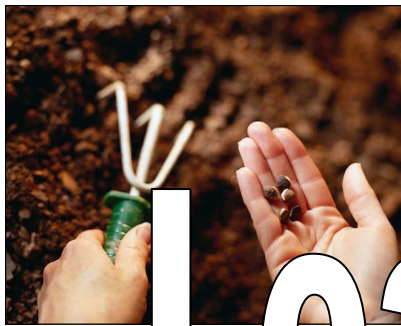




Brain Injury  
Community Re-entry  
(NIAGARA) INC.

# Learning & Leisure Guide

## Summer 2017



# 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 July, August and September 2017.

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.

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## 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](http://www.bicr.org).

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

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### *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.*

# WRAP



<b>Description:</b>	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.
<b>Location:</b>	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
<b>Dates:</b>	Mondays, July 10 to September 25, 2017 (excluding holidays)
<b>Times:</b>	10am to 11:30am
<b>Min #</b>	2
<b>Max #</b>	8
<b>Transportation:</b>	Provided from BICR's Main Office at no cost. 3340 Schmon Parkway, Unit 2 Thorold ON L2V 4Y6
<b>Materials Required:</b>	<b>Please note:</b> All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Monday, June 26, 2017
<b>Comments:</b>	Please dress weather and activity appropriate.

# Women's Recreation Group



**Description, Dates, Times & Location:** Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 8 weeks with a different activity each week.

Mondays:

July 10 - Shop and Walk in NOTL - 12:30pm to 3pm (bring spending money if you plan to make a purchase)

July 17 - Outdoor Scavenger Hunt at the Park - 12:30pm to 3pm

July 24 - Soapstone Carving Craft - 12:30pm to 3pm (cost is \$2)

July 31 - Trip to the Beach - 12:30pm to 3pm

August 14 - Movie Outing - Time: TBA (cost is the price of your ticket)

August 28 - Avondale Dairy Bar - 12:30pm to 3pm (cost is the price of your ice cream)

September 18 - Outdoor Games at the Park - 12:30pm to 3pm

September 25 - Lunch Outing - 12:30pm to 3pm (cost is the price of your meal)

**Min #** 4

**Max #** 12

**Transportation:** Provided at a cost.

**Activity Fee:** Costs will be kept to a minimum at approximately \$5 to \$10 depending on the activity.

**Contact Name:** Jessica Conroy 905-687-6788 ext. 531

**Registration Date:** Monday, July 4, 2017

# Unit 10 Drop In



<b>Description:</b>	Come join us for an afternoon of cards and games. Stay cool from the summer heat in the air conditioning at Unit 10.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Mondays, July 10 to August 28, 2017 (excluding holidays)
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	N/A
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	?
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Monday, June 26, 2017



# Bowling



**Description:** Join in on all the benefits bowling has to offer. It is an anaerobic type of physical exercise similar to walking with free weights. Bowling helps to burn calories and work muscle groups not usually exercised. Apart from the physical benefits it also strengthens friendships and creates new ones.

Partake in one or two games of 10 pin bowling and cheer on your friends. Let's see if you can get a Turkey.

