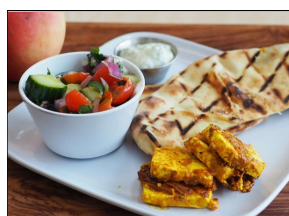
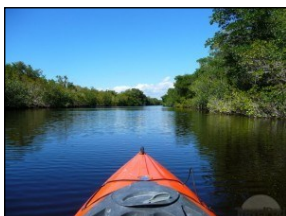




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Fall 2019



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 October, November and December, 2019.

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.

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, October 7 to December 16, 2019
(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: Tuesday. October 1, 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.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

MONDAY GROUP

If you would like to learn more about wood working using only non-powered hand tools, then this is a program for you.

Take the first step in learning a new skill while enjoying the beautiful nature setting at Heartland Forest.

WOOD WORKING



- Location : Heartland Forest Nature Centre
8215 Kalar Road, Niagara Falls
- Dates: Mondays, October 7 to December 16, 2019
(excluding holidays)
- Time: 10:30am to 12noon
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Tuesday, October 1, 2019
to Jeff Spelier at 905-687-6788 ext. 332
- Comments: Cost is \$5 per session, with 10 sessions in total.
All individuals are asked to bring a lunch and dress weather 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, October 7 to December 16, 2019
(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, October 7 to December 16, 2019
(excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Friday, September 27, 2019
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

The group organizes a variety of activities every other Tuesday, for a total of 6 week sessions. The times and activities vary. The schedule of activities is provided.



MEN'S GROUP

Location : Various Locations.

Dates: Tuesdays, October 1 to December 10, 2019

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.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

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:
October 8, 2019 - Chuck's Road House (Ont.
St., St. Catharines)
November 12, 2019 - Ricki Jo's
December 10, 2019 - Swiss Chalet (4th Ave.)

Welland - fourth Tuesday of each month:
October 22, 2019 - The Rex
November 26, 2019 - Lily's
December 17, 2019 - Swiss Chalet

Time: 5:00pm to 7:00pm

Transporta-
tion: 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

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:

October 2, 2019 - Pizza Hut, 6318 Lundy's Lane

November 6, 2019 - Betty's, 8921 Sodom Rd.

December 4, 2019 - Swiss Chalet 6666 Lundy's Lane

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.

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:
October 9, November 13, December 11, 2019
- 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
October 2, 2019 & October 16, 2019
November 6, 2019 & November 20, 2019
December 4, 2019 & December 18, 2019

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.

WEDNESDAY GROUP

The first Wednesday of every month 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



Location: BICR, Unit 10

Dates: October 2, 2019 - Chili
November 6, 2019 - Chicken Alfredo
December 4, 2019 - Sloppy Joes

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

October 16, 2019
November 20, 2019
December 18, 2019

Time: 4:00pm to 7:00pm

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

THURSDAY GROUP

Come out and join us for a 11 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, October 3 to December 19, 2019
****Note, there will be NO darts Dec. 12****
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Monday, September 27, 2018
to Dave Horton at 905-687-6788 ext. 641
- 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.

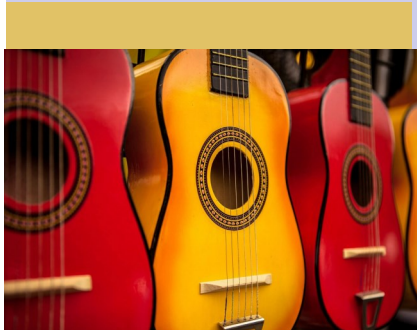
WORK REST&PLAY



- Location : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls
- Dates: Fridays, October 4 to December 20, 2019
- Time: 10:00am to 12:30pm
- Transportation: Not provided. Please arrange your own
transportation.
- Register by: Tuesday, October 1, 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, October 4, 2019 to December 20, 2019
- Time: 11:00am to 12:00noon
- 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

Express yourself artistically with this unique form of art using stucco and other textiles. BICR welcomes 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:
October 25, 2019, November 1, 2019,
November 8, 2019
November 22, 2019 (optional)

Time: 1:00pm 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: Cost is \$10 for **each project**. After the sessions are completed all individuals will have a complete work of art to take home. Individuals must attend the first three classes. The fourth is for finishing touches if needed.

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: Third Friday of each month:
October 18, 2019 & November 15, 2019
No Pet Therapy in December
- 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: This is a therapy dog program, those participants that have allergies, fear of animals or barking may not want to attend this group.

Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

FRIDAY GROUP

Led by Laura Belet, a Musical Therapist and Registered Psychotherapist, participants can freely share about themselves through the medium of music.

MUSICAL HEALING



Location : BICR, Unit 10

Dates: Friday, October 11 - November 29, 2019

Time: 10:00am to 11am

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



DID YOU KNOW.....

