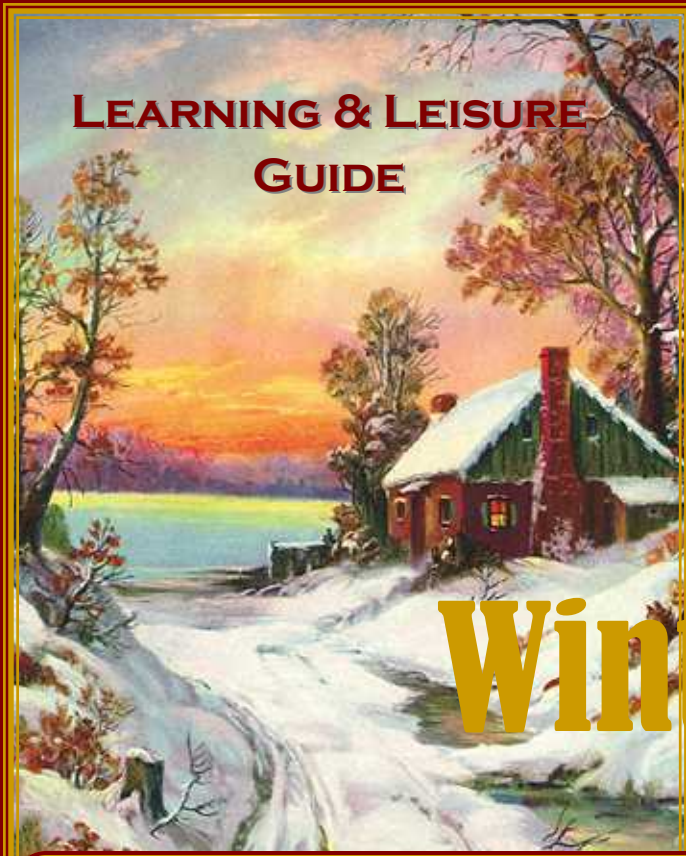




**Brain Injury Community
Re-entry (Niagara) Inc.**

**LEARNING & LEISURE
GUIDE**



Winter

JANUARY, FEBRUARY & MARCH , 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 January, February and March 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, January 5 - March 30, 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:** Tuesday, December 23, 2008



Enhance Your Independent Living Skills

Description: Fine tune your cooking skills

- Learn to shop smart
- Pick and plan meals
- Cook healthy without sacrificing taste

Location: 243 Church Street, St. Catharines.

Date: Mondays, February 9 - April 20, 2009

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

Min# of Participants: 4

Max# of Participants: 8

Transportation: Not provided; please arrange your own transportation.

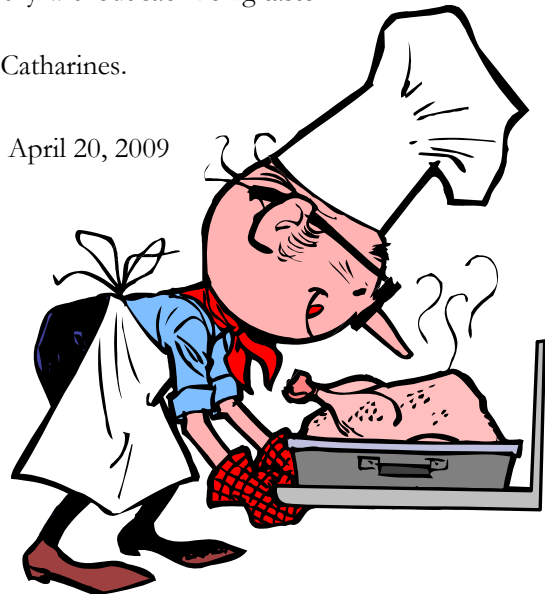
Material Required: N/A

Activity Fee: \$2.00 per session.

Pre-Requisites: Not a member of women's/men's group. Intended for individuals seeking independent living skills. The ability to self direct and work in a team setting.

Contact: Gillian Rodger, 905-687-6788, ext. 320
Shirley Ely, 905-687-6788, ext. 356

Register by: Friday, January 30, 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 5 - May 4, 2009
- 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.



Swimming & Group Fitness

Description: Join us at the YMCA of Fort Erie to have fun and get in shape.

