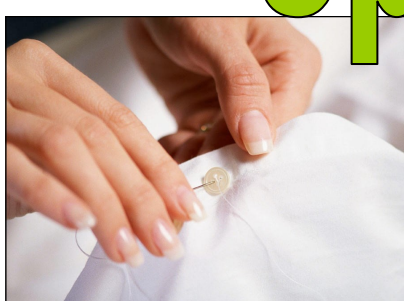




Brain Injury  
Community Re-entry  
(NIAGARA) INC.

# Learning & Leisure Guide

## Spring 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 April, May and June 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.

---

## 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.

---

### *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, April 3 to June 26, 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, March 27, 2017
<b>Comments:</b>	Please dress weather and activity appropriate.

# Wood Working

**Description:**

Are you interested in learning how to work with wood in a safe setting under the expertise of a qualified wood worker? If you would like to learn more about wood working using only non-powered hand tools, then this is a program for you. Your end result will exceed your expectations.

Take the first step in learning a new skill while enjoying the beautiful nature setting at Heartland Forest. Bring your lunch and join the small group and create your very own wood project. Following a lunch break, the group will be involved in a recreational activity at Heartland Forest which may include nature walks on the accessible trail, accessible mini putt, fishing, scavenger hunts, and information sessions on the forest biodiversity.

**Location:**

Heartland Forest Nature Centre  
8215 Kalar Road, Niagara Falls, ON

**Dates:**

Mondays, April 3 to June 19, 2017  
(excluding holidays)

**Times:**

10:30am to 12noon

**Min #**

N/A

**Max #**

12

**Transportation:**

Not provided. Please arrange your own transportation.

**Materials Required:**

All materials for the wood working program will be provided by the group facilitator.

**Activity Fee:**

\$5 per session. After the 10 wood working sessions you will have a variety of completed projects to take home.

**Pre-Requisites:**

An interest in working on a wood working project within a small group setting.

**Contact Name:**

Jeff Spelier 905-687-6788 ext. 332

**Registration Date:**

Monday, March 27, 2017

**Comments:**

Individuals are welcome to stay for lunch and participate in other afternoon activities. Please bring a lunch and dress weather 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 11 weeks with a different activity each week.

Mondays:

Apr 3 - Butterfly Conservatory & Northern Owl Exhibit - 12:30pm to 3pm  
(cost is the price of admission)

Apr 10 - Young Person's Guide to New Music at the PAC - 12pm to 3pm  
(cost \$10)

Apr 24 - Bowling - 12:30pm to 3pm (cost is \$5 to bowl)

May 1 - Bingo - 1pm to 3pm (please bring a \$5 prize)

May 8 - Candle Making - 1pm to 3pm (cost is \$5)

May 15 - Lunch Outing - 12:30pm to 3pm (cost is the price of your meal)

May 29 - Painting Bird Houses - 1pm to 3pm (cost is \$5)

June 5 - Dessert & Tea Outing - 12:30pm to 3pm (cost is the price of your food & drink)

June 12 - Shopping Outing - 12:30pm to 3pm (cost is the price of your purchases)

June 19 - Heartland Forest Walk & Picnic - 12:30pm to 3pm (please bring your bagged lunch)

June 26 - Happy Rolph's Outing - 12:30pm to 3pm

**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, March 27, 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:** Mondays, April 3 to June 26, 2017  
(excluding holidays)

**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

# Cooking Take Home Meals



<b>Description:</b>	Prepare take home meals to cook at home. Learn about handling and preparing food safely. Practice using cooking aids while preparing healthy low in sodium and saturated fat meals. Take a meal home to share with your family or package individual freezer meals to cook at a future date.
<b>Location:</b>	BICR 261 Martindale Road, Unit 10
<b>Dates:</b>	Monday: April 24, 2017 May 29, 2017 June 26, 2017
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	3
<b>Max #</b>	5
<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>	Those who sign up for this program will be provided a list of meals to choose from. After they choose their meal they will be given a list of grocery items to purchase and bring the day of the course.
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	Monday, April 10, 2017
<b>Comments:</b>	Ingredients such as oil and seasoning will be provided at no cost.

