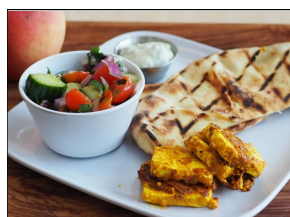
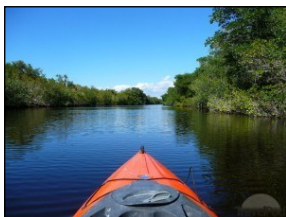




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Spring 2018



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, 2018

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, April 2 to June 25, 2018
(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: Monday, March 26, 2018
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

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.

WOOD WORKING



- Location : Heartland Forest Nature Centre
8215 Kalar Road, Niagara Falls, ON
- Dates: Mondays, April 9 to June 18, 2018
(excluding holidays)
- Time: 10:30am to 12:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Monday, March 26, 2018
to Jeff Spelier at 905-687-6788 ext. 332
- Comments: \$5 per session. After the 10 wood working sessions you will have a variety of completed projects to take home.

NOTICE THE CHANGE IN MAY

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&5PIN BOWLING

Details:

Mondays, April 2 to 30, 2018
Parkway Lanes (10 PIN Bowling)
327 Ontario Street, St. Catharines
Cost: \$2.75 per game

*HERE →

Mondays, May 14 to June 25
(excluding holidays)
Plamor Lanes (5 PIN Bowling)
106 Main Street, Port Dalhousie
Cost: \$4.00 per game

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.

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 11 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, April 9 to June 25, 2018
(excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Monday, March 26, 2018
to Jessica Conroy at 905-687-6788 ext. 531
- Comments: Cost will be kept to a minimum. Approximately
\$5 to \$10 depending on the activity.

MONDAY GROUP

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.



COOKING

TAKE HOME MEALS

Location : BICR, Unit 10

Dates: Mondays: April 30, May 28, June 25, 2018

Time: 1:00pm to 3:00pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, March 26, 2018
to Katie Hill at 905-687-6788 ext. 720

Comments: A list of grocery items will be provided to purchase and bring the day of the course. If meat or poultry is frozen, do not thaw ahead of time.

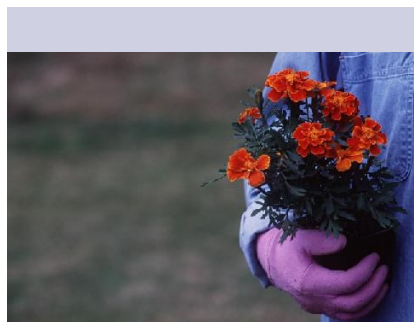
Learning & Leisure Guide

Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

The Horticulture Program focuses on learning and appreciating working outside with flower, herb, and vegetable gardens. Participants plan, plant, and maintain all garden beds. There are raised beds to accommodate participants using assistive devices such as walkers and wheelchairs.

TUESDAY HORTICULTURE PROGRAM



- Location : NTEC
120 Canby Street, Port Robinson
- Dates: Tuesdays, May 15 to June 26, 2018
- Time: 9:30am to 12:30pm
- Transportation: Provided from BICR's Main Office at no cost.
3340 Schmon Parkway, Unit 2, Thorold
- Register by: Tuesday, May 8, 2018 to Jennifer Fenton at
905-687-6788 ext. 508
- Comments: Bring your own lunch or \$3 to \$4 to purchase
lunch from NTEC Cafeteria. Rain or Shine.

NOTICE THE TIME CHANGE

FRIDAY GROUP

Come enjoy the outdoors and explore the art of canoeing. 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.



CANOEING

Dates &
Location:

Tuesdays:

June 12, 2018 - Jordan Station

9:00am to 11:00am

June 19, 2018 - Jordan Station

9:00am to 3:00pm

June 26, 2018 - Welland

9:00am to 11:00am

July and August dates to follow.

Transportation:

Not provided. Please arrange your own transportation.

Register by:

48 hours prior to the selected dates.

Comments:

Please provide your own sunglasses, sun-screen, and hat. Dress for the weather and be prepared to get wet.

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Learning & Leisure Guide

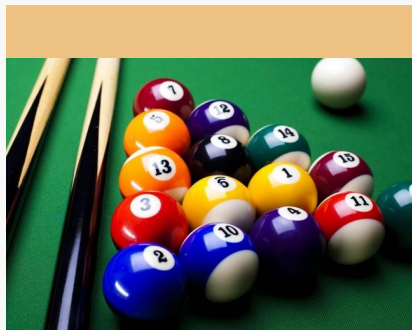
Brain Injury Community Re-entry (Niagara) Inc.

TUESDAY GROUP

The group organizes a variety of activities every other Tuesday for a total of 7 week sessions. The times and activities vary. The schedule of activities is provided.

NOTICE THE FREQUENCY CHANGE

MEN'S GROUP



Location : Various Locations.

Dates: Every other Tuesday:

***HERE →** April 3, April 17, May 1, May 15, May 29, June 12, June 26, 2018

Time: Times vary between 12:00pm 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:
April 10, 2018 - Boston Pizza, Ontario Street
May 8, 2018 - Fresco's
June 12, 2018 - Big Marco's

Welland - fourth Tuesday of each month:
April 24, 2018 - Mick n' Angelo's, NF
May 22, 2018 - Lily's Cuisine
June 26, 2018 - Mossimo's Pizza & Subs

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.

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:

April 4, 2018 - Magnolia's, NF

May 2, 2018 - Mick n' Angelo's, NF

June 6, 2018 - Taps Bar & Grill, 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

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:
April 11, May 9, June 13, 2018

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

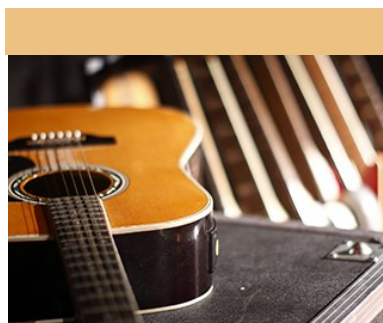
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Brain Injury Community Re-entry (Niagara) Inc.

