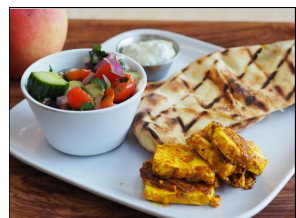
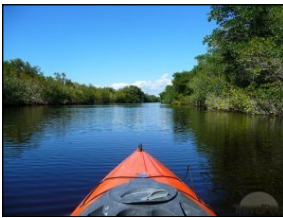




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Winter 2020



Welcome to BICR's Learning & Leisure Guide

Welcome to Brain Injury Community Re-entry (Niagara) Inc.'s (BICR) seasonal Learning and Leisure Guide. This guide profiles program activities that are offered in January, February and March, 2020.

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. Many of the programs and activities being offered will take place in the community as well as the BICR Unit 10 location, 261 Martindale Road. 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.

Accessible Formats & Communication Supports

Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 extension 663 or www.bicr.org.

We are also interested in your comments and feedback about accessibility at BICR. Please send us your comments.

Disclaimer:

Brain Injury Community Re-Entry (Niagara) Inc. acknowledges funding support for many of our programs and services from the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) and the Government of Ontario.

The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the Government of Ontario.



BICR'S 19th ANNUAL BOWLING TOURNAMENT

MINIMUM PLEDGE

\$40 - Adults or
\$20 - Child

THIS INCLUDES

2 games (10 pin)
Shoe Rental
Pizza Lunch at
Parkway Lanes

REGISTRATION

12:00 – 12:15
P.M.

Parkway Lanes

BOWLING

12:15 – 2:15
P.M.

Parkway Lanes

LUNCH

2:30 – 3:30 P.M.
Parkway Lanes

PARKWAY LANES

333 Ontario
Street
St. Catharines

SATURDAY, FEBRUARY 8th, 2020

It's not how you bowl; it's how you roll!

To register please contact **DAVE HORTON** by Friday, January 31st, 2020 at 905-687-6788 ext. 641 or at recreation@bicr.org

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

MONDAY GROUP

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.

**WORK
REST&PLAY**



- Location : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls
- Dates: Mondays, January 6 to March 30, 2020
(excluding holidays)
- Time: 10:00am to 11:30am
- Transportation: Provided from BICR's Main Office at no cost.
3340 Schmon Parkway, Unit 2, Thorold
- Register by: Friday, December 20, 2019
to Dave Horton at 905-687-6788 ext. 641
- Comments: All attendees must wear full back, closed toed
shoes. Absolutely no sandals. Dress weather
and activity appropriate.

MONDAY GROUP

Join in on all the benefits bowling has to offer. Bowling helps to burn calories and work muscle groups not usually exercised. The activity also strengthens friendships and creates new ones. Partake in one or two games of 10 pin bowling and cheer on your friends.



10 PIN BOWLING

- Location : Parkway Lanes
327 Ontario Street, St. Catharines
- Dates: Mondays, January 6 to March 30, 2020
(excluding holidays)
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Dave Horton at
905-687-6788 ext. 641.
- Comments: Cost is \$3 per game.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

MONDAY GROUP

Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 10 weeks with a different activity each week. The schedule of activities is provided.

WOMEN'S GROUP



- Location : Various Locations. Meet at Unit 10.
- Dates: Mondays, January 13 to March 23, 2020
(excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: January 6, 2020
to Jessica Conroy at 905-687-6788 ext. 531
- Comments: Cost will be kept to a minimum at
approximately \$5 to \$10 depending on the
activity.

TUESDAY GROUP

Join us for a laughing good time at BICR's Just for Laughs! The first hour will be fun games, skits, and other exercises that get us busting a gut and acting out. The second half brings in certified laughter yoga instructor, Mary MacDonnell, from Laughalot Yoga with ME. We'll practice deep breathing exercises, stretch our bodies, and have a goofy good time.



JUST FOR LAUGHS

- Location : BICR, Unit 10
- Dates: First and Third Tuesdays
January 7th to March 3rd, 2020
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Friday, January 3rd, 2020
to Katie Hill or Shirley Ely at 905-397-4598
- Comments: No cost.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

The group organizes a variety of activities for 6 week sessions. The times and activities vary. The schedule of activities is provided.