# 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, May 2 to July 25, 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:**

Linda Gosling 905-687-6788 ext. 618

**Registration Date:**

Friday, April 21, 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:

Apr 4, 2017 - Movie at Unit 10 - 1pm to 3pm (no cost)  
 Apr 11, 2017 - Pool League/Billiards - 1pm to 3pm (call ahead)  
 April 18, 2017 - Bird Kingdom - 1pm to 3pm (cost is the price of admission)  
 Apr 25, 2017 - Chocolate FX - 1pm to 3pm (no cost for tour)  
 May 2, 2017 - Therapy Tails at Unit 10 - 1pm to 3pm  
 May 9, 2017 - Heartland Forest - 12pm to 3pm  
 May 16, 2017 - Ripley's Museum & Captain Jacks Laser Tag and Mini Putt - 12:30pm to 3pm (cost TBA)  
 May 23, 2017 - Crock a Doodle - 1pm to 3pm (cost TBA)  
 May 30, 2017 - Charles Daley Park - 12pm to 3pm  
 June 6, 2017 - Fishing at St, John's - 1pm to 3pm  
 June 13, 2017 - Tie Dye at Unit 10 - 1pm to 3pm (cost TBA)  
 June 20, 2017 - Avondale Dairy Bar - 1pm to 3pm (cost is the price of your ice cream)  
 June 27, 2017 - Beach at Port Dalhousie - 12pm to 3pm (snacks & water provided)

**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>April 11, 2017 - Jack Astor's May 9, 2017 - Boston Pizza (Ontario Street) June 13, 2017 - Joey's Only</p> <p><b>Welland Diner's Club</b> - fourth Tuesday of each month:</p> <p>April 25, 2017 - Blue Star May 23, 2017 - Mossimo's June 27, 2017 - Swiss Chalet</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>	<p>A Social get-together for lunch.</p> <p>First Wednesday of each month:</p> <p>April 5, 2017 - Pizza Hut, 6318 Lundy's Lane, NF May 3, 2017 - Taps Bar &amp; Grill, 4680 Queen Street, NF June 7, 2017 - Luke's Bar &amp; Grill, 6175 Dunn Street, NF</p>
<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:  April 12, 2017 May 10, 2017 June 14, 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:  April 5, 2017 April 19, 2017 May 3, 2017 May 17, 2017 June 7, 2017 June 21, 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>	Gillian Pagnotta 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

**Description & Dates:**

Join us twice a month on a Wednesday evening for a night of fun.

The first Wednesday of every month will be Dinner & 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

April 5, 2017 - Pasta and Meatballs

May 3, 2017 - Soup and Sandwich

June 7, 2017 - Chili Night

The third Wednesday of every month will be Casino Night.

- Come and participate in Black Jack, Tex Hold'em and Roulette
- Bring your dinner and eat it with the group (brown bag style)

April 19, 2017

May 17, 2017

June 21, 2017

**Location:**

BICR, Unit 10

**Times:**

4pm to 7pm

**Min #**

4

**Max #**

24

**Transportation:**

Not provided. Please arrange your own transportation.

**Materials Required:**

Dinner and Games Night - \$4 per person per week.

Casino Night - bring your dinner "brown bag style".

**Pre-Requisites:**

N/A

**Contact Name:**

Gillian Pagnotta 905-687-6788 ext. 720

Shirley Ely 905-687-6788 ext. 756

**Registration Date:**

N/A

**Comments:**

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, May 4 to July 27, 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:**

Linda Gosling ext. 618

**Registration Date:**

Friday, April 21, 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, April 6 to June 29, 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, March 27, 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, April 7 to June 30, 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, March 27, 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, April 7 to June 30, 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>	Gillian Pagnotta 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:  April 21, 2017 May 19, 2017 June 16, 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>	Gillian Pagnotta 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.



