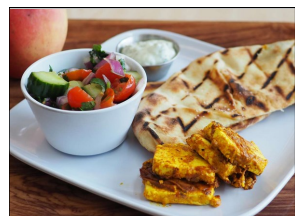
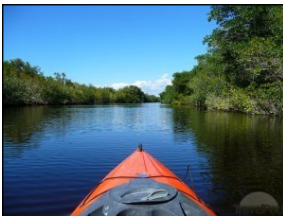




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Summer 2019



Welcome to BICR's Learning & Leisure Guide

Welcome to Brain Injury Community Re-entry (Niagara) Inc.'s (BICR) seasonal Learning and Leisure Guide. This guide profiles program activities that are offered in July, August, and September, 2019

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. Many of the programs and activities being offered will take place in the community as well as the BICR Unit 10 location, 261 Martindale Road. We look forward to your participation in any of these activities. The contacts indicated for each program activity are available to answer questions you may have. Please review this guide and sign up for program activities of your choice.

Thank you and we look forward to hearing from you.

Accessible Formats & Communication Supports

Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 extension 663 or www.bicr.org.

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

Disclaimer:

Brain Injury Community Re-Entry (Niagara) Inc. acknowledges funding support for many of our programs and services from the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) and the Government of Ontario.

The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the Government of Ontario.

MONDAY GROUP

This year round program includes a variety of activities such as weeding, raking, transplanting, seeding, watering and general garden maintenance. See a flower bloom or a vegetable grow and watch the many changing colours of the seasons.



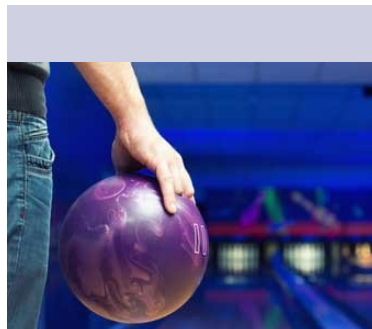
WORK REST&PLAY

- Location : Niagara Parks, School of Horticulture
Niagara Parkway, Niagara Falls
- Dates: Mondays, July 8 to September 30, 2019
(excluding holidays)
- Time: 10:00am to 11:30am
- Transportation: Provided from 261 Martindale, Unit #10, St.
Catharines.
- Register by: Tuesday, July 2, 2019
to Dave Horton at 905-687-6788 ext. 641
- Comments: All attendees must wear full back, closed toed
shoes. Absolutely no sandals. Dress weather
and activity appropriate.

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.

10PIN BOWLING



Details: Mondays, July 8 to September 30, 2019 at Parkway Lanes.

210 Ontario St., St. Catharines

Cost: \$3 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.

MONDAY GROUP

Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 10 weeks with a different activity each week. The schedule of activities is provided.



WOMEN'S GROUP

- Location : Various Locations. Meet at Unit 10.
- Dates: Mondays, July 8 to September 30, 2019
(excluding holidays)
- Time: Times vary between 12:30pm to 3:00pm
- Transportation: Provided at a cost.
- Register by: Monday, July 1, 2019
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.

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, July 2 to September 17, 2019
- 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, June 25, 2019 to Jennifer Fenton at
905-687-6788 ext. 508
- Comments: Bring your own drink and snack. Dress for the
weather conditions and apply or bring sun-
screen. Rain or Shine.

TUESDAY 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

Location : Welland (Lincoln St.) at docks and Chippawa
Lyons Creek boat launch

Dates: July 2 and July 16th (Welland)
July 30 and August 20 (Chippawa)

Time: 9am to 3pm

Transportation: Not provided. Please arrange your own
transportation

Register by: 48 hours prior to the selected dates to Dave
Horton at 905-687-6877 ext. 641

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

TUESDAY GROUP

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

PLEASE NOTE: There will be NO Men's Group in July and August. Please refer to Page 9 for details on Waverly Beach. Men's Group will resume in September.

MEN'S GROUP



Dates &
Location:

Various Locations

September 3 and 17, 2019

Time:

Between 12pm and 3pm

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
activity.

