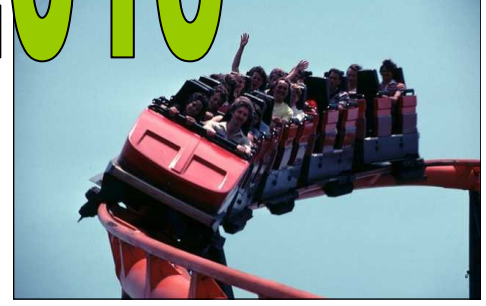
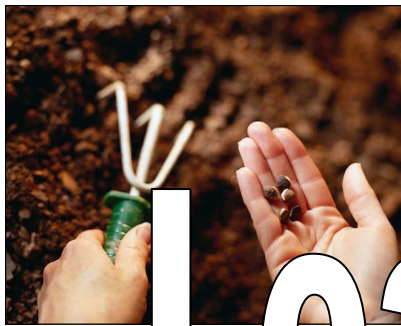




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide Summer 2015



Welcome to BICR's Learning & Leisure Guide

Welcome summer!! We also welcome you to explore 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 2015. In addition to activities provided by BICR, we have also included an initiative offered by Brain Injury Association of Niagara with regards to a new Clubhouse. Check out the information on the enclosed insert.

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. 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.

Like previous Learning & Leisure guides many of the programs and services being offered will take place in the community as well as the BICR Main Office and Unit 10, 261 Martindale Road.

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.

WRAP



Description:	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.
Location:	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
Dates:	Mondays, July 6 to September 28, 2015 (excluding holidays)
Times:	10am to 11:30am
Min #	2
Max #	8
Transportation:	Provided from BICR's Main Office at no cost.
Materials Required:	Please note: All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Monday, June 29, 2015
Comments:	Please dress weather and activity appropriate.

Fun in the Sun



Description & Dates: Enjoy spending Monday afternoons in the sunshine participating in interactive games and crafts. (Rain or Shine)

Mondays:

July 6, 2015 - Soap Stone Carving

July 13, 2015 - Back by popular demand...Dream Catchers

July 20, 2015 - Hawaiian theme party with crafts and games

July 27, 2015 - Driftwood Art projects

August 10, 2015 - Minute to win it!

August 17, 2015 - Canvas Art - painting under the sun

August 24, 2015 - Rock Art

August 31, 2015 - Pirate theme scavenger hunt and party LAST DAY!

Location: Lakeside Park Pavilion, Port Dalhousie

Times: 1pm to 3pm

Transportation: Not provided. Please arrange your own transportation.

Materials Required: On occasion participants may be asked to provide some materials.

Contact Name: Gillian Pagnotta 905-687-6788 ext. 720

Registration Date: Monday, June 29, 2015

Comments: Please dress appropriately for the weather. Remember to wear sunscreen and bring a bottle of water.

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:

July 6 - Port Dalhousie Carousel and Walk - 1pm to 3pm

July 13 - Movie at Main Office - 1pm to 3pm

July 20 - Lunch Outing - 1pm to 3pm (cost is price of your meal)

July 27 - Picnic at Charles Daley Park - 12:30pm to 3pm (bring your lunch)

Aug 3 - NO GROUP

Aug 10 - Avondale Dairy Bar - 1pm to 3pm (cost is price of ice cream)

Aug 17 - Walk Outdoors, Photo & More - 1pm to 3pm

Aug 24 - Casino - 1pm to 3pm (cost is spending money)

Aug 31 - Lunch Outing - 12:30pm to 3pm (cost is price of your meal)

Sept 7 - NO GROUP

Sept 14 - Minute to Win It at Main Office - 1pm to 3pm

Sept 21 - Botanical Gardens Walk - 1pm to 3pm

Sept 28 - Butterfly Conservatory - 1pm to 3pm

Min #

4

Max #

12

Transportation:

Provided at a cost.