MEN'S GROUP



Location : Various Locations.

Dates: Tuesdays, January 7 to March 31, 2020
Every other week

Time: Times vary between 12:30pm to 3:00pm

Transportation: Provided at a cost.

Register by: 48 hours prior to the event to Dave Horton at
905-687-6788 ext. 641

Comments: Some weeks may have a cost depending on
the activity.

TUESDAY GROUP

Good food, good friends, good times! Join us at a different restaurant located in St. Catharines and 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.



DINER'S CLUB

Dates and
Location :

St. Catharines - second Tuesday of month:
January 14, 2020 - Cats Caboose
February 11, 2020 - St. Louis Bar & Grill
March 10, 2020 - Joey's Only

Welland - fourth Tuesday of each month:
January 28, 2020 - Tailgates
February 25, 2020 - M.T. Bellies
March 24, 2020 - CC's Dugout

Time: 5:00pm to 7:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to the event to Dave Horton at 905-687-6788 ext. 641

Comments: Cost is the price of your meal.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

Join us every other Tuesday for an afternoon of friendly conversation, and a fun game of cards. From Cribbage, to Euchre, Crazy Eights, and everything in between, it's bound to be a fun filled time!

CARD SHARKS

Location : Unit 10

Dates: Tuesdays: January 14 and 28, February 11 and 25, March 10 and 24, 2020

Time: 1:00pm to 2:30pm

Transportation: Not provided. Please arrange your own transportation.

Register by: January 20th to Dave Horton at 905-687-6788 ext. 641.

Comments: No cost.

WEDNESDAY GROUP

The first Wednesday of every month (with the exception of January) will be Dinner and Games Night. Dinner will be provided at a cost of \$4 per person per week. Play board games and have a good time with friends.

The third Wednesday of every month will be Casino Night. Come and participate in Black Jack, Tex Hold'em and Roulette.



WACKY WEDNESDAY

Dates and

No Wacky Wed. on Jan. 1, 2020

Location :

February 5, 2020 - Taco Salad

March 4, 2020 - Veggie Chicken Pasta

Bring your dinner and eat it with the group (brown bag style).

January 15, 2020

February 19, 2020

March 18, 2020

Time:

5:00pm to 7:30pm ***NOTE TIME CHANGE***

Transportation:

Not provided. Please arrange your own transportation.

Register by:

48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598

Comments:

No cost.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

Lunch time Diner's Club. Join us at different restaurants located in Niagara Falls once a month for a reasonably priced lunch.

NIAGARA FALLS LUNCH CLUB



Dates and
Location :

NF Lunch Club - first Wednesday of month:

No January lunch club

February 5, 2020 - Triple D's NF

March 4, 2020 - Far East, NF

Time:

11:30am to 1:00pm

Transportation:

Not provided. Please arrange your own transportation.

Register by:

48 hours prior to the event to Dave Horton at
905-687-6788 ext. 641.

Comments:

Cost is the price of your meal.

WEDNESDAY GROUP

Tai Chi is a moving meditation that fosters balance of the self. Participating individuals will work on their balance and coordination through engaging activities while they harmonize their breath with the rhythm of movement in our low key but intense tai chi.



TAI CHI

Location : BICR, Unit 10

Dates: Wednesdays, January 8 to March 4, 2020

Time: 10:30am to 11:30am

Transportation: Not provided. Please arrange your own transportation.

Register by: Friday, January 3rd, 2020 to Katie Hill or Shirley Ely at 905-397-4598

Comments: Please wear comfortable clothing and running shoes or other supportive footwear.

Join P.E.T. for a 30 minute guided meditation

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

WEDNESDAY GROUP

Join us the second Wednesday of every month to test your music knowledge and have the chance to win a prize.