TUESDAY GROUP

Waverly Beach offers a little of everything for the true nature and history lover. With a beautiful view of the Buffalo Waterfront Wind Turbines, Waverly Beach offers grassy woodland trails and benches, a sandy beach bordered by the beautiful remains of the historical beach pool and dance hall. Free parking and accessible washrooms.



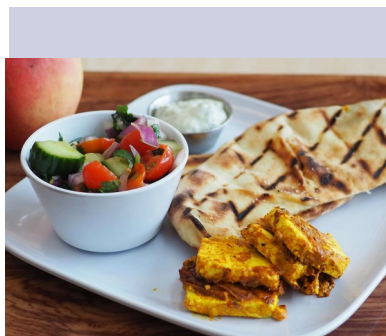
WAVERLY BEACH

- Location : Waverly Beach
South end of Helena St and Edgemere Rd
- Dates: July 9, 23
August 6, 20
September 3
- Time: 11:30am to 2:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to 905-687-6788
Jeff Spelier (ext.332), Shelby Banas (ext. 300),
Chelsie Yungblut (ext. 313), or Tina Horton
(ext. 320)
- Comments: Cost \$2 for cost of lunch. Please bring a lawn chair and sun screen.

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
Locations:

St. Catharines - second Tuesday of month:
July 9, 2019 - Buggy's
August 13, 2019 - Fresco's
September 10, 2019 - Parkway Social

Welland - fourth Tuesday of each month:
July 23, 2019 - Handle Bar Hank's
August 27, 2019 - The Blue Star
September 24, 2019 - Mr. Mike's

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.

WEDNESDAY GROUP

Lunch time Diner's Club. Join us at different restaurants located in Niagara Falls once a month for a reasonably priced lunch.



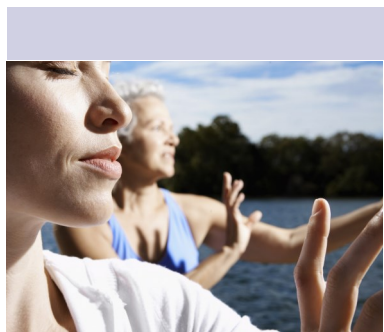
NIAGARA FALLS LUNCH CLUB

- Dates and Locations: NF Lunch Club - first Wednesday of month:
July 3, 2019 - Blue Line Diner, NF
August 7, 2019 - Cat's Kitchen, NF
September 4, 2019 - Far East, NF
- Time: 11:30am to 1pm
- 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

In partnership with March of Dimes Canada, BICR welcomes the Experience Physical Activity program back again. Participating individuals will work on their balance and coordination through engaging activities while they harmonize their breath with the rhythm of movement in our low key tai chi.

TAI CHI



Location : BICR, Unit 10

Dates: Wednesdays, September 11 to October 30, 2019

Time: 10:30am to 11:30am

Transportation: Not provided. Please arrange your own transportation.

Register by: Wednesday, August 28, 2019 to Katie Hill or Shirley Ely at 905-397-4598

Comments: Please wear comfortable clothing and running shoes or other supportive footwear.

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:
July 10, August 14, September 11, 2019
- Time: 1:00pm to 3:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Dave Horton at
905-687-6788 ext. 641
- Comments: N/A

WEDNESDAY GROUP

Come out and join our very own Phil and Rick for an afternoon of music. Bring your own instrument or just sing along to a variety of tunes. Requests are encouraged.

MUSIC WITH PHIL, RICK & FRIENDS



Location : BICR, Unit 10

Dates: First and Third Wednesday of each month:
July 3, July 17, August 7, August 21, September
4, September 18, 2019

Time: 2:00pm to 3:00pm

Transportation: Not provided. Please arrange your own
transportation.

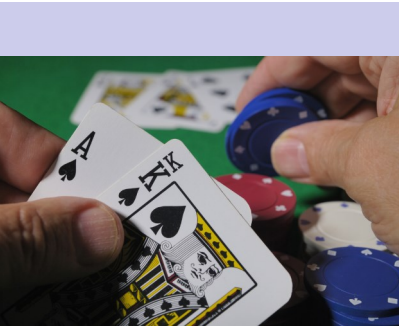
Register by: 48 hours prior to the event to Katie Hill or Shirley
Ely at 905-397-4598

Comments: Join us for Music Trivia from 1:00pm to
2:00pm prior to music with Phil, Rick and
Friends.