**Location:** Parkway Lanes  
327 Ontario Street  
St. Catharines

**Dates:** Monday, September 11, 2017

**Times:** 1pm to 3pm

**Min #** N/A

**Max #** N/A

**Transportation:** Not provided. Please arrange your own transportation.

**Materials Required:** N/A

**Activity Fee:** \$2.50 per game

**Pre-Requisites:** N/A

**Contact Name:** Dave Horton 905-687-6788 ext. 641

**Registration Date:** N/A

# Canoeing



<b>Description:</b>	If you enjoy the outdoors, come explore it with us by canoeing. Canoeing can be as peaceful or exhilarating as you want. It is a great way to enjoy the Niagara Region's beautiful waterways, while at the same time fitting in a low impact activity that can improve your aerobic fitness, strength and flexibility.
<b>Location:</b>	St. Catharines - Jordan Harbour Conservation Area (4579 21st Street, Vineland) Welland - Lincoln Street Docks Chippawa - Public Boat Launch, Lion's Creek Road
<b>Dates:</b>	Tuesdays:  July 4 , 11 & 18, 2017 - St. Catharines July 25, August 1 & 8 - Welland August 15, 22 & 29 - Chippawa
<b>Times:</b>	9am to 10am or 10am to 11am (sign-up for one of the two time slots)
<b>Min #</b>	2 per session
<b>Max #</b>	4 per session
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	All materials and equipment provided.
<b>Activity Fee:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the selected dates.
<b>Comments:</b>	Please provide your own sunglasses, sunscreen, and hat. Dress for the weather and be prepared to get wet.

# Horticulture



## Description:

The Horticulture program focuses on learning and appreciating working outside with flower, herb and vegetable gardens. In addition to our regular gardens we have raised beds that accommodate participants using assistive devices such as walkers and wheelchairs. Assistance and instruction is provided on the following topics:

- Planning gardens while taking into consideration specific growing needs i.e. sunlight or shade
- Preparing the soil for planting
- Choosing the plants
- Planting and maintenance of flower, herb and vegetable beds
- Weeding and watering

This program tends to three raised vegetable gardens, one herb garden, one strawberry garden and various flower beds and a raised theme bed.

At the conclusion of the program an End of Year Party and Open House is provided to showcase the gardens for family, friends, and BICR staff to view the gardens. Vegetables are donated to Project Share.

## Location:

NTEC 120 Canby Street, Port Robinson

## Dates:

Tuesdays, July 4 to September 26, 2017

## Times:

9am to 1pm

## Min #

4

## Max #

12

## Transportation:

Provided from BICR's Main Office at no cost.

## Materials Required:

Gardening gloves if you choose.

## Activity Fee:

Bring your own lunch or \$3 - \$4 if you would like to purchase lunch from N-TEC.

## Pre-Requisites:

To enjoy the outdoors and gardening and growing vegetables.

## Contact Name:

Jennifer Fenton 905-687-6788 ext. 508

## Registration Date:

Monday, June 26, 2017

## Comments:

The program is open to anyone who enjoys planting and working with flowers and vegetables gardens. An interest is all you need. Rain or shine.



# Men's Group



**Description, Dates & Times:** The group has organized a variety of activities for the 13 week sessions. The times vary and are listed beside each activity.

Tuesdays:

Jul 4 - Charles Daley Park - 1pm to 3pm (no cost)

Jul 11 - Al Mac's for Lunch Outing - 12:30pm to 3pm (cost is the price of your meal)

Jul 18 - Niagara Dare Devil Exhibit at IMAX Theatre - 12:30pm to 3pm (cost TBA)

Jul 25 - Heartland Forest for Mini Putt & Nature Walk - 12:30pm to 3pm (no cost)

Aug 1 - Casino - 12:30pm to 3pm

Aug 8 - Niagara Falls Journey Through the Falls - 12:30pm to 3pm (cost TBA)

Aug 15 - Movie at Unit 10 - 12:30pm to 3pm

Aug 22 - Afternoon at Crystal Beach - 12:30pm to 3pm (no cost)

Aug 29 - NOTL Outing - 12:30pm to 3pm

Sept 5 - Bingo at Unit 10 - 1pm to 3pm

Sept 12 - Bowling at Parkway Lanes - 12:30pm to 3pm (cost \$5)

Sept 19 - Pool League/Billiards - 1pm to 3pm (cost \$5)

Sept 26 - Sky Wheel Niagara Falls - 1pm to 3pm (cost TBA)

