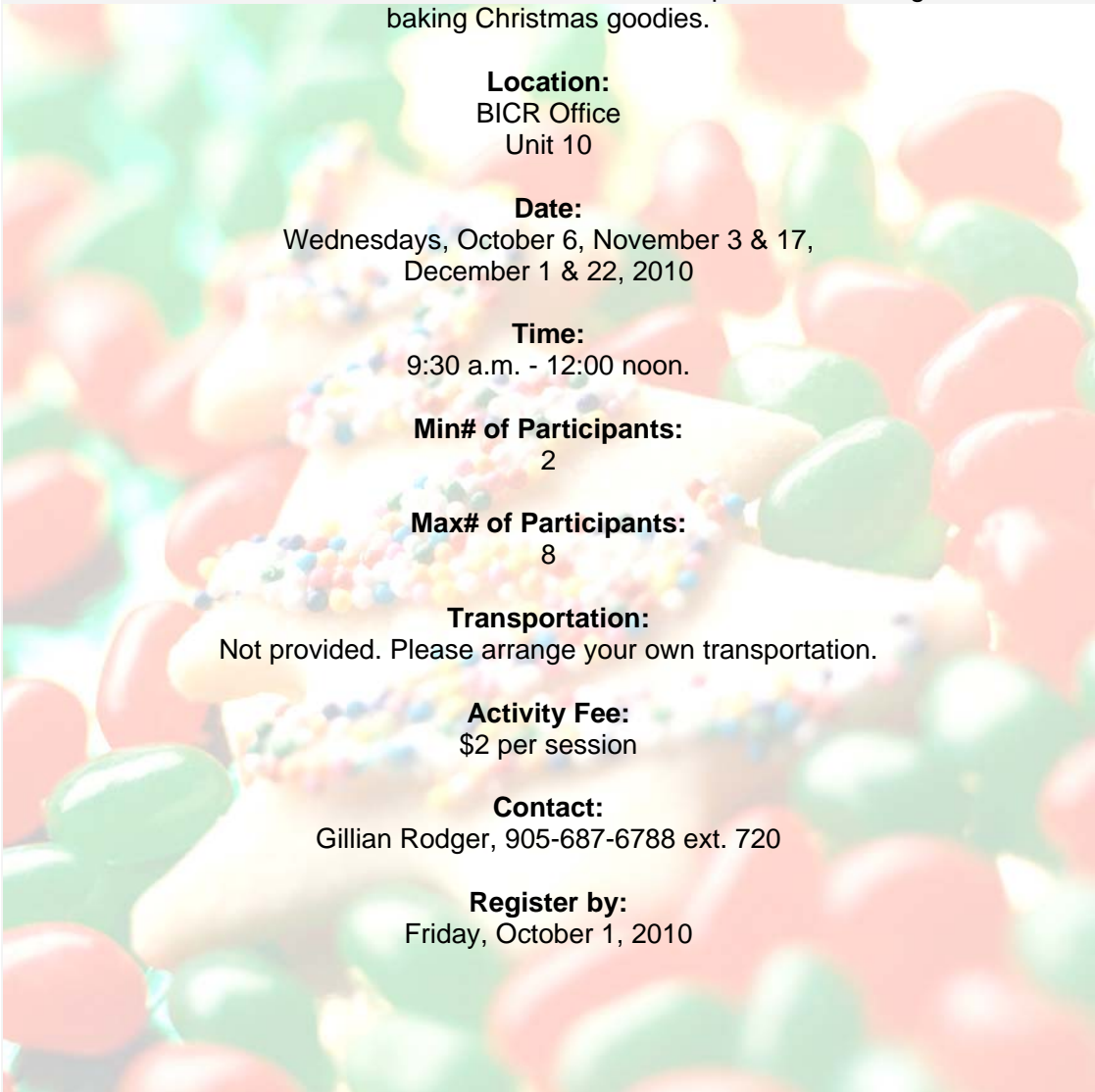
\$2 per session

**Contact:**

Gillian Rodger, 905-687-6788 ext. 720

**Register by:**

Friday, October 1, 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

**Dates & Times:**

Wednesdays, October 13 & 27, November 10 & 24, December 8 & 15, 2010