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: July 3, 2019 - Hot Dogs and Chips
August 7, 2019 - Garlic Lemon Pasta and Salad
September 4, 2019 - Grandma's Super Skillet Dinner

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

July 17, 2019
August 21, 2019
September 18, 2019

Time: 4pm-7pm

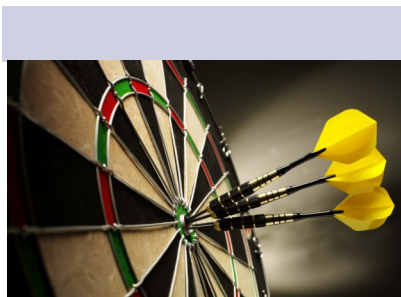
Transportation: Not provided. Please arrange your own transportation.

Register by: 48 hours prior to the event to Katie Hill or Shirley Ely 905-397-4598

THURSDAY GROUP

Come out and join us for a 13 week dart league. There will be teams of two or three playing a variety of games.

BICR DART LEAGUE



Location : BICR, Unit 10

Dates: Thursdays, July 4 to September 26, 2019

Time: 1:00pm to 3:00pm

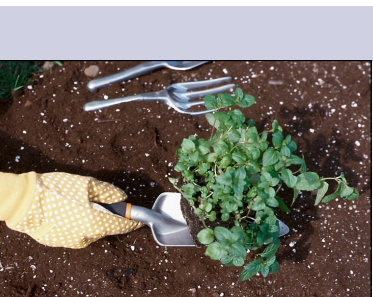
Transportation: Not provided. Please arrange your own transportation.

Register by: Monday, June 27, 2019
to Dave Horton at 905-687-6788 ext. 641

Comments: N/A

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, July 4 to September 19, 2019
- Time: 9:30am to 12:30pm
- Transportation: Provided from BICR's Main Office at no cost.
3340 Schmon Parkway, Unit 2, Thorold
- Register by: Thursday, June 28, 2018 to Jennifer Fenton
at 905-687-6788 ext. 508
- Comments: Bring your own drink and snack. Dress for the weather conditions and apply or bring sunscreen. Rain or Shine.

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, July 5 to September 27, 2019

Time: 10:00am to 12:30pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Friday, June 28, 2019
to Dave Horton at 905-687-6788 ext. 641

Comments: All attendees must wear full back, closed toed shoes. Absolutely no sandals. Dress weather

FRIDAY GROUP

Participants will have a chance to learn a practice basic folds, the cultural significance, as well as complete their own origami mobile with traditional origami paper and folding techniques.



ORIGAMI

Location : BICR, Unit 10

Dates: Friday August 9 and 23, 2019

Time: 1pm - 3pm

Transportation: Not provided. Please arrange your own transportation.

Register by: Friday, August 2, 2019 to Katie Hill or Shirley Ely at 905-397-4598

Comments: Cost is \$5. Please bring payment on the first day.

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!

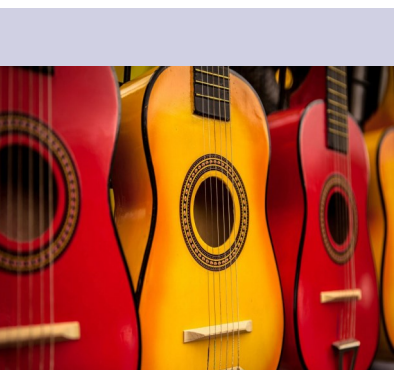
PET THERAPY



- Location: BICR, Unit 10
- Dates: Third Friday of each month:
July 19, August 16, September 20, 2019
- Time: 1:00pm to 2:00pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: 48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598
- Comments: This is a therapy dog program, those participants that have allergies, fear of animals or barking may not want to attend this group.