# Spring Fling Dance

Thursday, April 27, 2017  
5pm-8pm

Grantham Optimist  
188 Linwell Road



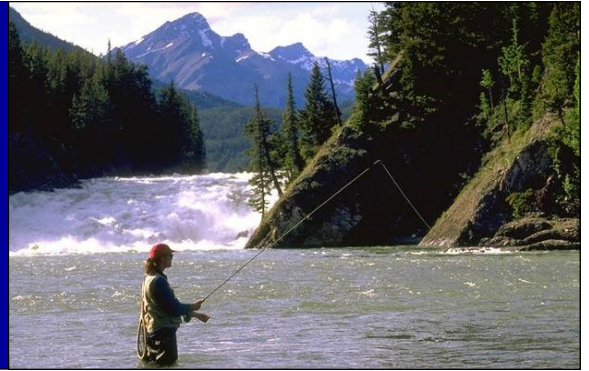
Contact Dave Horton at 905-687-6788 ext. 641  
or Shirley Ely ext. 756 for details



Tickets \$5  
Kids Under 12 \$3



# 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.

# April 2017

## EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Sun, Apr 2	7:30 - 10:30 pm	Performing Arts Center	Just for Laughs	Cost is \$47.50 per ticket. Limited availability. Please sign up ASAP. 
Wed, Apr 5	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for Pasta and Meatballs.
Wed, Apr 12	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Apr 12	6:00 - 8:00 pm	BICR, Unit 10	Trivia Night	Test your trivia knowledge. 
Wed, Apr 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).
Thurs, Apr 27	5:00 - 8:00 pm	Grantham Optimist Club	Spring Fling	See page 20 for further details.



## ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Apr 11	5:00 - 7:00 pm	Jack Astor's	Diner's Club	Cost is the price of your meal.
Sat, Apr 15	11:30 - 4:30 pm	Richardson Court	Baseball Opening Day Party	Cost is \$2 per person. Wear your favourite baseball jersey.

## WELLAND

Date	Time	Place	Event	Notes
Sat, Apr 1	1:00 - 3:00 pm	Parkdale	Funny Movie	Bring a sense of humor.
Sat, Apr 22	11:30 - 3:00 pm	Seaway Mall	Lunch and Movie with Promenade Richelieu	Cost is the price of your lunch and the movie.
Tues, Apr 25	5:00 - 7:00 pm	Blue Star	Diner's Club	Cost is the price of your meal.

# April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Funny Movie at Parkdale 1-3pm
2 Just for Laughs at the PAC 7:30-10:30pm 	3	4	5 Niagara Falls Lunch Club 11:30am-1pm Pizza Hut  Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	6	7	8
9	10	11 St. Catharines Diner's Club Jack Astor's 5-7pm	12 Music Trivia 1-3pm  Trivia Night at Unit 10 6-8pm 	13	14 <i>Good Friday</i> <i>Office Closed</i>	15 Baseball Opening Day Party at Richardson Crt 10:30am- 4:30pm
16	17	18	19 Wacky Wednesday Casino Night at Unit 10 4-7pm	20	21	22 Lunch and Movie at Seaway Mall with Promenade Richelieu 11:30am-3pm
23	24	25 Welland Diner's Club Blue Star 5-7pm	26	27 Spring Fling at Grantham Optimist Club 5-8pm	28	29
30						



# May 2017

## EVENTS OPEN TO EVERYONE ( TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, May 3	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for soup and sandwich.
Wed, May 10	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, May 10	6:00 - 8:00 pm	BICR, Unit 10	Bingo Bash	Please bring a \$5 prize. 
Wed, May 17	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).
Wed, May 24	10:00 am - 6:00 pm	Canada's Wonderland	Amusement Park	Cost is \$37 per person. Please meet at BICR's Main Office at 8:00 am. 
Wed, May 31	9:00 am - 5:00 pm	African Lion Safari	Safari	Cost is \$38 per person. Please meet at BICR's Main Office at 8:00 am. 




## ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, May 9	5:00 - 7:00 pm	Boston Pizza	Diner's Club	Cost is the price of your meal.
Sat, May 13	7:00 - 9:00 pm	Richardson Court	Minute to Win It	Variety of games.

## WELLAND

Date	Time	Place	Event	Notes
Sat, May 6	12:00 - 2:00 pm	Seaway Mall	Lunch Outing with Parkdale	Cost is the price of your meal.
Mon, May 22	11:30 am - 2:30 pm	Promenade Richelieu	Victoria Day BBQ	Bring your appetite.
Tues, May 23	5:00 - 7:00 pm	Mossimo's	Diner's Club	Cost is the price of your meal.

# May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Niagara Falls Lunch Club 11:30am-1pm Taps Bar & Grill  Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	4	5	6 Lunch at the Seaway Mall with Parkdale 12-2pm
7	8	9 St. Catharines Diner's Club Boston Pizza 5-7pm	10 Music Trivia 1-3pm  Bingo at Unit 10 6-8pm 	11	12	13 Minute to Win It at Richardson Crt 7-9pm
14	15	16	17 Wacky Wednesday Casino Night at Unit 10 4-7pm	18	19	20
21	22 <i>Office Closed</i> Victoria Day BBQ at Promenade Richelieu 11:30am- 2:30pm	23 Welland Diner's Club Mossimo's 5-7pm	24 Canada's Wonderland 10am-6pm 	25	26	27
28	29	30	31 African Lion Safari 9am-5pm 			

# June 2017

## EVENTS OPEN TO EVERYONE (🚗 TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, June 7	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for Chili Night.
Wed, June 14	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Thurs, June 15	12:00 - 3:00 pm	Queenston Heights	BIAN Picnic	Details to follow. 🚗
Sat, June 17	1:00 - 4:00 pm	Toronto Roger's Center	Blue Jays vs White Sox	Cost is \$30 per ticket. Please meet at BICR's Main Office at 9:00 am. 🚗
Wed, June 21	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). 🚗
Wed, June 28	6:00 - 8:00 pm	Avondale Dairy Bar	Ice Cream Night	Cost is the price of your ice cream.




## ST. CATHARINES

Date	Time	Place	Event	Notes
Sat, June 10	11:30 am - 3:00 pm	Niagara Glen Pavilion	Picnic and Games	Please bring your own lunch and favourite outdoor games.
Tues, June 13	5:00 - 7:00 pm	Joey's Only	Diner's Club	Cost is the price of your meal.

## WELLAND

Date	Time	Place	Event	Notes
Sun, June 18	12:00 - 2:00 pm	Chippawa Park	Picnic Lunch	Please bring your own lunch.
Sat, June 24	11:30 am - 2:00 pm	Merritt Island	Picnic Lunch and Nature Walk	Come and enjoy the beauty of Merritt Island
Tues, June 27	5:00 - 7:00 pm	Swiss Chalet	Diner's Club	Cost is the price of your meal.

# June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Niagara Falls Lunch Club 11:30am-1pm Luke's Bar & Grill  Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	8	9	10 Picnic & Games with Richardson Crt at Niagara Glen 11:30am-3pm
11	12	13 St. Catharines Diner's Club at Joey's Only 5-7pm	14 Music Trivia 1-3pm	15 BIAN Picnic at Queenston Heights 12-3pm  	16	17 Jay's Vs White Sox 1-4pm  
18 Picnic Lunch at Chippawa Park with Parkdale 12-2pm	19	20	21 Wacky Wednesday Casino Night at Unit 10 4-7pm	22	23	24 Picnic & Walk at Merritt Island with Promenade Richelieu 11:30am-2pm
25	26	27 Welland Diner's Club at Swiss Chalet 5-7pm	28 Avondale Dairy Bar 6-8pm  	29	30	



# 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  
Thorold, Ontario L2V 4Y6

Phone: 905-687-6788 or 1-800-996-8796  
Fax: 905-641-2785  
Email: [staff@bicr.org](mailto:staff@bicr.org)  
Website: [www.bicr.org](http://www.bicr.org)