Materials Required:

TBD

Activity Fee:

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

Contact Name:

Chelsie Yungblut 905-687-6788 ext. 631

Registration Date:

Monday, June 29, 2015

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, September 21 to September 28, 2015
(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

Circle of Friends



Description:	<p>Circle of Friends is a group intended for individuals with an ABI. While attending this weekly group, individuals have an opportunity to learn about a variety of topics while interacting with one another.</p> <p>The Group Facilitator selects the topic for the evening and facilitates discussions and group interaction. The focus of the group is to develop healthy friendships and/or relationships.</p>
Location:	BICR, Unit 10
Dates:	Mondays, September 14 to 28, 2015 (excluding holidays)
Times:	6:50pm to 8:30pm
Min #	5
Max #	12
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Daniel Lutzer 905-687-6788 ext. 294
Registration Date:	Monday, August 31, 2015
Comments:	N/A

Horticulture Program



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 7 to September 22, 2015

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 with an interest in gardening and growing vegetables.

Contact Name:

Linda Gosling 905-687-6788 ext. 618

Registration Date:

Friday, June 26, 2015

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.

Canoeing



Description:	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.
Location:	St. Catharines - Jordan Harbour, Beacon Boat Launch Welland - Lincoln Street Docks
Dates:	Tuesdays: July 7, 2015, August 11 & 18 - Chippawa July 14 & 21, 2015 - St. Catharines July 28, 2015, August 4, 2015 - Welland August 25, 2015 - Rainout Day
Times:	9am to 10am or 10am to 11am (sign-up for one of the two time slots)
Min #	1 per session
Max #	4 per session
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	All materials and equipment provided.
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	1 week prior to the selected dates.
Comments:	Please provide your own sunglasses, sunscreen, and hat. Dress for the weather and be prepared to get wet.

Drumming with Erin



Description:	Drumming is a fun and friendly activity where participants drum together to celebrate life through rhythm and music. Participants of all levels of musical expertise come together and share their rhythmical spirit. You don't have to be a drummer to participate. Everyone has something to offer the circle, and anyone is welcome.
Location:	BICR, Unit 10
Dates:	Tuesdays: July 7, 2015 August 18, 2015 September 15, 2015
Times:	1pm to 2pm
Min #	6
Max #	20
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	Ongoing registration.
Comments:	For those with noise sensitivities, please be advised that drumming creates loud noises and deep vibrations.

Whispering Pines



Description:	Are you artistic or do you enjoy working with colours and paints? Come on out to the beautiful town of Sherkston and participate in an acrylic painting class. Still lifes, scenery shots and other types of painting are offered.
Location:	Sherkston
Dates:	Tuesdays, September 1 to September 29, 2015
Times:	12noon to 2pm
Min #	4
Max #	12
Transportation:	Provided at a cost.
Materials Required:	Please provide your own brushes or you can purchase them at Whispering Pines.
Activity Fee:	\$8 for van transportation \$8 per class plus the cost of supplies
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Monday, August 24, 2015
Comments:	BICR provides the paint. Canvases are sold at a minimal cost.

Diner's Club



Description:	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.
Dates & Location:	<p>St. Catharines Diner's Club - second Tuesday of each month:</p> <p>July 14, 2015 - Betty's Restaurant, Chippawa August 11, 2015 - Fresco's Euro Grill, St. Catharines September 8, 2015 - Big Marcos, St. Catharines</p> <p>Welland Diner's Club - fourth Tuesday of each month:</p> <p>July 28, 2015 - Betty's Restaurant, Chippawa August 25, 2015 - Keith's Restaurant, Fonthill September 22, 2015 - Mossimo's, Fonthill</p>
Times:	5pm to 7pm
Min #	4
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	Cost of your meal.
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	48 hours prior to the event.

Stucco Abstract Art Workshop



Description & Dates: Create a beautiful work of art!

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 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.