**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:**

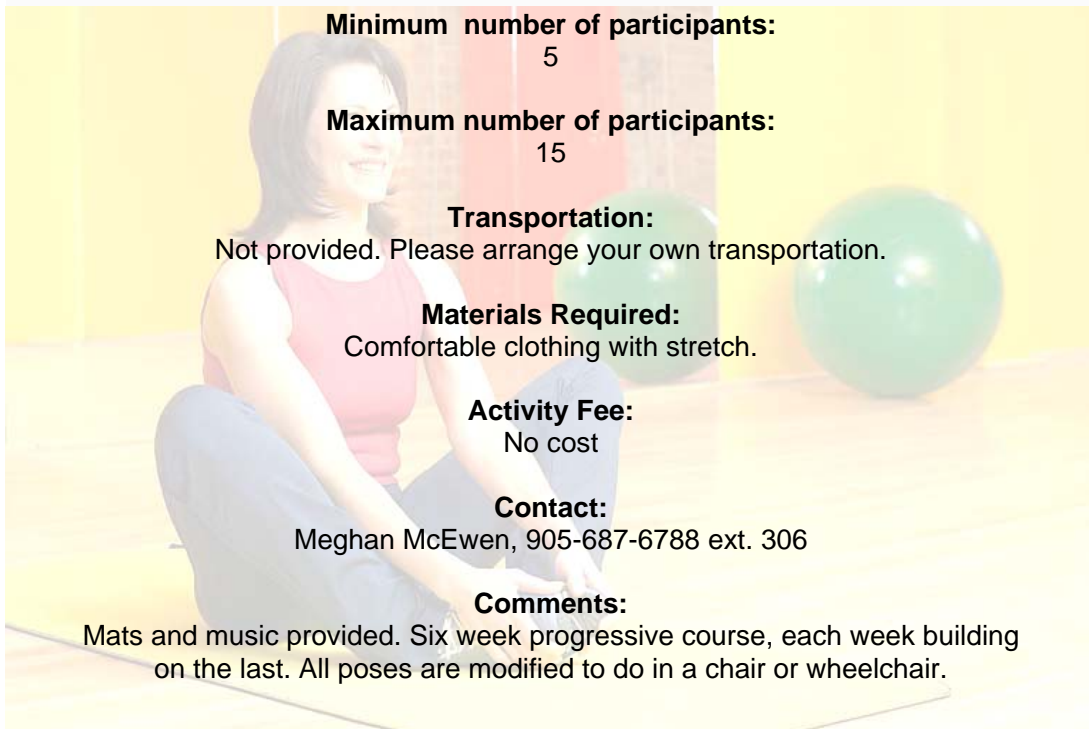
No cost

**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:**

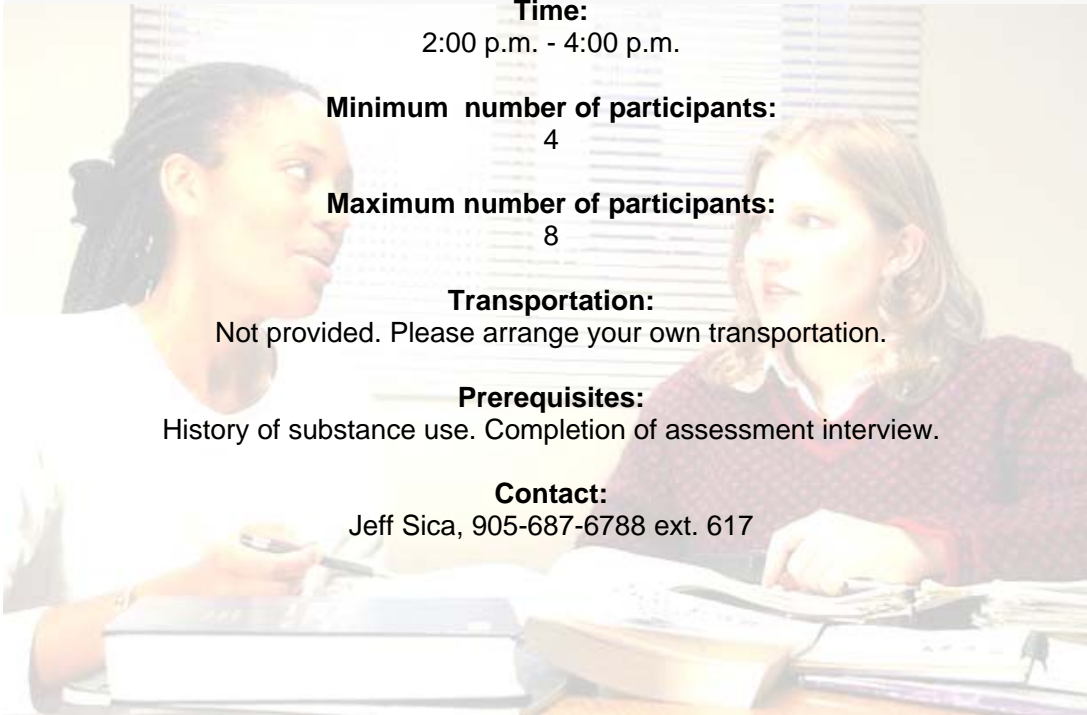
Not provided. Please arrange your own transportation.