**Dave Horton has moved his office to the
Martindale, Unit 10 site?**

**If you are meeting him for a rec event, or for an
outing, that's where you'll go.**

261 Martindale Rd., Unit 10

905.687.6788 ext. 641



Halloween Dance

And

Costume Party



**Join us for a spooky time of dancing and socializing.
Dress up as your favourite Halloween character.**

Refreshments will be available for purchase.

Location : Grantham Optimist Club
188 Linwell Road, St. Catharines


Dates: Thursday, October 24, 2019

Time: 5:00pm to 9:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, October 21, 2019
to Dave Horton at 905-687-6788 ext. 641

Comments: Cost is \$5 per person for entry and spending money (raffle table, 50/50 draw, refreshments).





P.E.T. CORDIALLY INVITES YOU TO OUR

Annual

Christmas Craft

Sale Fundraiser

Thursday, December 12th 2019

10:00am to 4:00pm

261 Martindale, Unit 10

Come to P.E.T. to celebrate Christmas and the holidays in crafty style!

Participants and staff have been hard at work creating gift baskets, preserves, crafts, and plenty of homemade, useful trinkets and yummy goodies for everyone to purchase.

All proceeds of the event go directly back in-to programming. No registration necessary.

Donations for the sale are always welcome.

Please call Katie or Shirley for details at 905-397-4598.



Our Annual Poinsettia Fundraiser is quickly approaching. All proceeds from the sale will directly benefit our participants.

Forms will become available in October. We are hoping to offer red and white 6" and 10" pots again this year.

The pick up date will be the last Wednesday in November.

Further details to follow. We look forward to your support once again this year with this initiative.

STAY TUNED!





Just a reminder that all Unit 10
and Rec programming will be
shut down over the holidays.

Final day of activities is
December 20, and will resume
January 6, 2020.

October 2019

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, October 2	4-7pm	BICR, Unit 10	Dinner and games night. Cost \$4 for dinner.
Ice Dogs vs Kingston	Friday, October 4	7pm-10pm	Meridian Center	Cost is approx. \$15 
Music Trivia	Wednesday, October 9	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, October 16	4-7pm	Unit 10	Brown bag dinner and casino night.
Halloween Costume Party and Dance	Thursday, October 24	5-9pm	Grantham Optimist Club 188 Linwell Rd.	Cost is \$5. Pizza, drinks, and snacks available at a cost.
Brock Basketball	Wednesday, October 30	7:30-10pm	Brock Sports Complex	No cost for this event. 

October 2019

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, October 8	5-7pm	Chuck's Roadhouse	Cost is the price of your meal.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, October 22	5-7pm	The Rex	Cost is the price of your meal.	
Halloween Party	Thursday, October 31	5:30- 8:30pm	Promenade	Games and snacks provided.	

November 2019

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Royal Ontario Museum	Wednesday, November 6	10am-3pm	Royal Ontario Museum	Cost is Approx. \$10 for special display. Meet at Unit 10 for 8am. 
Wacky Wednesday	Wednesday, November 6	4-7pm	Unit 10	Dinner and games. Cost is \$4 for dinner.
Music Trivia	Wednesday, November 13	1-3pm	Unit 10	Come on out and test your music knowledge.
Festival of Lights Opening Ceremonies	Saturday, November 16	6-9pm	Niagara Falls	Outdoor event, please dress for the weather. 
Wacky Wednesday	Wednesday, November 20	4-7pm	Unit 10	Brown bag dinner and casino night.
Brock Hockey Game	Friday, November 29	7-10pm	St. Catharines Four Pad Arena. St. Paul St.	No cost for this event 

November 2019

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Coffee, Donuts and Charades	Saturday, November 9	1:30- 3:30pm	RC	Join us for some treats and charades.	
Diner's Club	Tuesday, November 12	5-7pm	Ricki Jo's	Cost is the price of your meal.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, November 26	5-7pm	Lily's	Cost is the price of your meal.	

December 2019

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, December 4	4-7pm	Unit 10	Cost is \$4 per person, includes dinner and games.
Live Wrestling	Saturday, December 7	3-7pm	Merritton Community Center	Cost is \$15 per person
Music Trivia	Wednesday, December 11	1-3pm	Unit 10	Come out and test your music knowledge.
Christmas Movie and Pizza Lunch	Saturday, December 14	12-3pm	Unit 10	Cost is \$6 per person, includes lunch and drink.
Wacky Wednesday	Wednesday, December 18	4-7pm	Unit 10	Brown bag dinner and casino night.

December 2019

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, December 10	5-7pm	Swiss Chalet, 4th Ave.	Cost is the price of your meal.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Festive Games	Sunday, December 8	2-4pm	Parkdale	No cost. Wear green and red to win prizes.	
Diner's Club	Tuesday, December 17	5-7pm	Swiss Chalet	Cost is the price of your meal.	



**Brain Injury
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(NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

Brain Injury Community Re-entry (Niagara) Inc.
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