Three session group. (Individuals must attend all three sessions)

Location: BICR, Unit 10

Dates: Wednesdays:

September 9, 2015
September 16, 2015
September 23, 2015

Times: 10:30am to 12noon

Min # 4

Max # 8

Transportation: Not provided. Please arrange your own transportation.

Materials Required: N/A

Activity Fee: \$15 for the three sessions. After the sessions are completed all individuals will have a complete work of art to take home.

Pre-Requisites: N/A

Contact Name: Gillian Pagnotta 905-687-6788 ext. 720

Registration Date: To register please pay for this course by Friday, August 7, 2015.

Niagara Falls Diner's Lunch Club



Description & Dates:	A Lunch-Time Diner's Club. First Wednesday of each month with the exception of July: July 8, 2015 - The Boathouse, 3807 Macklem Street, NF August 5, 2015 - Chip n' Charlies, 8189 Lundy's Lane, NF September 2, 2015 - Phyls, 6864 Lundy's Lane, NF (new restaurant)
Times:	11:30am to 1pm
Min #	2
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	Cost of your meal.
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	48 hours prior to the event.
Comments:	N/A

Music Trivia



Description:	Join us the second Wednesday of every month to test your music knowledge and have the chance to win a prize.
Location:	BICR, Unit 10
Dates:	Second Wednesday of each month with the exception of July: July 15, 2015 August 12, 2015 September 9, 2015
Times:	1pm to 3pm
Min #	4
Max #	12
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	N/A
Comments:	N/A

Music with Phil, Rick & Friends



Description:	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 encouraged.
Location:	BICR, Unit 10
Dates:	Wednesdays: July 29, 2015 August 26, 2015 September 30, 2015
Times:	2pm to 3pm
Min #	4
Max #	25
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	48 hours prior to the event.
Comments:	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:	<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 Potluck & Games Night. (except July)</p> <ul style="list-style-type: none"> • Call ahead and sign up to bring a food item • Play board games and have a good time with friends <p>July 8, 2015 - Picnic Potluck Theme August 5, 2015 - Fresh and Healthy Potluck Theme September 2, 2015 - Finger Food Potluck Theme</p> <p>The third Wednesday of every month will be Casino Night. (except July)</p> <ul style="list-style-type: none"> • Come and participate in Black Jack, Tex Hold'em and Roulette • Bring your dinner and eat it with the group (brown bag style) <p>July 22, 2015 August 19, 2015 September 16, 2015</p>
Location:	BICR, Unit 10
Times:	4pm to 7pm
Min #	4
Max #	24
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	<p>Potluck Night - signup and bring a food item. Casino Night - bring your dinner "brown bag style".</p>
Pre-Requisites:	N/A
Contact Name:	<p>Gillian Pagnotta 905-687-6788 ext. 720 Shirley Ely 905-687-6788 ext. 756</p>
Registration Date:	N/A
Comments:	N/A

Creative Painting



- Description:** Escape from the stresses of day to day life, and join our group for a relaxing night of creative painting, listening to music and socializing with fellow artists.
- Location:** BICR, Unit 10
- Dates:** Second and fourth Wednesday of each month with the exception of July:
July 15, 2015
July 29, 2015
August 12, 2015
August 26, 2015
September 9, 2015
September 23, 2015
- Six session group.**
- Times:** 6pm to 8pm
- Min #** 5
- Max #** 20
- Transportation:** Not provided. Please arrange your own transportation.
- Materials Required:** Provided.
- Activity Fee:** \$15 for all six sessions.
- Contact Name:** Amber McNamara 905-687-6788 ext. 372 or Dave Horton ext. 641 to register.
- Registration Date:** Monday, June 29, 2015
- Comments:** N/A

Horticulture Program



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 9 to September 24, 2015

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 with an interest in gardening and growing vegetables.

Contact Name:

Linda Gosling ext. 618

Registration Date:

Friday, June 26, 2015

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 12 week sessions. The times vary and are listed beside each activity.