**Prerequisites:**

History of substance use. Completion of assessment interview.

**Contact:**

Jeff Sica, 905-687-6788 ext. 617



# 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:**

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

**Meeting Dates, Times and Locations:**

TBA

**Min# of Participants:**

4

**Max# of Participants:**

15

**Transportation:**

Not provided. Please provide your own transportation.

**Activity Fee:**

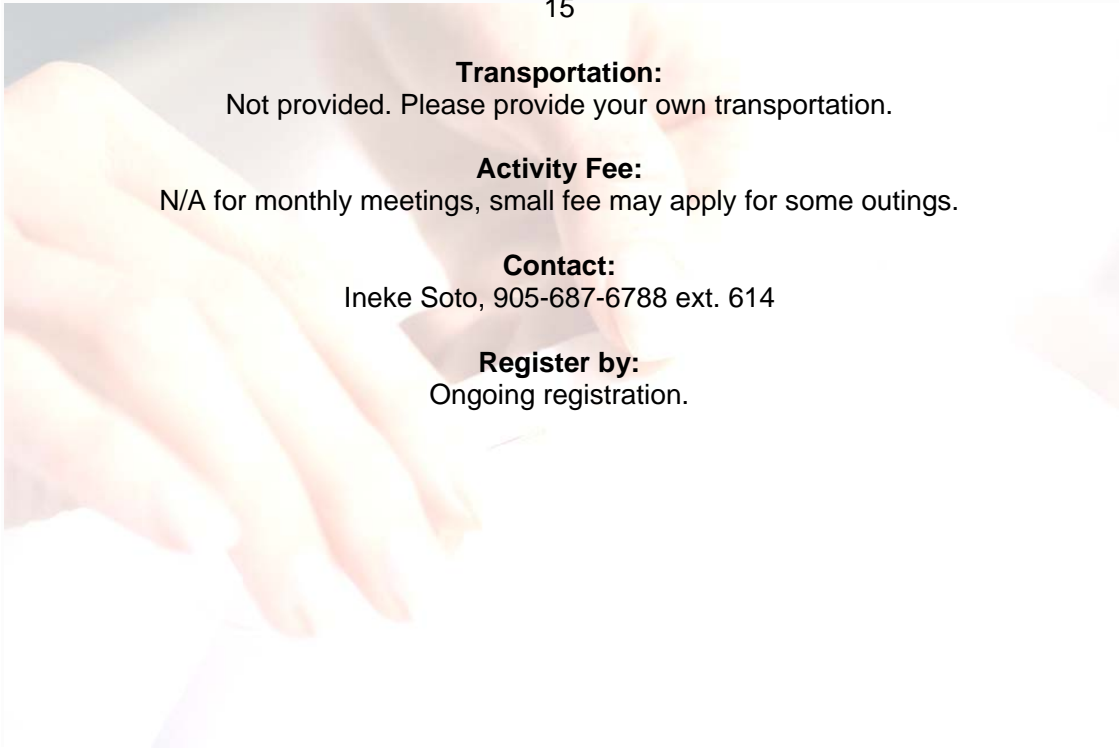
N/A for monthly meetings, small fee may apply for some outings.

**Contact:**

Ineke Soto, 905-687-6788 ext. 614

**Register by:**

Ongoing registration.