MUSIC TRIVIA



- Location : BICR, Unit 10
- Dates: Second Wednesday of each month:
January 8, February 12, and March 11, 2020
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Dave Horton at
905-687-6788 ext. 641
- Comments: N/A

WEDNESDAY GROUP

Come out and join our very own Phil and Rick for an afternoon of music. Bring your own instrument or just sing along to a variety of tunes. Requests are encouraged.



MUSIC WITH PHIL, RICK & FRIENDS

- Location: BICR, Unit 10
- Dates: First and third Wednesdays of each month: January 15, February 5, February 19, March 4, and March 18, 2020 ***excludes first week of January***
- Time: 2:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598
- Comments: Join us for Music Trivia from 1:00pm to 2:00pm prior to music with Phil, Rick and Friends.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

THURSDAY GROUP

Come out and join us for a 12 week dart league. There will be teams of two or three playing a variety of games. Track points for league end standups and for a prize at the end of the year.

BICR DART LEAGUE

- Location: BICR, Unit 10
- Dates: Thursdays, January 9 to March 26, 2020
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Thursday, December 19, 2019 to Dave Horton at 905-687-6788 ext. 641

FRIDAY GROUP

Hosted by Therapy Tails Niagara, Pet Therapy is a visiting program where trainers come into Unit 10 with the therapy dogs and they visit for an hour. If you love dogs and want to spend an hour with these furry little friends this group is for you!

PET THERAPY

- Location: BICR, Unit 10
- Dates: January 17th, February 21st, and March 20th, 2020
- Time: 1:00pm to 2:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598
- Comments: N/A

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

FRIDAY GROUP

Come and get your hands dirty and relish at the end result. 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.

WORK REST&PLAY



- Location : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls
- Dates: Fridays, January 10 to March 27, 2020
- Time: 10:00am to 12:30pm
- Transportation: Not provided. Please arrange your own
transportation.
- Register by: Thursday December 20, 2019
to Dave Horton at 905-687-6788 ext. 641
- Comments: All attendees must wear full back, closed toed
shoes. Absolutely no sandals. Dress weather
and activity appropriate.

FRIDAY GROUP

Music therapy is the skillful use of music and musical elements. Facilitated by Laura Cowal, accredited music therapist. The group will gather to sing, play music, have fun and gain confidence with others.

MUSIC EXPRESSIONS

- Location : BICR, Unit 10
- Dates: Fridays, January 10th to March 27th, 2020
- Time: 11:00am to 12:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598
- Comments: N/A

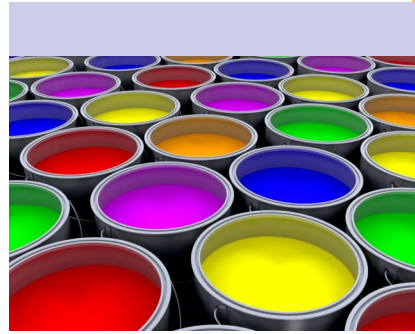
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FRIDAY GROUP

Express yourself artistically with this unique form of art using stucco and other textiles. BICR welcomes back Laurie Rahm, a self-taught local artist who has agreed to share her talent and passion for art. Laurie's style of painting allows all individuals to participate regardless of ability.

STUCCO ABSTRACT ART



- Location : BICR, Unit 10
- Dates: Fridays:
January 24, January 31, February 7, 2020
February 14, 2020 (optional)
- Individuals must participate in the first three classes. The fourth class is just for finishing touches.**
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Please pay for course no later than January 17, 2020 to Katie Hill at 905-397-4598
- Comments: Cost is \$10 for each project. Participants must finish their projects before beginning another, even if it is a new set of sessions.

FRIDAY GROUP

January brings back the musical healing program led by Laura Belet, a Musical Therapist and Registered Psychotherapist. Participants can freely share about themselves and their experiences through the medium of music.



MUSICAL HEALING

- Location : BICR, Unit 10
- Dates: Fridays, January 17th to March 6th, 2020
- Time: 10:00am to 11:00am
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: 48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598
- Comments: No cost

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.