**Min #** 2

**Max #** N/A

**Transportation:** Provided at a cost.

**Materials Required:** N/A

**Activity Fee:** Some weeks may have a cost depending on the activity.

**Contact Name:** Dave Horton 905-687-6788 ext. 641

**Registration Date:** N/A

**Comments:** N/A

# Diner's Club



<b>Description:</b>	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.
<b>Dates &amp; Location:</b>	<p><b>St. Catharines Diner's Club</b> - second Tuesday of each month:</p> <p>July 11, 2017 - Ricki Jo's  August 8, 2017 - Lina Linguini's  September 12, 2017 - St. Louis Bar &amp; Grill</p> <p><b>Welland Diner's Club</b> - fourth Tuesday of each month:</p> <p>July 25, 2017 - MT Bellies  August 22, 2017 - Pizza Hut  September 26, 2017 - Blue Star</p>
<b>Times:</b>	5pm to 7pm
<b>Min #</b>	4
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.

# Niagara Falls Lunch Club



<b>Description &amp; Dates:</b>	A Social get-together for lunch.  First Wednesday of each month:  July 5, 2017 - The Boathouse, 3807 Macklem Street, NF August 2, 2017 - The Blue Line Diner, 4424 Montrose Road, NF September 6, 2017 - Kasbah, 6130 Dunn Street, NF
<b>Times:</b>	11:30am to 1pm
<b>Min #</b>	2
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	Everyone welcome!

# Music Trivia



<b>Description:</b>	Join us the second Wednesday of every month to test your music knowledge and have the chance to win a prize.
<b>Location:</b>	BICR 261 Martindale Road, Unit 10
<b>Dates:</b>	Second Wednesday of each month:  July 12, 2017 August 9, 2017 September 13, 2017
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	12
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	N/A
<b>Comments:</b>	N/A

# Music with Phil, Rick & Friends



<b>Description:</b>	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.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Wednesdays:  July 5, 2017 July 19, 2017 August 2, 2017 August 16, 2017 September 6, 2017 September 20, 2017
<b>Times:</b>	2pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	25
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Katie Hill 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	PET will host a "Music Trivia" activity from 1-2pm prior to Music with Phil, Rick and Friends for any individuals who wish to attend.



# Wacky Wednesdays



<b>Description &amp; Dates:</b>	<p>Join us twice a month on a Wednesday evening for a night of fun.</p> <p>The first Wednesday of every month will be Dinner &amp; Games Night.</p> <ul style="list-style-type: none"> <li>• Dinner will be provided at a cost of \$4 per person per week</li> <li>• Play board games and have a good time with friends</li> </ul> <p>July 5, 2017 - Pasta and Meatballs  August 2, 2017 - Hot Dogs, Salad and Chips  September 6, 2017 - Sloppy Joes</p> <p>The third Wednesday of every month will be Casino Night.</p> <ul style="list-style-type: none"> <li>• Come and participate in Black Jack, Tex Hold'em and Roulette</li> <li>• Bring your dinner and eat it with the group (brown bag style)</li> </ul> <p>July 19, 2017  August 16, 2017  September 20, 2017</p>
<b>Location:</b>	BICR, Unit 10
<b>Times:</b>	4pm to 7pm
<b>Min #</b>	4
<b>Max #</b>	24
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	Dinner and Games Night - \$4 per person per week. Casino Night - bring your dinner "brown bag style".
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Katie Hill 905-687-6788 ext. 720 Shirley Ely 905-687-6788 ext. 756
<b>Registration Date:</b>	N/A
<b>Comments:</b>	N/A

# Horticulture



## Description:

The Horticulture program focuses on learning and appreciating working outside with flower, herb and vegetable gardens. In addition to our regular gardens we have raised beds that accommodate participants using assistive devices such as walkers and wheelchairs. Assistance and instruction is provided on the following topics:

- Planning gardens while taking into consideration specific growing needs i.e. sunlight or shade
- Preparing the soil for planting
- Choosing the plants
- Planting and maintenance of flower, herb and vegetable beds
- Weeding and watering

This program tends to three raised vegetable gardens, one herb garden, one strawberry garden and various flower beds and a raised theme bed.

At the conclusion of the program an End of Year Party and Open House is provided to showcase the gardens for family, friends, and BICR staff to view the gardens. Vegetable are donated to Project Share.

