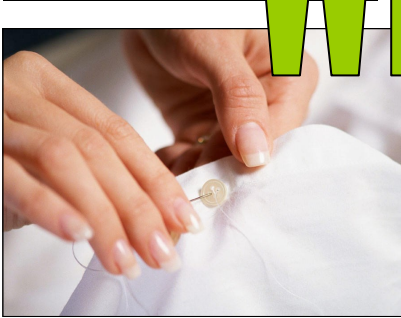
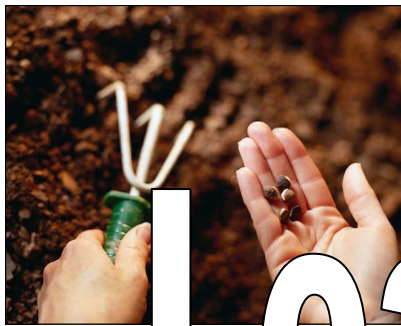




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide Winter 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 January, February and March 2017.

Effective January 3rd, 2017 our Main Office address will be 3340 Schmon Parkway, Unit 2 Thorold ON L2V 4Y6.

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.

**WE'RE
MOVING!**

**Brain Injury Community Re-entry
(Niagara) Inc.'s Main Administrative Office
address is changing on January 3, 2017 to:**

**3340 Schmon Parkway, Unit 2
Thorold, ON L2V 4Y6**

**For further information contact your Case
Facilitator or BICR Staff at 905-687-6788**

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, January 9 to March 27, 2017 (excluding holidays)
Times:	10am to 11:30am
Min #	2
Max #	8
Transportation:	Provided from BICR's Main Office at no cost. 3340 Schmon Parkway, Unit 2 Thorold ON L2V 4Y6
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:	Tuesday, January 3, 2017
Comments:	Please dress weather and activity appropriate.

Women's Recreation Group



**Description, Dates,
Times & Location:**

Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 12 weeks with a different activity each week.

Mondays:

Jan 9 - Bingo at Unit 10 - 1pm to 3pm (bring a prize for approx. \$5)

Jan 16 - Memory Box Craft at Unit 10 - 1pm to 3pm (cost \$5)

Jan 23 - First Aid/CPR Recertification at Unit 10 - 1pm to 3pm (cost is the price of your certificate)

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

Feb 6 - Board Games at Parkdale - 12:30pm to 3pm

Feb 13 - Valentines Celebration at Unit 10 - 1pm to 3pm (cost is \$5)

Feb 20 - Lunch Outing - 12:30pm to 3pm (cost is the price of your meal)

Feb 27 - Chocolate FX Tour - 12:30pm to 3pm (cost is \$5 for the tour and treat)

Mar 6 - Trip to the Museum - 12:30pm to 3pm (cost is the price of the museum admission)

Mar 13 - Movie at the Cinema - 12:30pm to 3pm (cost is the price of your movie ticket)

Mar 20 - Colouring for Relaxation at Unit 10 - 1pm to 3pm (cost is \$2)

Mar 27 - Lunch and Shopping - 12:30pm to 3pm (cost is the price of your meal and spending money)

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:

Tuesday, January 3, 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, January 9 to March 27, 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



Description:	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.
Location:	BICR 261 Martindale Road, Unit 10
Dates:	Monday: January 30, 2017 February 27, 2017 March 27, 2017
Times:	1pm to 3pm
Min #	3
Max #	5
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	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.
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	Tuesday, January 3, 2017
Comments:	Ingredients such as oil and seasoning will be provided at no cost.

**DAY
CHANGE!**

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.