# Men's Social Group

**Description:**

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

**Location:**

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

**Date:**

Thursdays, October 7 - December 23, 2010

**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, October 1 - December 17, 2010

**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:**

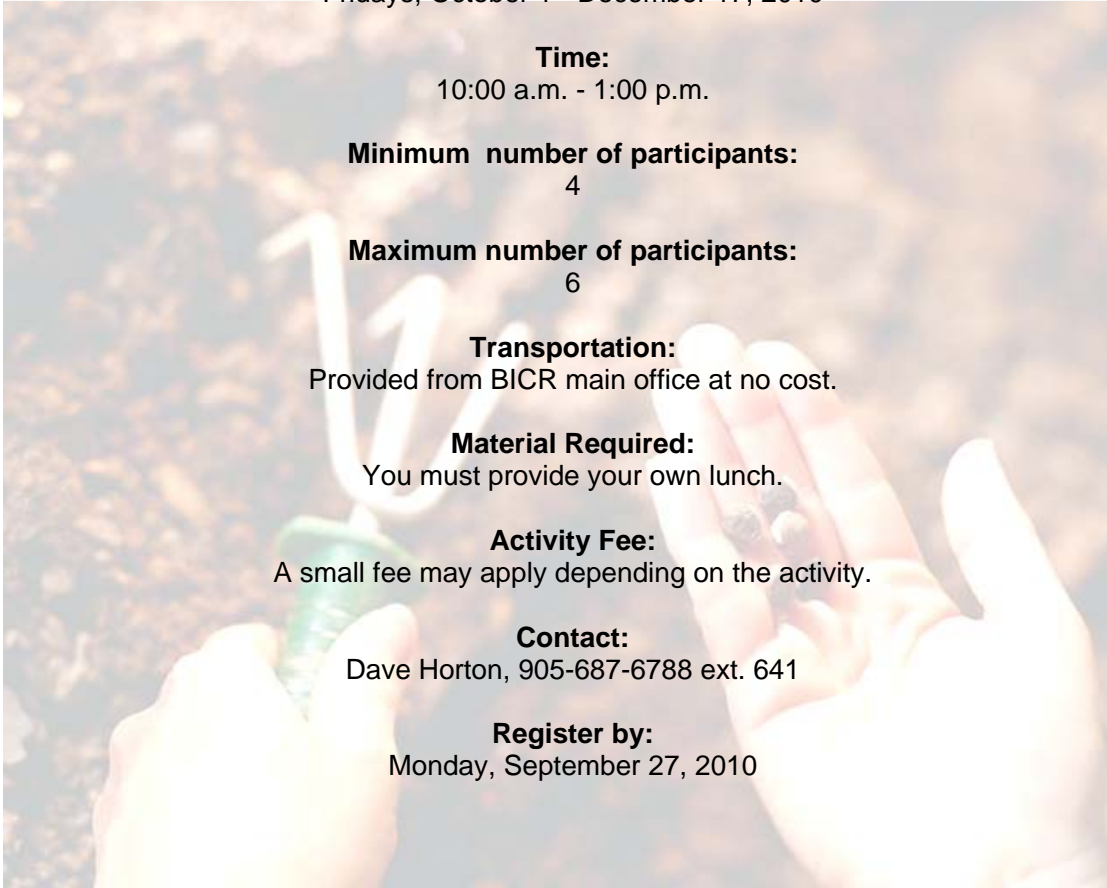
A small fee may apply depending on the activity.

**Contact:**

Dave Horton, 905-687-6788 ext. 641

**Register by:**

Monday, September 27, 2010



# Fall Back

November 7, 2010

The annual fall back ritual takes place at 2 am Sunday morning, November 7, 2010 as we return to Eastern Standard Time, after an extended period of Daylight Saving.

## Tips for Pedestrians

- Make eye contact with drivers, so you know they see you and they know you see them.
- Always use designated crossing points and obey pedestrian traffic signs and signals.
- Walk facing traffic, especially where there are no sidewalks.
- Enter and exit driveways and alleys carefully.
- Incorporate reflective materials on jackets and backpacks.

## Tips for Drivers

- Always yield to pedestrians.
- Use your headlights at all times to ensure you are visible to pedestrians and other vehicles.
- Slow down and keep extra distance between your vehicle and the one in front. It takes longer to stop on wet or slippery roads.

## Tips for Cyclists

- Treat your bicycle as you would a car, and obey the road rules.
- Always wear a helmet while riding a bicycle.

**Be Alert ~ Stay Safe**

# COSS & Modular Services Christmas Party

**Description:**

A get-together for participants and families of COSS and Modular Service Programs.

**Location:**

St. Columba Church  
7 St. Columba Drive, St. Catharines

**Date:**

Monday, December 13, 2010

**Time:**

5:00 p.m. - 7:30 p.m.

**Transportation:**

You are encouraged to make your own transportation arrangements.

**Material 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

**Contact:**

Dave Horton, 905-687-6788 ext. 641

**Register by:**

Monday, December 6, 2010

**Comments:**

Please bring a wrapped gift for your child valuing approximately \$10.

Santa Claus will be the surprise guest.