## Location:

NTEC 120 Canby Street, Port Robinson

## Dates:

Thursdays, July 6 to September 28, 2017

## Times:

9am to 1pm

## Min #

4

## Max #

12

## Transportation:

Provided from BICR's Main Office at no cost.

## Materials Required:

Gardening gloves if you choose.

## Activity Fee:

Bring your own lunch or \$3 - \$4 if you would like to purchase lunch from N-TEC.

## Pre-Requisites:

To enjoy the outdoors and gardening and growing vegetables.

## Contact Name:

Jennifer Fenton ext. 508

## Registration Date:

Monday, June 26, 2017

## Comments:

The program is open to anyone who enjoys planting and working with flowers and vegetables gardens. An interest is all you need. Rain or shine.

# BICR DART LEAGUE



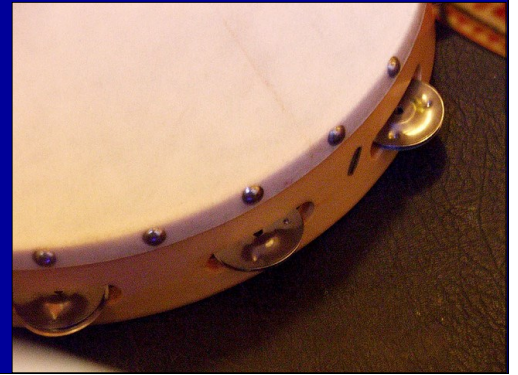
<b>Description:</b>	Come out and join us for a 12 week trial dart league. There will be teams of two or three playing a variety of games. Track points for league end standups and for prizes at the end of the year.
<b>Location:</b>	BICR 261 Martindale Road, Unit 10
<b>Dates:</b>	Thursdays, July 6 to September 28, 2017
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	8
<b>Max #</b>	16
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Activity Fee:</b>	Please provide your own darts if you have them. If not the darts will be provided.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Monday, June 26, 2017
<b>Comments:</b>	N/A

# WRAP



<b>Description:</b>	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.
<b>Location:</b>	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
<b>Dates:</b>	Fridays, July 7 to September 29, 2017 (excluding holidays)
<b>Times:</b>	10am to 12:30pm
<b>Min #</b>	2
<b>Max #</b>	8
<b>Transportation:</b>	Provided from BICR's Main Office at no cost.
<b>Materials Required:</b>	<b>Please note:</b> All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Monday, June 26, 2017
<b>Comments:</b>	Please dress weather and activity appropriate.

# Music Expressions



<b>Description:</b>	<p>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.</p> <p>The sessions are designed to promote, maintain, and restore mental, physical, emotional, and spiritual health. As well as, develop therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.</p>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Fridays, July 7 to September 29, 2017 (excluding holidays)
<b>Times:</b>	11am to 12:00noon
<b>Min #</b>	6
<b>Max #</b>	25
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Katie Hill 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	N/A



# Pet Therapy



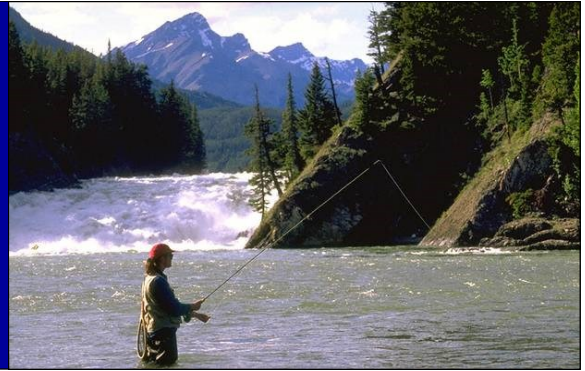
<b>Description:</b>	Hosted by Therapy Tails Niagara, Pet Therapy is a visiting program where trainers come into Unit 10 with the therapy dogs and they visit for an hour. It is a proven fact that the touch of an animal can relieve stress, ease depression and have a calming effect on the body. If you love dogs and want to spend an hour with these furry little friends this group is for you!
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Third Friday of each month:  July 21, 2017 August 18, 2017 September 15, 2017
<b>Times:</b>	1pm to 2pm
<b>Min #</b>	4
<b>Max #</b>	16
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Katie Hill 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	This is a therapy dog program, those participants that have allergies or fear of animals or barking may not want to attend this group.