Location: YMCA of Fort Erie

Date: Monday, January 5 - March 31, 2009

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

Min# of Participants: 2

Max# of Participants: 6

Transportation: Not provided; please provide your own transportation.

Material Required: Swim suit, running shoes and appropriate work out attire.

Activity Fee: If you do not have a YMCA membership the cost is \$3.00.

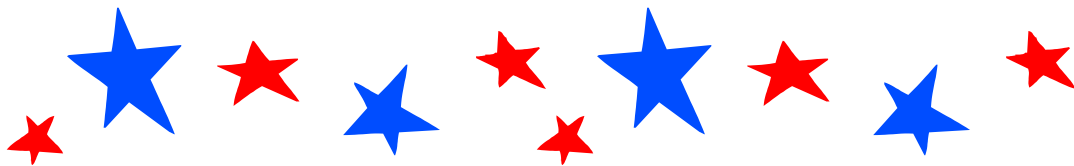
Contact: Gillian Rodger, 905-687-6788, ext. 320

Register by: Ongoing registration until March 2009.



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 5 - March 30, 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, January 6 - March 31, 2009

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

Min# of Participants: 2

Max# of Participants: 12

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. 320

Register by: Tuesday, December 23, 2008



Whispering Pines

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

Location: Whispering Pines Art Studio, Sherkston

Date: Tuesdays, January 6 - March 31, 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, December 23, 2008

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, January 7 - March 25, 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: Tuesday, December 23, 2008

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, January 7 - March 25, 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: Tuesday, December 23, 2008

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 8 - 9:45-1:00, archery or BICR office
Thursday, January 29 - 9:45-12:00, meeting at BICR office
Thursday, February 12 - 9:45-12:00, archery or games at BICR office
Thursday, February 26 - 9:45- 12:00, meeting at BICR office
Thursday, March 12 - 9:45-12:00, archery or games at BICR office
Thursday, March 26 - 9:45-12:00, meeting at BICR office

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

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 8 - March 26, 2008

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: Tuesday, December 23, 2008



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 9 - March 27, 2008
- 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:** Tuesday, December 23, 2008



Valentines Day Dance



Description: Spot dances, prizes, snacks and beverages.

Location: Grantham Optimist Club, 188 Linwell Road

Date: Thursday, February 12, 2009

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
Gillian Rodger, 905-687-7467, ext. 265
Dave Horton, 905-687-6788, ext. 641

Register by: Friday, February 6, 2009

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

Winter Geneva Park

Description: The agency is looking into the **possibility** of planning a 4 day, 3 night trip to Geneva Park between January 1, 2009 and March 31, 2009.

The trip may include snow shoeing, broomball, campfires, cross country skiing and more.

Location: YMCA Geneva Park, Orillia, Ontario

Date: To be announced (if the trip is a go)

Min# of Participants: 6

Max# of Participants: 10

Transportation: To be announced.

Material Required: To be announced.



Activity Fee: To be announced.

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

Comments: Anyone interested in attending this trip please contact Dave Horton at ext. 641. If we have enough interest the decision will be made on whether or not the trip is a go.

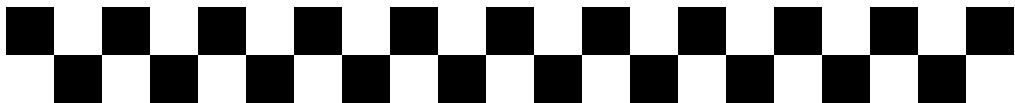
BICR Annual Bowl-A-Thon

- 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 25, 2009
- 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:** Monday, April 20, 2009
- Comments:** Come on out and support a great cause and have fun while your doing it!



Weekly Groups January - March 2009

Monday	Tuesday	Wednesday	Thursday	Friday
WRAP 10-10:30am	Cooking & Nutrition 10am-1pm	Archery 1-3pm	Men's Group 12 or 1-3pm	WRAP 10am-1pm
Enhance your independent living skills 9am-1pm	Whispering Pines 12:30-2:30pm	Diner's Club St. Catharines First Wednesday of the month		
Fitness at the YMCA Fort Erie 1-3pm		Diner's Club Welland Third Wednesday of the month		
Circle of Friends 6:50-8:30pm				



January 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
February 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
March 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				

Learning & Leisure Guide

PAGE 23

Winter - January, February & March 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
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

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Email: recreation@bicr.org

Website: www.bicr.org