# 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 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

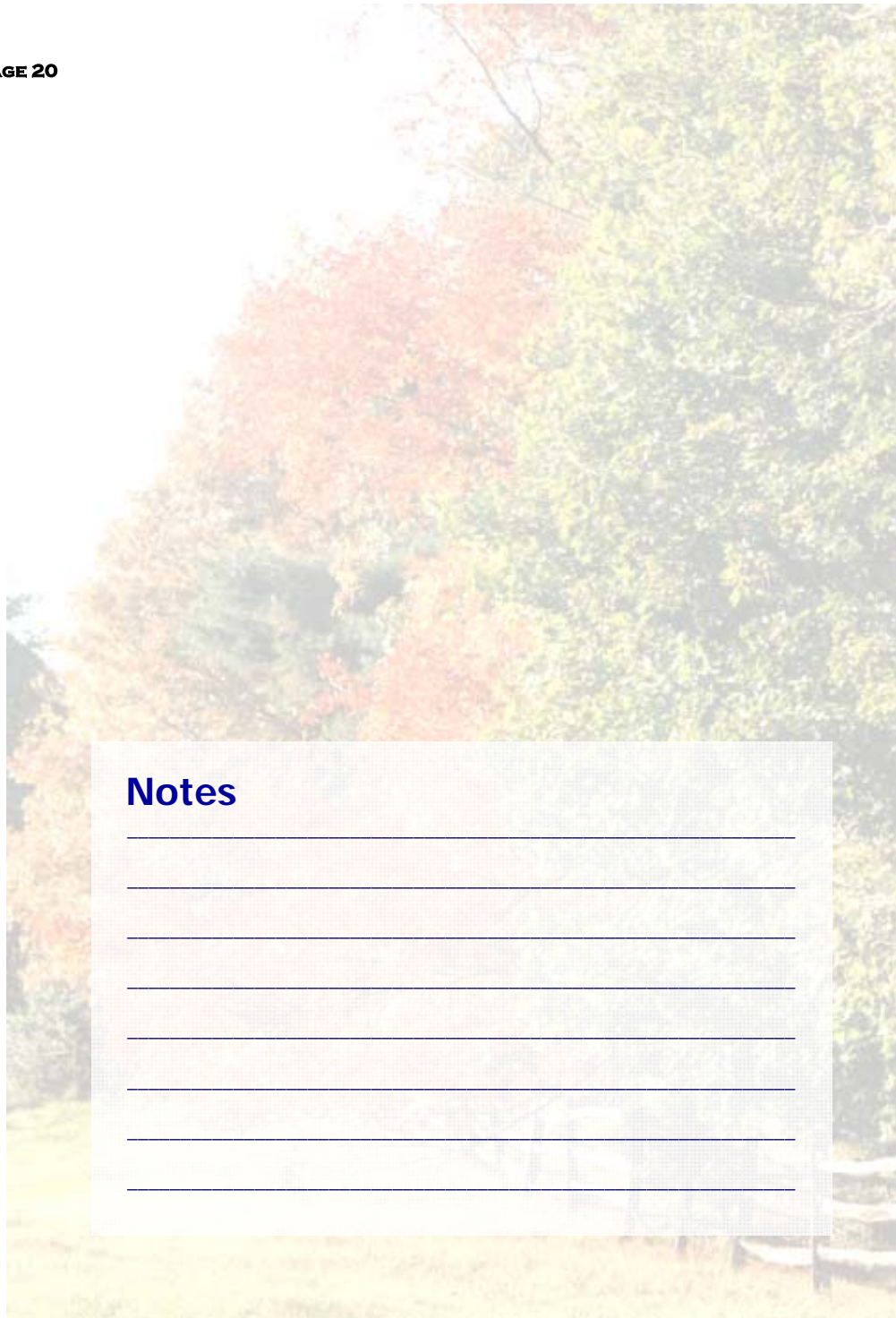
**Register by:**

Thursday, November 18, 2010

**Comments:**

Four wheelchair spots available.





## Notes

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# Weekly Groups

## October - December, 2010

Monday	Tuesday	Wednesday	Thursday	Friday
WRAP 9:30am-12:00pm	Cooking & Nutrition 10:00am-1:00pm	Christmas Baking 9:30am-12:00pm	Women's Group 9:45am-12:00pm	WRAP 10:00am-1:00pm
Jewellery Making & Beadwork 9:30am-12pm	Whispering Pines 12:30-2:30pm	Yoga & Meditation 10:00-11:30am	Men's Group 1:00-3:00pm	
Bowling 1:00-3:00pm		SUBI (Substance Use/ Brain Injury) 2:00-4:00pm		
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		

October 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 31	25	26	27	28	29	30
November 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				
December 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	

**Fall**  
**October, November and December 2010**  
**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:

- Case Management
- Intake
- Long Term Case Facilitator
- Outreach (COSS)
- PET Program
- Psychology Services
- Recreational Services
- Residential Services
- Social Work Services
- 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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