# Stucco Abstract Art Workshop



<b>Description &amp; Dates:</b>	<p>Create a beautiful work of art!</p> <p>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. She begins her projects using stucco which is applied by hand or using tools to a canvas or plywood. This is completed during the first session. The following sessions, group members will paint their stucco creation using a variety of acrylic paints. Finally the piece is sealed and preserved with painters varnish.</p> <p><b>Three session group.</b> (Individuals must attend all three sessions)</p>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	<p>Fridays:</p> <p>August 25, 2017 September 1, 2017 September 8, 2017</p>
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	6
<b>Max #</b>	16
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	\$15 for the three sessions. After the sessions are completed all individuals will have a complete work of art to take home.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Katie Hill 905-687-6788 ext. 720
<b>Registration Date:</b>	To register please pay for this course by Friday, August 11, 2017.

# Geneva Park



<b>Description:</b>	Spend four fabulous days relaxing on the calm lake of Chouchaching, Orillia, Ontario. Swim, canoe, enjoy nature walks, complete a craft or read under a shady tree.
<b>Location:</b>	Geneva Park, Orillia
<b>Dates:</b>	Community Outreach Services - August 14 to 17, 2017 Residential Services - August 21 to 24, 2017
<b>Times:</b>	N/A
<b>Min #</b>	4
<b>Max #</b>	15
<b>Transportation:</b>	Provided from the Main Office.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	TBA
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Friday, July 7, 2017
<b>Comments:</b>	Four wheelchair spots available per trip.

# July 2017

## EVENTS OPEN TO EVERYONE ( TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Jul 5	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for Pasta and Meatballs.
Wed, Jul 12	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Fri, Jul 14	6:00 -10:00 pm	Niagara Falls	Concert and Fireworks	No cost. 
Wed, Jul 19	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Sun, Jul 23	TBA	Merritton	Crossfire Wrestling	The cost is \$15 per person. 
Sat, Jul 29	7:00 - 10:00 pm	Welland	Welland Motorcycle Races	The cost is \$10 per person 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Sat, Jul 8	10:00 - 11:30 pm	Downtown St. Catharines	Classic Car Show	With Richardson Court. No cost.
Tues, Jul 11	5:00 - 7:00 pm	Ricki Jo's	Diner's Club	Cost is the price of your meal.

## WELLAND

Date	Time	Place	Event	Notes
Sat, Jul 1	11:30 - 2:30 pm	Promenade	BBQ and Games	No cost.
Sun, Jul 9	1:00 - 3:00 pm	Merritt Island	Nature Walk	With Promenade. No cost.
Tues, Jul 25	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal.

# July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 BBQ & Games at Promenade Richelieu 11:30am- 2:30pm
2	3 <i>Canada Day Office Closed</i>	4	5 Niagara Falls Lunch Club 11:30am-1pm The Boathouse  Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	6	7	8 Classic Car Show Downtown St. Catharines with Richardson Crt 10-11:30am
9 Nature Walk at Merritt Island with Parkdale 1-3pm	10	11 St. Catharines Diner's Club Ricki Jo's 5-7pm	12 Music Trivia 1-3pm	13	14 Concert & Fireworks at Niagara Falls 6-10pm 	15
16	17	18	19 Wacky Wednesday Casino Night at Unit 10 4-7pm	20	21	22
23 Crossfire Wrestling TBA 	24	25 Welland Diner's Club MT Bellies 5-7pm	26	27	28	29 Welland Motorcycle Races 7-10pm 
30						



