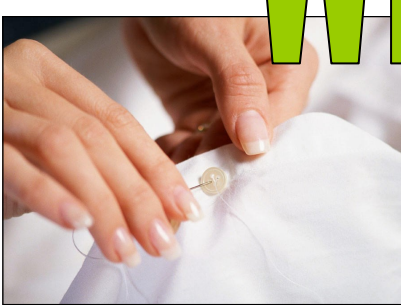
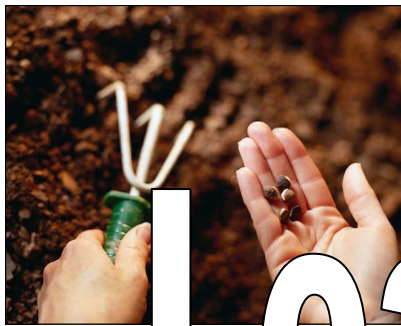




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide Winter 2016



Welcome to BICR's Learning & Leisure Guide

Welcome winter!! 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 January, February and March 2016.

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, January 4 to March 28, 2016 (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, December 21, 2015
Comments:	Please dress weather and activity appropriate.

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 salt 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, Unit 10
Dates:	Mondays: January 25, 2016 February 29, 2016
Times:	1pm to 3pm
Min #	4
Max #	8
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:	Monday, December 21, 2015
Comments:	Ingredients such as oil and seasoning will be provided at no cost.

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:

January 4 - Outlook on Life - 1pm to 3pm

January 11 - Lunch Outing - 1pm to 3pm (cost is the price of your meal)

January 18 - Craft at the Main Office - 1pm to 3pm (cost is \$5)

January 25 - Music Trivia at the Main Office - 1pm to 3pm

February 1 - Planning Day at the Main Office - 1pm to 3pm

February 8 - Volunteer Day - 1pm to 3pm

February 15 - NO GROUP

February 22 - Pizza Party and Social - 1pm to 3pm (cost is \$3)

February 29 - Spa Day at the Main Office - 1pm to 3pm

March 7 - Movie and Social at the Main Office - 1pm to 3pm

March 14 - Matinee Movie - Time: TBA (cost is the price of the movie)

March 21 - Bowling - 1pm to 3pm (cost is \$5)

March 28 - Walk and Talk - 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:

Friday, December 21, 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, January 4 to March 28, 2016
(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

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 any one is welcome.
Location:	BICR, Unit 10
Dates:	Tuesdays: January 19, 2016 February 23, 2016 March 22, 2016
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:	48 hours prior to the event.
Comments:	For those with noise sensitivities, please be advised that this group may be loud and creates deep vibrations.

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>January 12, 2016 - Kelsey's Restaurant, YMCA Drive February 9, 2016 - St. Louis Bar and Grill March 8, 2016 - Joey's Only</p> <p>Welland Diner's Club - fourth Tuesday of each month:</p> <p>January 26, 2016 - MT Bellies February 23, 2016 - Mossimo's March 22, 2016 - Boston Pizza</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.

Niagara Falls Lunch Club



Description & Dates:	A Lunch-Time Diner's Club. First Wednesday of each month: January 6, 2016 - Cora's 7555 Montrose Road, NF February 3, 2016 - Mick n' Angelo's 7600 Lundy's Lane, NF March 2, 2016 - Sunset Grill 7905 McLeod Road, 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:	N/A

Tai Chi



Description:	<p>“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.”</p> <p>In partnership with March of Dimes Canada, BICR welcomes the Experience Physical Activity program back for a second time.</p> <p>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.</p>
Location:	BICR, Unit 10
Dates:	Wednesdays, January 13 to March 30, 2016
Times:	11am to 12pm
Min #	4
Max #	12
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:	Friday, December 18, 2016
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: January 13, 2016 February 10, 2016 March 9, 2016
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: January 6, 2016 January 20, 2016 February 3, 2016 February 17, 2016 March 2, 2016 March 16, 2016
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:

NEW!

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

The first Wednesday of every month will be Dinner & Games Night.

- Dinner will be provided at a cost of \$4 per person per week
- Play board games and have a good time with friends

January 6, 2016 - Pizza

February 3, 2016 - Lasagna

March 2, 2016 - Pasta

The third Wednesday of every month will be Casino Night.

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

January 20, 2016

February 17, 2016

March 16, 2016

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

Men's Group



Description, Dates & Times:

The group has organized a variety of activities for the 13 week sessions. The times vary and are listed beside each activity.