Thursdays:

July 2 - Walk in NOTL - 12:30pm to 3pm
 July 9 - No Men's Group (Baseball Tournament)
 July 16 - Fort George - 12:30pm to 3pm (cost TBA)
 July 23 - Games at Unit 10 - 1pm to 3pm
 July 30 - Charles Daley Park for Lunch and Games - 12pm to 3pm
 August 6 - Mini Putt - 12:30pm to 3pm (cost TBA)
 August 13 - Laser Tag at Captain Jacks - 1pm to 3pm (cost TBA)
 August 20 - Planning Day at Unit 10 - 1pm to 3pm
 August 27 - No Men's Group (BIAN Picnic)
 September 3 - Darts at Boston Pizza - 1pm to 3pm
 September 10 - Driving Range - 1pm to 3pm (cost \$7)
 September 17 - Bingo at Unit 10 - 1pm to 3pm (cost a \$5 prize)
 September 24 - Billiards at In The Corner - 1pm to 3pm (cost \$5)

Location:

BICR, Unit 12

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.

Pre-Requisites:

N/A

Contact Name:

Dave Horton 905-687-6788 ext. 641

Registration Date:

N/A

Comments:

N/A

WRAP



Description:	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.
Location:	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
Dates:	Fridays, July 3 to September 25, 2015 (excluding holidays)
Times:	10am to 12:30pm
Min #	2
Max #	8
Transportation:	Provided from BICR's Main Office at no cost.
Materials Required:	Please note: All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Monday, June 29, 2015
Comments:	Please dress weather and activity appropriate.

Music Therapy



Description:	<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>
Location:	BICR, Unit 10
Dates:	Fridays, July 3 to September 25, 2015 (excluding holidays)
Times:	11am to 12:00pm
Min #	6
Max #	25
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	48 hours prior to the event.
Comments:	N/A

Pet Therapy



Description:	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!
Location:	BICR, Unit 10
Dates:	Third Friday of each month: July 17, 2015 August 21, 2015 September 18, 2015
Times:	1pm to 2pm
Min #	4
Max #	20
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	48 hours prior to the event.
Comments:	This is a therapy dog program, those participants that have allergies or fear of animals or barking may not want to attend this group.

Geneva Park



Description:	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.
Location:	Geneva Park, Orillia
Dates:	Community Outreach Services - August 10 to 13, 2015 Residential Services - August 17 to 20, 2015
Times:	N/A
Min #	4
Max #	15
Transportation:	Provided from the Main Office.
Materials Required:	N/A
Activity Fee:	TBA
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Friday, June 26, 2015
Comments:	Four wheelchair spots available per trip.

Brain Injury Community Re-entry (Niagara) Inc.

Special Events and Outings

Summer ~ July, August and September 2015

Here is a calendar for summer 2015 events and outings to be sponsored by BICR. Please note the following:

The calendar is to be used as a quick reference tool whereas the accompanying sheets have more detail about each event.

1. Events are listed and offered by city. You may attend an event in another city however transportation may not be provided.
2. All fees must be paid up front, occasionally in advance, particularly for ticketed events.
3. Often, a head-count of how many participants and staff are attending must be given in advance to the business/box office sponsoring the event. Therefore, **everyone (staff/participants) must register at least 48 hours** prior to the event in order to attend. Last minute sign ups cannot be accommodated. Events with a greater deadline date prior to the event will be noted. Some events require a minimum number of participants to occur.
4. **Bolded events with the van icon in the box indicate door-to-door van pick up availability.** All other events require participants to either provide their own transportation or meet in a central location to ride the van to an out-of-town event. All van rides require participants to pay transportation costs as indicated in **exact change!** You will be notified **24 hours** before the event occurs regarding your pick-up time.
5. Times indicated on the calendar are event times and do not include pick-up and drop-off time or driving time.
6. If you have any difficulties understanding the information given in this calendar, please consult your staff, family members, or call the TRS coordinator for clarification and assistance.
7. Opportunities for additional events may occur throughout the season and will be advertised to staff as they occur and will be added to our website.
8. Registration for events are open three weeks prior to the event except where an earlier deadline is indicated.
9. It is BICR's policy that alcohol consumption during an event is absolutely **not** permitted.
10. For out-of-country events (e.g. Sabres game), proper medical/insurance coverage is required as well as appropriate identification. If evidence of this is not presented, you will not be permitted to go to the event with BICR.