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, July 5 - September 27, 2019

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 or Shirley Ely at 905-397-4598

Comments: N/A

FRIDAY GROUP

Learn to make your own scarf, neck warmer, or shawl by using just your fingers and yarn! Use this fun style of yarn with built in loops that make knitting so easy, anyone can do it. At the end of the series you'll have a very cozy scarf for when the cold weather comes back.

FINGER LOOP KNITTING

- Location : BICR, Unit 10
- Dates: Fridays, July 5 - 26, and August 2, 2019
- Time: 1pm to 3pm
- Transportation: Not provided. Please arrange your own transportation.
- Register by: June 28, 2019 to Katie Hill or Shirley Ely at 905-397-4598
- Comments: Cost will be approx. \$10-20, based on how much yarn is used.

FRIDAY GROUP

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



MUSICAL HEALING

Location : BICR, Unit 10

Dates: Fridays, July 12 to August 30, 2019

Time: 10am - 11am

Transportation: Not provided. Please arrange your own transportation.

Register by: Please RSVP 48 hours prior to the event to Katie Hill or Shirley Ely at 905-397-4598

Comments: N/A

FOUR DAY TRIP

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.

GENEVA PARK



Location : Geneva Park, Orillia

Dates: Community Outreach Services
August 12 to 15, 2019

Residential Services
August 26 to 29, 2019

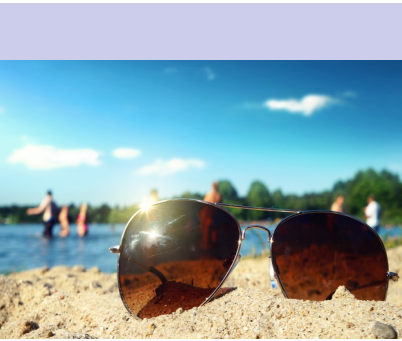
Transportation: Provided from the Main Office.

Register by: Friday, July 12, 2019 to Dave Horton at
905-687-6788 ext. 641

Comments: Cost is \$300.
Only 4 wheelchair spots available per trip.

SEASONAL

The sun is shining, sandals have replaced boots, and the smell of sunscreen is in the air. This can only mean one thing....summer is back! Here are some ways to stay cool, safe, and enjoy these lazy days.



SUMMER TIPS

1. **Avoid getting burned. Apply sunscreen often and use a minimum of SPF 30. Find shade when you can, and always wear a hat.**
2. **Hot weather makes you sweat, this makes you dehydrated, combat this by always having water with you. Hydrate regularly!**
3. **Summer is a perfect time to try out local, fresh produce! Find a farmer's market and try out fruit and vegetables in all the colours of the rainbow.**
4. **Heading to the zoo or amusement park? These are perfect opportunities to add physical activity to your itinerary, without even trying. Taking a longer route to an attraction, or adding some stretches are easy ways to be sneaky about exercise.**
5. **Disconnect. Although it's hard to imagine not having your phone or tablet with you, at one point it was a thing. Take time to put your device away this season and enjoy time with friends and family.**
6. **Make room in your schedule for "me time". We all love spending time with friends on warm days, but make sure you pencil in time for yourself. Read a book, go for a walk, or take a mini vacation. We all need time to reconnect with ourselves and what better time than summer?**

The top of the graphic features a background of diagonal rainbow-colored stripes. Centered on this is a white square containing the text "FYI." in a bold, white, sans-serif font.

FYI.

DID YOU KNOW.....

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

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

261 Martindale Rd., Unit 10

905.687.6788 ext. 641

BRAIN INJURY COMMUNITY RE-ENTRY (NIAGARA) INC.

is hosting its 22nd annual

CHARITY GOLF TOURNAMENT!

MAKE A DIFFERENCE BY

Playing a round of golf

- or -

Providing a raffle prize

- or -

Sponsoring a hole

Of course, you're always welcome to participate by contributing to all three!

We would be pleased to provide you with a tax receipt for your charitable contribution.