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

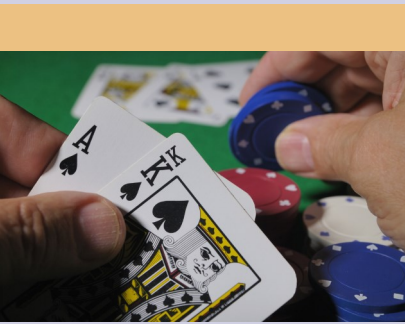


- Location: BICR, Unit 10
- Dates: Wednesdays:
April 4, April 18, May 2, May 16, June 6,
June 20, 2018
- Time: 2:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Katie Hill at
905-687-6788 ext. 720
- Comments: Join us for Music Trivia from 1:00pm to
2:00pm prior to music with Phil, Rick and
Friends.

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: April 4, 2018 - Taco Salad
May 2, 2018 - Pulled Pork Sandwiches
June 6, 2018 - Chicken Rotini Salad

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

April 18, 2018
May 16, 2018
June 20, 2018

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 at 905-687-6788 ext. 720

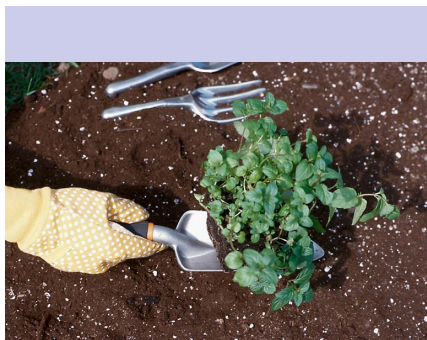
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THURSDAY GROUP

The Horticulture Program focuses on learning and appreciating working outside with flower, herb, and vegetable gardens. Participants plan, plant, and maintain all garden beds. There are raised beds to accommodate participants using assistive devices such as walkers and wheelchairs.

THURSDAY HORTICULTURE PROGRAM



- Location : NTEC
120 Canby Street, Port Robinson
- Dates: Thursdays, May 17 to June 28, 2018
- Time: 9:30am to 12:30pm
- Transportation: Provided from BICR's Main Office at no cost.
3340 Schmon Parkway, Unit 2, Thorold
- Register by: Tuesday, May 8, 2018 to Jennifer Fenton at
905-687-6788 ext. 508
- Comments: Bring your own lunch or \$3 to \$4 to purchase
lunch from NTEC Cafeteria. Rain or Shine.

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, April 5 to June 28, 2018
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: Monday, March 26, 2018
to Dave Horton at 905-687-6788 ext. 641
- Comments: N/A

Learning & Leisure Guide

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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.

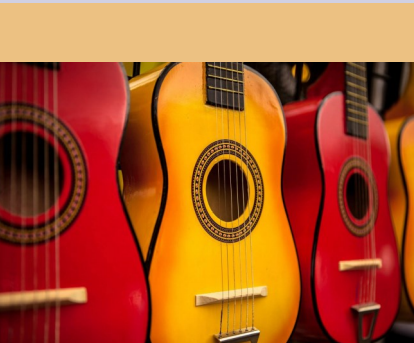
WORK REST&PLAY



- Location : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls
- Dates: Fridays, April 6 to June 29, 2018
- Time: 10:00am to 12:30pm
- Transportation: Not provided. Please arrange your own
transportation.
- Register by: Monday, March 26, 2018
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, April 6 to June 29, 2018
(with the exception of May 4, 2018)
- 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 at
905-687-6788 ext. 720
- Comments: N/A

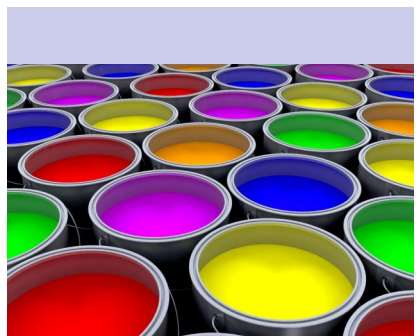
Learning & Leisure Guide

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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:
April 13, April 27, May 11, 2018
May 25, 2018 (optional)
June 1, June 8, June 22, 2018
June 29, 2018 (optional)
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register & Pay by: Friday, April 6 and May 25, 2018 to Katie Hill at 905-687-6788 ext. 720
- Comments: Cost is \$10 for the three sessions. After the sessions are completed, all individuals will have a complete work of art to take home.

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:
April 20, May 18, June 15, 2018
- 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 at
905-687-6788 ext. 720
- 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.

THURSDAY EVENING

Celebrate Spring with a dance party. Dance along to the music by DJ Davey D. Pizza will be available for purchase.

SPRING FLING DANCE



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

Date: Thursday, May 10, 2018

Time: 5:00pm to 8:00pm

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: Tickets available for purchase at \$5 adult and
 \$3 for children under 12.

THURSDAY EVENT

Join us for the Annual BIAN Picnic at Queenston Heights.
Delicious food and lots of fun and games.



BIAN PICNIC

- Location : Queenston Heights Park
Niagara-on-the-Lake
- Date: Thursday, June 28, 2018
- Time: 12:00pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Monday, June 13, 2018
to Dave Horton at 905-687-6788 ext. 641
- Comments: Please dress weather appropriate and provide
your own sunscreen.



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

Turning the Key to Opportunity in Niagara since 1988

Brain Injury Community Re-entry (Niagara) Inc.
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