BICR MAIN OFFICE PHONE NUMBER: (905) 687-6788

July 2015

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Fri, July 3	8:00 - 10:00 pm	Queen Victoria Park, NF	Concert & Fireworks	No cost. 
Wed, July 8	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Picnic theme potluck and games night. Call ahead and sign up to bring a food item.
Thurs, July 9	10:00 am - 1:00 pm	Grantham Optimist Club 188 Linwell Rd, St Cath	Baseball Tourny	Please bring \$7 for lunch.
Wed, July 15	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Sat, July 18	4:00pm start	Toronto	Philadelphia vs Toronto FC.	Cost TBA. Meet at the office at 1:00pm. 
Wed, July 22	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, July 29	8:30 - 4:30 pm	Canada's Wonderland	Theme Park	Cost \$38, payment due by July 10. Meet at the office at 8:30am. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, July 14	5:00 - 7:00 pm	Betty's Restaurant	Diner's Club	Cost is the price of your meal.
Tues, July 21	10:30 am - 1:30 pm	Parkway Lanes and Richardson Court	Bowling & BBQ	Cost is \$5 for bowling.

WELLAND

Date	Time	Place	Event	Notes
Sun, July 5	11:00 am - 2:00 pm	Merritt Island	Walk and Picnic with Parkdale	Pack a picnic and join us at Merritt Island!
Sat, July 11	11:30 am - 4:00 pm	Promenade Richelieu	Summer Pizza Party	Pizza party, water balloons, scavenger hunt. Cost \$4 for lunch. Bring a towel and sunscreen.
Tues, July 28	5:00 - 7:00 pm	Betty's Restaurant	Diner's Club	Cost is the price of your meal.

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Canada Day Office Closed</i>	2	3 Concert & Fireworks Queen Victoria Park, NF 8-10pm 	4
5 Merritt Island Walk & Picnic with Parkdale 11am-2pm	6	7	8 Niagara Falls Lunch Club 11:30am-1pm The Boathouse Wacky Wed Picnic theme Potluck & Games Night at Unit 10 4-7pm	9 BICR Baseball Tournament at Grantham Optimist 10am-1pm	10	11 Summer Pizza Party & Scavenger Hunt at Promenade Richelieu 11:30am-4pm
12	13	14 St. Catharines Diner's Club Betty's Restaurant 5-7pm	15 Music Trivia 1-3pm	16	17	18 Philadelphia vs Toronto FC Soccer Game 4pm start 
19	20	21 Bowling & BBQ with Richardson Crt 10:30am- 1:30pm	22 Wacky Wednesday Casino Night at Unit 10 4-7pm	23	24	25
26	27	28 Welland Diner's Club Betty's Restaurant 5-7pm	29 Canada's Wonderland 8:30-4:30pm 	30		

August 2015

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Aug 5	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Fresh & Healthy theme potluck and games night. Call ahead and sign up to bring a food item.
Thurs, Aug 6	7:00 - 9:00 pm	BICR, Unit 10	Yoga & Meditation	No cost. 
Wed, Aug 12	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Sat, Aug 15	6:00 - 11:00 pm	Merrittville Speedway	Car Racing	Cost \$10 per person. 
Wed, Aug 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, Aug 27	12:00 - 3:30 pm	Queenston Heights	BIAN Picnic	Bring your picnic lunch and meet a Pavilion #1. 
Sat, Aug 29	1:00pm start	Toronto	Baseball Game	Cost \$14. Meet at the office for 10:30am. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Sun, Aug 8	11:30 am - 3:00 pm	Burgoyne Woods	Potluck and Games with Richardson Crt	Bring a dish to share.
Tues, Aug 11	5:00 - 7:00 pm	Fresco's Restaurant	Diner's Club	Cost is the price of your meal.