Tuesdays:

Jan 3, 2017 - NO GROUP

Jan 10, 2017 - Karaoke at Unit 10 - 1pm to 3pm

Jan 17, 2017 - Harley Davidson Store and Lunch at The Husky - 12pm to 3pm
(cost is the price of your lunch)

Jan 24, 2017 - Butterfly Conservatory - 1pm to 3pm (cost TBA)

Jan 31, 2017 - Billiards In The Corner - 1pm to 3pm (cost \$5)

Feb 7, 2017 - Bowling at Parkway Lanes - 1pm to 3pm (cost \$5)

Feb 14, 2017 - Captain Jacks Laser Tag and Mini Putt - 12:30pm to 3pm (cost \$10)

Feb 21, 2017 - CPR with Jen K at Unit 10 - 1pm to 3pm

Feb 28, 2017 - Fire Station Tour - Time TBA

Mar 7, 2017 - Cooking at 4th Avenue Superstore - 2:30pm to 4:30pm (cost \$22)

Mar 14, 2017 - Movies at Niagara Square - 12pm to 4pm (cost TBA)

Mar 21, 2017 - Craft at Unit 10 - 1pm to 3pm

Mar 28, 2017 - Self Defense - Time and Cost TBA

Min # 2

Max # N/A

Transportation: Provided at a cost.

Materials Required: N/A

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

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

Registration Date: N/A

Comments: N/A

Diner's Club



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:	St. Catharines Diner's Club - second Tuesday of each month: January 10, 2017 - Swiss Chalet (Fourth Avenue) February 14, 2017 - Big Marco's March 14, 2017 - Jack Astor's Welland Diner's Club - fourth Tuesday of each month: January 24, 2017 - MT Bellies February 28, 2017 - Kimono's March 28, 2017 - Boston Pizza
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.

Tai Chi

**Description:**

“Tai Chi, is a moving meditation that fosters balance of the self. The Tai Chi practitioner is soft and moves like water, flowing with a consistent natural rhythm. But in order to maintain the strength of a wave, one must develop core strength, fantastic balance and flexibility in joints and muscles.”

In partnership with March of Dimes Canada, BICR welcomes back the Experience Physical Activity Program.

Participating individuals will work on their balance and coordination through engaging activities while harmonize their breath with the rhythm of movement in our low key but intense Tai Chi.

Location:

BICR 261 Martindale Road, Unit 10

Dates:

Wednesdays, January 11 to April 5, 2017
Excluding March Break (March 15, 2017)

Times:

11am to 12noon

Min #

4

Max #

8

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

N/A

Activity Fee:

N/A

Contact Name:

Gillian Pagnotta 905-687-6788 ext. 720

Registration Date:

Tuesday, January 3, 2017

Comments:

N/A

Niagara Falls Lunch Club



Description & Dates:	A Social get-together for lunch. First Wednesday of each month: January 4, 2017 - Mick n' Angelo's, 7600 Lundy's Lane, NF February 1, 2017 - Cora's, 7555 Montrose Road, NF March 1, 2017 - Magnolia's, 7666 Lundy's Lane, NF
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:	Everyone welcome!

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 261 Martindale Road, Unit 10
Dates:	Second Wednesday of each month: January 11, 2017 February 8, 2017 March 8, 2017
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 are encouraged.
Location:	BICR, Unit 10
Dates:	Wednesdays: January 18, 2017 February 1, 2017 February 15, 2017 March 1, 2017 March 22, 2017
Times:	2pm to 3pm
Min #	4
Max #	25
Transportation:	Not provided. Please arrange your own transportation.
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 Dinner & Games Night.</p> <ul style="list-style-type: none"> • Dinner will be provided at a cost of \$4 per person per week • Play board games and have a good time with friends <p>January 4 - NO GROUP February 1, 2017 - Spaghetti and Meatballs March 1, 2017 - Beef on a Bun and Salad</p> <p>The third Wednesday of every month will be Casino Night.</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>January 18, 2017 February 15, 2017 March 15, 2017</p>
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

NEW!

BICR DART LEAGUE



Description:	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.
Location:	BICR 261 Martindale Road, Unit 10
Dates:	Thursdays, January 12 to March 30, 2017
Times:	1pm to 3pm
Min #	8
Max #	16
Transportation:	Not provided. Please arrange your own transportation.
Activity Fee:	Please provide your own darts if you have them. If not the darts will be provided.
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Tuesday, January 3, 2017
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, January 13 to March 31, 2017 (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:	Tuesday, January 3, 2017
Comments:	Please dress weather and activity appropriate.

Music Expressions



Description: 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.