# August 2017

## EVENTS OPEN TO EVERYONE ( TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Aug 2	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for Hot dogs, salad & chips.
Wed, May 9	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Sat, Aug 12	6:00 - ?	Toronto	TFC Game	Cost \$28 per person. 
Wed, Aug 16	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Sat, Aug 26	6:30 - 11:00 pm	Merrittville Highway	Speedway	Cost \$8 per person 
Wed, Aug 30	TBA	Niagara Falls	Greg Frewin Theatre	Cost TBA. 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Aug 8	5:00 - 7:00 pm	Lina Linguini's	Diner's Club	Cost is the price of your meal.
Sat, Aug 26	6:00 - 11:00 pm	NOTL McFarland House Pavilion	Picnic & Games with Richardson Court	Bring your own picnic lunch.

## WELLAND

Date	Time	Place	Event	Notes
Fri, Aug 11	6:30 - 10:00 pm	Merritt Park	Concert	With Promenade. No cost.
Sun, Aug 13	12:00 - 2:30 pm	Seaway Mall	Lunch at the Food Court	With Parkdale. Cost is the price of your meal.
Tues, Aug 22	5:00 - 7:00 pm	Pizza Hut	Diner's Club	Cost is the price of your meal.

# August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Niagara Falls Lunch Club 11:30am-1pm The Blue Line Diner  Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	3	4	5
6	7 <i>Civic Holiday Office Closed</i>	8 St. Catharines Diner's Club Lina Linguini's 5-7pm	9 Music Trivia 1-3pm	10	11 Concert at Merritt Park with Promenade Richelieu 6:30-10pm	12 TFC vs Portland Timbers 6pm-? 
13 Lunch at Seaway Mall with Parkdale 12-2:30pm	14	15	16 Wacky Wednesday Casino Night at Unit 10 4-7pm	17	18	19 Picnic & Games in NOTL with Richardson Crt 11:30am-2pm
20	21	22 Welland Diner's Club Pizza Hut 5-7pm	23	24	25	26 Merrittville Speedway 6:30-11pm 
27	28	29	30 Greg Frewin Theatre TBA 	31		

# September 2017

## EVENTS OPEN TO EVERYONE ( TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Sept 6	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for Sloppy Joes.
Fri, Sept 8	7:00 - ?	Toronto Roger's Center	Jay's vs Tiger's Game	Cost is \$25 per person. 
Wed, Sept 13	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Sept 20	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Fri, Sept 22	TBA	Toronto	Medieval Times	Cost TBA. 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Sept 12	5:00 - 7:00 pm	St. Louis Bar & Grill	Diner's Club	Cost is the price of your meal.
Sat, Sept 16	6:00 - 8:30 pm	Richardson Court	Care Package Assembly	Bring items to fill care packages.

## WELLAND

Date	Time	Place	Event	Notes
Sat, Sept 9	5:30 - 7:00 pm	Parkdale	Games Night	Bring your favourite game.
Sat, Sept 23	11:30 am - 3:00 pm	Seaway Mall	Lunch & Movie	Cost is the price of your meal and movie.
Tues, Sept 26	5:00 - 7:00 pm	Blue Star	Diner's Club	Cost is the price of your meal.

# September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Labour Day Office Closed</i>	5	6 Niagara Falls Lunch Club 11:30am-1pm Kasbah  Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	7	8 Jay's vs Tiger's at the Toronto Roger's Center 7pm-? 	9 Games Night at Parkdale 5:30-7pm
10	11	12 St. Catharines Diner's Club at St. Louis Bar & Grill 5-7pm	13 Music Trivia 1-3pm	14	15	16 Care Package Assembly at Richardson Crt 6-8:30pm
17	18	19	20 Wacky Wednesday Casino Night at Unit 10 4-7pm	21	22 Medieval Times Toronto Time: TBA 	23 Lunch & Movie at Seaway Mall with Promenade Richelieu 11:30am-3pm
24	25	26 Welland Diner's Club at Blue Star 5-7pm	27	28	29	30



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

*Turning the Key to Opportunity in Niagara since 1988*

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