Winter Driving Tips

1. Prepare your vehicle for winter driving (ie. Winter tires, snow scraper)
2. Drive slowly and smoothly. Do not make abrupt stops or drive too fast.
3. Don't tailgate. Leave enough room in case you have to stop suddenly, or you start sliding.
4. Brake before making turns.
5. Learn to properly stay in control in a skid. Turn into the skid and accelerate. This helps transfer weight from the front to the rear and aids in regaining control.
6. Resist the temptation to use cruise control.
7. Don't "pump" the breaks.
8. Pay attention at all times.



Winter Activities

- * Build a snowman
- * Go sledding
- * Have a movie day
- * Cuddle up with a book
- * Bake cookies
- * Finish a puzzle
- * Go skating or skiing
- * Get arts and crafty
- * Build a snow fort.....or a blanket fort

January 2020

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Music Trivia	Wednesday, January 8	1-3pm	Unit 10	Come out and test your music knowledge
Live Comedy Show	Friday, January 10	7:30-10pm	Showtime Comedy	\$15 per person 
Wacky Wednesday	Wednesday, January 15	5-7:30pm	Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Movies	Monday, January 20	6-9pm	Niagara Square Cinemas	Cost is approx. \$15 per person. 
Men's and Women's Volleyball	Sunday, January 26	2-6pm	Brock Sports Complex	Free event 

January 2020

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, January 14	5-7pm	Cat's Caboose	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Bingo and Snacks	Saturday, January 11	1-3pm	Parkdale	Snacks and prizes provided
Welland Diner's Club	Tuesday, January 28	5-7pm	Tailgates	Cost is the price of your meal.

February 2020

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, February 5	5-7:30pm	BICR, Unit 10	Dinner and games night. Cost \$4.
BICR Bowl-a-thon	Saturday, February 8	12:30-3:30pm	Parkway Lanes and Social	Please see flyer for more details.
Music Trivia	Wednesday, February 12	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Ice Dogs Game	Sunday, February 16	2-5pm	Meridian Center	Cost is \$15 per ticket 
Wacky Wednesday	Wednesday, February 19	5-7:30pm	Unit 10	Brown bag dinner and casino night.
Symphonic ally Hip	Friday, February 28	7-10pm	Performing Arts Center	Cost is \$31.10 each. Limited tickets available. The Strictly Hip with a symphony orchestra. 

February 2020

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
St. Catharines Diners Club	Tuesday, February 11	5-7pm	St. Louis Bar and Grill	Cost is price of your meal.
Valentine's Social	Friday, February 14	5-7pm	RC	Pizza and trivia provided. Wear red.

WELLAND EVENTS

Event	Date	Time	Place	Notes
Welland Diner's Club	Tuesday, February 25	5-7pm	M.T. Bellies	Cost is the price of your meal.

March 2020

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Mini Putt and Laser Tag	Monday, March 2	6-8pm	Captain Jack's	Cost is \$15 per person. 
Wacky Wednesday	Wednesday, March 4	5-7:30pm	Unit 10	Dinner and Games. Cost is \$4.
Toronto Rock Lacrosse Game	Sunday, March 8	3-6pm	Scotiabank Center, Toronto	Cost is \$37 per ticket. Please meet at Unit 10 for 12:30pm 
Music Trivia	Wednesday, March 11	1-3pm	Toronto	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, March 18	5-7:30pm	BICR, Unit 10	Brown bag dinner and casino night.
Bingo Night	Monday, March 23	6-8pm	BICR, Unit 10	Please bring a \$5 prize. 

March 2020

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes
Diner's Club	Tuesday, March 10	5-7pm	Joey's Only	Cost is the price of your meal.

WELLAND EVENTS

Event	Date	Time	Place	Notes
St. Patty's Day Party	Tuesday, March 17	5-8pm	Promenade	Dinner provided. No cost.
Diner's Club	Tuesday, March 24	5-7pm	CC's Dugout	Cost is the price of your meal.



**Brain Injury
Community Re-entry**
(NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

Brain Injury Community Re-entry (Niagara) Inc.
3340 Schmon Parkway, Unit 2
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Fax: 905-641-2785

Email: staff@bicr.org

Website: www.bicr.org