TOURNAMENT INFORMATION

DATE:	FRIDAY, SEPTEMBER 13TH, 2019
	WILLODELL GOLF CLUB OF NIAGARA
	10325 WILLODELL RD., NIAGARA FALLS, ON
TIME:	Registration at 11:00 AM
	Followed by a SHOT GUN start at 1:00 PM
FORMAT:	4 Person Scramble
COST:	\$120.00
	Includes: 18 holes of golf and cart, prize, lunch & dinner

For further information on how you or your company can **Make a Difference**, please contact our office at (905) 687-6788 ext. 690 or 1-800-996-8796 or email staff@bicr.org.

We thank you kindly in advance for your consideration and generosity!

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 by visiting www.bicr.org.

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

July 2019

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, July 3	4-7pm	BICR, Unit 10	Dinner and games night. Cost \$4 per person.
Music Trivia	Wednesday, July 10	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Concert and Fireworks	Friday, July 12	7-10:30 pm	Queen Victoria Park Niagara Falls	No cost. Spending money for snacks. 
Wacky Wednesday	Wednesday, July 17	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Hamilton Ticats vs Winnipeg Bluebombers	Friday, July 26	7-10pm	Tim Horton's Field Hamilton	Cost \$33 per person. Meet at Unit 10 for 4:30pm. 
Movies @ Pen Center	Wednesday, July 31	6-10pm	Pen Center	Cost is approx. \$15 per person. 

July 2019


ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Canada Celebration and BBQ	Saturday, July 6	11:30-2pm	RC	Lunch, trivia, photobooth, prizes. Come dressed in	
Diner's Club	Tuesday, July 9	5-7pm	Bugsy's	Cost is the price of your meal.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, July 23	5-7pm	Handle Bar Hank's	Cost is the price of your meal.	

August 2019

EVENTS OPEN TO EVERYONE
( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, August 7	4-7pm	BICR, Unit 10	Dinner and games night. Cost \$4 per person
Avondale Dairy Bar	Friday, August 9	6-8pm	Avondale Dairy Bar	Cost is price of your ice cream. 
Music Trivia	Wednesday, August 14	1-3pm	BICR, Unit 10	No cost.
Wacky Wednesday	Wednesday, August 21	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Merrittville Speedway	Saturday, August 24	6-11pm	Merrittville Speedway	Cost is \$10 per person 
Atlanta Braves vs Toronto Blue Jays	Wednesday, August 28	7-10pm	Rogers Center Toronto	Cost \$16 per ticket. Meet at Unit 10 for 3pm. 

August 2019

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, August 13	5-7pm	Fresco's	Cost is the price of your meal.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
BBQ @ Promenade	Monday, August 5	11:30- 2pm	Promenade	Food and Games. Please bring a folding chair.	
Diner's Club	Tuesday, August 27	5-7pm	The Blue Star	Cost is price of your meal.	

September 2019

EVENTS OPEN TO EVERYONE

( TRANSPORTATION PROVIDED)

Event	Date	Time	Place	Notes
Wacky Wednesday	Wednesday, Sept 4	4-7pm	BICR, Unit 10	Dinner and games night. Cost \$4
Motor Cycle Racing	Saturday, Sept 7	6:30-10pm	Welland Motorcycle Club (603 Netherby Rd)	Cost \$12 per person. 
Music Trivia	Wednesday, Sept 11	1-3pm	BICR, Unit 10	Come out and test your music knowledge.
Wacky Wednesday	Wednesday, Sept 18	4-7pm	BICR, Unit 10	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Showtime Comedy	Friday, Sept 20	8-10pm	Showtime Comedy	Cost is \$15 per person 
Bowling and Laser Tag	Wednesday, Sept 25	1-3pm	Parkway Social	Cost is \$15 

September 2019

ST. CATHARINES EVENTS

Event	Date	Time	Place	Notes	
Diner's Club	Tuesday, Sept 10	5-7pm	Parkway Social	Cost is the price of your meal.	

WELLAND EVENTS

Event	Date	Time	Place	Notes	
Burgers and games on Parkdale patio	Sunday, Sept 15	4-6pm	Parkdale	Cost is \$5 per person.	
Diner's Club	Tuesday, Sept 24	5-7pm	Mr. Mike's Casual	Cost is the price of your meal.	



**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
Website: www.bicr.org