WELLAND

Date	Time	Place	Event	Notes
Sun, Aug 9	TBA	Seaway Cinema	Movie	Cost TBA.
Wed, Aug 12	7:00 pm start	Community Wellness Complex	Variety Night	Cost TBA. Meet at Promenade for 6:30pm and bring your favourite snack.
Tues, Aug 25	5:00 - 7:00 pm	Keith's Restaurant	Diner's Club	Cost is the price of your meal.

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Civic Holiday Office Closed</i>	4	5 Niagara Falls Lunch Club 11:30am-1pm Chip n' Charlie's Wacky Wednesday Fresh & Healthy Potluck & Games Night at Unit 10 4-7pm	6 Yoga & Meditation at Unit 10 7-9pm 	7	8 Potluck & Games with Richardson Crt at Burgoyne Woods 11:30am-3pm
9 Movie at Seaway Cinema with Parkdale Time: TBA	10	11 St. Catharines Diner's Club Fresco's 5-7pm	12 Music Trivia 1-3pm Variety Night with Promenade Richelieu 6:30-8:30pm	13	14	15 Merrittville Speedway 6-11pm 
16	17	18	19 Wacky Wednesday Casino Night at Unit 10 4-7pm	20	21	22
23	24	25 Welland Diner's Club Keith's 5-7pm	26	27 BIAN Picnic at Queenston Heights 12-3:30pm 	28	29 Detroit Tigers vs Toronto Blue Jays 1pm start 
30	31					

September 2015

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Sept 2	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Finger food theme potluck and games night. Call ahead and sign up to bring a food item.
Wed, Sept 9	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Sept 9	8:00 am - 4:00 pm	African Lion Safari	Park	Cost \$23 per person. Meet at the office at 8:00am. 
Wed, Sept 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).
Wed, Sept 23	8:30am - 4:30pm	Toronto	TSN Tour	No cost . Meet at the office for 8:30am. 
Wed, Sept 30	4:00 - 7:00 pm	BICR, Unit 10	Games Night	Join us for games and lots of fun. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Sept 8	5:00 - 7:00 pm	Big Marco's	Diner's Club	Cost is the price of your meal.
Sat, Sept 19	1:00 - 2:30 pm	Niagara Falls	Mini Putt with Richardson Crt	Cost TBA.

WELLAND

Date	Time	Place	Event	Notes
Sun, Sept 6	4:00 - 6:00 pm	Parkdale	Harvest Potluck	Bring a dish to share.
Sat, Sept 12	11:30 am - 4:30 pm	Meet at Promenade Richelieu	Food Festival	Cost is the price of your meal.
Tues, Sept 22	5:00 - 7:00 pm	Mossimo's Pizza	Diner's Club	Cost is the price of your meal.

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Niagara Falls Lunch Club 11:30am-1pm Phyls Wacky Wednesday Finger Food Theme Potluck & Games Night at Unit 10 4-7pm	3	4	5
6 Harvest Potluck at Parkdale 4-6pm	7 <i>Labour Day Office Closed</i>	8 St. Catharines Diner's Club at Big Marco's 5-7pm	9 Music Trivia at 1-3pm Africa Lion Safari 8am-4pm 	10	11	12 Food Festival with Promenade Richelieu 11:30am- 4:30pm
13	14	15	16 Wacky Wednesday Casino Night at Unit 10 4-7pm	17	18	19 Mini Putt in NF with Richardson Crt 1-2:30pm
20	21	22 Welland Diner's Club at Mossimo's Pizza 5-7pm	23 TSN Tour 8:30am- 4:30pm 	24	25	26
27	28	29	30 Games Night at Unit 10 4-7pm 			



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