Thursdays:

January 7 - Karaoke at Unit 10 - 1pm to 3pm
 January 14 - Lunch at China Emerald Buffet - 12pm to 2pm (cost \$15)
 January 21 - Bass Pro Shop - 1pm to 3pm
 January 28 - Darts at Boston Pizza, Ontario Street - 1pm to 3pm
 February 4 - Movie at Unit 10 - 12:30pm to 3pm
 February 11 - Bowling at Parkway Lanes 12:30 to 3pm (cost \$5)
 February 18 - Games and Cards at Unit 10 - 1pm to 3pm
 February 25 - Captain Jacks Laser Tag - 12pm to 3pm (cost \$10)
 March 3 - Planning Day at Unit 10 - 1pm to 3pm
 March 10 - Bingo at Unit 10 - 1pm to 3pm (cost is a \$5 prize)
 March 17 - Pancakes at White Meadows - 12pm to 2pm (cost is the price of your meal)
 March 24 - Arts and Crafts at Unit 10 - 1pm to 3pm
 March 31 - 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, January 8 to March 18, 2016 (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, December 21, 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, January 8 to March 18, 2016 (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: January 15, 2016 February 19, 2016 March 18, 2016
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.

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 participant 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: Fridays:

February 12, 2016
February 26, 2016
March 4, 2016

Times: 1pm to 3pm

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, January 22, 2016.

Artist Gallery Night



Description:	Our Art Expo committee has been busy organizing, planning and creating art for their first showing. We formally invite you to our show at Mahtay Café located downtown St. Catharines on Saturday, February 6. Visit the café, speak to the artists, enjoy a drink or something to eat or even purchase a piece of art for you enjoyment.
Location:	Mahtay Café, 241 St. Paul Street, St. Catharines ON
Dates:	Saturday, February 6, 2016
Times:	7pm to 10pm
Min #	N/A
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta for further information at 905-687-6788 ext. 720
Registration Date:	N/A
Comments:	N/A

BICR's 15th Annual Bowling Tournament

70's Disco Theme
SATURDAY, JANUARY 16, 2016

12:00 - 12:30

Registration

12:30 - 2:30

Bowling at Parkway Lanes

327 Ontario Street, St. Catharines

2:45 - 4:00

Lunch at Boston Pizza

333 Ontario Street, St. Catharines



Minimum pledge to bowl is \$40 (adult) or \$20 (child) which includes:

**2 games (10 pin), shoe rental and a buffet lunch at Boston Pizza!!
Additional pledges are appreciated.**

**Please note that \$15 for each bowler will be used to pay for bowling and lunch
and is therefore not eligible for a tax receipt as per provincial legislation.*

REGISTRATION FORM:

BICR's Bowling Fundraiser Registration deadline is Monday, January 11, 2016.

Bowler's Name: _____

Age (if child): _____

Address: _____

BICR Contact: _____

Please check one:

Place me on this team:

(Maximum 4 people per team)

Place me on any team

Pledge only, not bowling

Contact: Phone: 905-687-6788, ext. 641 □ Toll-free: 800-996-8796 □ E-mail: recreation@bicr.org □ Fax: 905-641-2785

Brain Injury Community Re-entry (Niagara) Inc.

Special Events and Outings

Winter ~ January, February & March 2016

Here is a calendar for winter 2016 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

January 2016

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Jan 6	11:30 am - 1:00 pm	Cora's Niagara Falls	NF Lunch Club	Cost is the price or your meal.
Wed, Jan 6	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$5 for pizza.
Wed, Jan 13	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Sat, Jan 16	12:30 - 4:00 pm	Parkway Lanes St. Catharines	70's Themed Bowlathon	Please see page 20 for further information.
Wed, Jan 20	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 27	7:00 - 10:00 pm	St. Catharines 4Pad Arena	Brock vs Guelph Hockey Game	Tickets are free. Please dress warm. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Jan 12	5:00 - 7:00 pm	Kelsey's YMCA Drive	Diner's Club	Cost is the price of your meal.
Sat, Jan 23	1:30 - 3:00 pm	Richardson Court	Pine Cone Crafts	Please bring some pine cones if possible.

WELLAND

Date	Time	Place	Event	Notes
Fri, Jan 8	1:00 - 3:00 pm	Parkdale	Beat the Winter Blues Party	Enjoy games and snacks.
Sat, Jan 9	11:30 am - 3:30 pm	Seaway Mall	Movie and lunch with Promenade	Cost is the price of the movie and your meal.
Tues, Jan 26	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal.