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.

Location: BICR, Unit 10

Dates: Fridays, January 13 to March 31, 2017
(excluding holidays)

Times: 11am to 12:00noon

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: January 20, 2017 February 17, 2017 March 17, 2017
Times:	1pm to 2pm
Min #	4
Max #	16
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.

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 a canvas or plywood. This is completed during the first session. The following sessions, group members will paint their stucco creation using a variety of acrylic paints. Finally the piece is sealed and preserved with painters varnish.

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

Location: BICR, Unit 10

Dates: Fridays:

January 27, 2017
February 3, 2017
February 10, 2017

Times: 1pm to 3pm

Min # 6

Max # 14

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, January 20, 2017.

BICR ANNUAL BOWL-A-THON



Description:	BICR Annual Bowl-a-thon at Parkway Lanes, St. Catharines.
Location:	Parkway Lanes and Conference Center 327 Ontario Street, St. Catharines
Dates:	Saturday, January 28, 2017
Times:	12pm to 12:30pm - Registration 12:30pm to 2:30pm - Bowling 2:30pm to 3:30pm - Lunch at Boston Pizza
Min #	N/A
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	Minimum \$40 in pledges
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Tuesday, January 3, 2017
Comments:	Further information to follow.

Caribbean Vacation



Description:	Enjoy a week of all inclusive warm Caribbean weather. Sit by the pool, under the shade, go for a walk along the beach or partake in a tour. The possibilities are endless.
Location:	TBA - possibly the Mexican Riviera
Dates:	Fall 2017
Times:	TBA
Min #	10
Max #	N/A
Transportation:	Group and air travel transportation will be included in the price.
Materials Required:	Interested participants are asked to complete the application in full and return to Dave Horton.
Activity Fee:	TBA (will depend on fundraising).
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	TBA
Comments:	Application forms can be picked up from Dave Horton.

January 2017

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Jan 11	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Fri, Jan 13	7:00 - 10:00 pm	Meridian Center	Ice Dogs vs Flint Freebirds	Tickets limited, cost is \$15. Sign up by December 23, 2016. 
Wed, Jan 18	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, Jan 25	7:30 - 10:30 pm	Performing Arts Center	Tartans of Terror	Cost TBA. Musical prowess meets highland dance and comedy in this night of entertainment. 
Sat, Jan 28	12:00 - 3:30 pm	Parkway Lanes and Boston Pizza	BICR Annual Bowl-a-thon	See page 20 for further details.

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Jan 10	5:00 - 7:00 pm	Swiss Chalet, 4th Avenue	Diner's Club	Cost is the price of your meal.
Sat, Jan 21	1:00 - 3:00 pm	Richardson Court	Pine Cone Bird Feeders	Cost is \$2 per person.

WELLAND

Date	Time	Place	Event	Notes
Sun, Jan 1	12:00 - 2:00 pm	Ho Chinese	Lunch Outing with Promenade	Cost is the price of your meal.
Sun, Jan 15	1:00 - 3:00 pm	Parkdale	New Year's Resolution Collage	Please bring old magazines.
Tues, Jan 24	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal.

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's Lunch with Promenade at Ho Chinese 12-2pm	2	3	4 Niagara Falls Lunch Club 11:30am-1pm Mike n' Angelo's	5	6	7
8	9	10 St. Catharines Diner's Club Swiss Chalet 5-7pm	11 Music Trivia 1-3pm	12	13 Ice Dogs vs Flint Firebirds 7-10pm 	14
15 New Year's Resolution Collage at Parkdale 1-3pm	16	17	18 Wacky Wednesday Casino Night at Unit 10 4-7pm	19	20	21 Pine Cone Bird Feeder Craft at Richardson Crt 1-3pm
22	23	24 Welland Diner's Club MT Bellies 5-7pm	25 Performing Arts Center The Tartan Terrors 7:30-10:30pm 	26	27	28 BICR Annual Bowl-a-thon at Parkway Lanes & Boston Pizza 12-3:30pm
29	30	31				

February 2017

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Feb 1	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for spaghetti and meatballs.
Wed, Feb 8	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Fri, Feb 10	7:00 - 10:00 pm	St. Catharines 4 Pad Arena	Hockey Brock vs Toronto	No cost for this event. 
Wed, Feb 15	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, Feb 22	6:00 - 8:00 pm	Fallsview Casino	Casino Trip	Please bring spending money. 
Sat, Feb 25	8:00 - 10:00 pm	Brock University	Volleyball Brock vs Queen's	No cost for this event. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Sun, Feb 5	6:00 - 8:00 pm	Richardson Crt	Helping those in need.	More into TBA.
Tues, Feb 14	5:00 - 7:00 pm	Big Marco's	Diner's Club	Cost is the price of your meal.

WELLAND

Date	Time	Place	Event	Notes
Sat, Feb 18	7:00 - 9:00 pm	Promenade	Games Night	Everyone is welcome.
Sun, Feb 19	12:00 - 1:30 pm	Seaway Mall	Lunch outing with Parkdale	Cost is the price of your meal.
Tues, Feb 28	5:00 - 7:00 pm	Kimono's	Diner's Club	Cost is the price of your meal.

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Niagara Falls Lunch Club 11:30am-1pm Cora's</p> <p>Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm</p>	2	3	4
<p>5 Helping Those in Need at Richardson Crt 6-8pm</p>	6	7	<p>8 Music Trivia 1-3pm</p>	9	<p>10 Hockey Brock vs Toronto 7-10pm</p> 	11
12	13	<p>14 St. Catharines Diner's Club Big Marco's 5-7pm</p>	<p>15 Wacky Wednesday Casino Night at Unit 10 4-7pm</p>	16	17	<p>18 Games Night at Promenade 7-9pm</p>
<p>19 Lunch at Seaway Mall with Parkdale 12-1:30pm</p>	20	21	<p>22 Fallsview Casino 6-8pm</p> 	23	24	<p>25 Volleyball Brock vs Queens 8-10pm</p> 
26	27	<p>28 Welland Diner's Club Kimono's 5-7pm</p>				

March 2017

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Mar 1	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for Beef on Bun with Salad.
Wed, Mar 8	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Fri, Mar 10	7:00 - 10:00 pm	Merridian Center	Ice Dogs vs Hamilton Bulldogs	Cost is \$15 per ticket. 
Wed, Mar 15	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Sun, Mar 19	TBA	Merritton Community Center	Crossfire Wrestling	Cost TBA. 
Fri, Mar 24	7-10pm	Meridian Center	Niagara River Lions Basketball	Cost \$15 per ticket. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tue, Mar 14	5:00 - 7:00 pm	Jack Astors	Diner's Club	Cost is the price of your meal.
Sat, Mar 25	1:00 - 3:00 pm	Richardson Court	Minute to Win it	No cost.

WELLAND

Date	Time	Place	Event	Notes
Sat, Mar 5	TBA	Seaway Mall	Matinee Movie	Cost and Time TBA.
Fri, Mar 17	5:00 - 8:00 pm	Promenade	St. Patty's Dinner and Party	Wear your GREEN!!!
Tues, Mar 28	5:00 - 7:00 pm	Boston Pizza	Diner's Club	Cost is the price of your meal.

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Niagara Falls Lunch Club 11:30am-1pm Magnolia's Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	2	3	4
5 Matinee Movie at Seaway Mall with Parkdale Time: TBA	6	7	8 Music Trivia 1-3pm	9	10 Ice Dogs vs Hamilton Bulldogs 7-10pm 	11
12	13	14 St. Catharines Diner's Club at Jack Astors 5-7pm	15 Wacky Wednesday Casino Night at Unit 10 4-7pm	16	17 St. Patty's Dinner & Party at Promenade 5-8pm	18
19 Crossfire Wrestling at Merritton Community Center Time: TBA 	20	21	22	23	24 Niagara River Lions Basketball 7-10:30pm 	25 Minute to Win it at Richardson Crt 1-3pm
26	27	28 Welland Diner's Club at Boston Pizza 5-7pm	29	30	31	



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

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Website: www.bicr.org