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Niagara Falls Lunch Club 11:30am-1pm Cora's Wacky Wed Dinner & Games Night at Unit 10 4-7pm	7	8 Beat the Winter Blues Party at Parkdale 1-3pm	9 Matinee Movie & Lunch at Seaway Mall with Promenade 11:30am- 3:30pm
10	11	12 St. Catharines Diner's Club Kelsey's YMCA Drive 5-7pm	13 Music Trivia 1-3pm	14	15	16 BICR Bowl-a-thon 12:30-4pm
17	18	19	20 Wacky Wednesday Casino Night at Unit 10 4-7pm	21	22	23 Pine Cone Craft at Richardson Crt 1:30-3pm
24	25	26 Welland Diner's Club MT Bellies 5-7pm	27 Brock Hockey vs Guelph Hockey Game 7-10pm 	28	29	30

February 2016

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Feb 3	11:30 - 1:00 pm	Mick n' Angelo's Niagara Falls	NF Lunch Club	Cost is the price of your meal.
Wed, Feb 3	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$5 for lasagna.
Wed, Feb 10	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Feb 17	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Night of friendly gambling at casino night. Bring your dinner and eat with the group (brown bag style).
Wed, Feb 24	8:00 - 10:00 pm	Brock University	Brock vs McMaster Basketball	Tickets are free. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, Feb 9	5:00 - 7:00 pm	St. Louis Bar and Grill	Diner's Club	Cost is the price of your meal.
Sun, Feb 14	1:00 - 3:00 pm	Richardson Court	Valentines Party	Enjoy games and snacks.

WELLAND

Date	Time	Place	Event	Notes
Sun, Feb 7	1:00 - 3:00 pm	Promenade	Mardi Gras Party	Enjoy games and snacks.
Sat, Feb 20	12:00 - 1:30 pm	Seaway Mall	Lunch Outing	Cost is the price of your meal.
Tues, Feb 23	5:00 - 7:00 pm	Mossimo's	Diner's Club	Cost is the price of your meal.

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Niagara Falls Lunch Club 11:30am-1pm Mick n' Angelo's Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	4	5	6
7 Mardi Gras Party with Promenade 1-3pm	8	9 St. Catharines Diner's Club St. Louis Bar & Grill 5-7pm	10 Music Trivia 1-3pm	11	12	13
14 Valentines Party at Richardson Court 1-3pm	15 <i>Family Day Office Closed</i>	16	17 Wacky Wednesday Casino Night at Unit 10 4-7pm	18	19	20 Lunch at Seaway Mall Food Court with Parkdale 12-1:30pm
21	22	23 Welland Diner's Club Mossimo's 5-7pm	24 Brock vs McMaster Basketball 8-10pm 	25	26	27
28	29					

March 2016

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Mar 2	11:30 am - 1:00 pm	Sunset Grill Niagara Falls	NF Lunch Club	Cost is the price of your meal.
Wed, Mar 2	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$5 for pasta.
Wed, Mar 9	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Fri, Mar 11	6:00 - 9:00 pm	Captain Jack's Niagara Falls	Laser Tag and Games	Cost is \$10 per person. 
Wed, Dec 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).
Sat, Mar 26	11:00 am - 1:00 pm	White Meadows	Brunch	Cost is the price of your meal. 
Wed, Mar 30	6:00 - 8:00 pm	BICR, Unit 10	Trivia Night	Come out and test your knowledge on a selection of topics. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Sat, Mar 5	7:00 - 9:00 pm	Richardson Court	Charades and Games	Join us and test your acting skills.
Tues, Mar 8	5:00 - 7:00 pm	Joey's Only	Diner's Club	Cost is the price of your meal.

WELLAND

Date	Time	Place	Event	Notes
Sat, Mar 12	6:30 - 8:00 pm	Parkdale	Bingo	Please bring a prize.
Thurs, Mar 17	5:00 - 8:00 pm	Promenade	St. Patty's Party	Enjoy corned beef and cabbage. Cost TBD.
Tues, Mar 22	5:00 - 7:00 pm	Boston Pizza	Diner's Club	Cost is the price of your meal.

March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Niagara Falls Lunch Club 11:30am-1pm Sunset Grill Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm	3	4	5 Charades & Games at Richardson Court 7-9pm
6	7	8 St. Catharines Diner's Club at Joey's Only 5-7pm	9 Music Trivia 1-3pm	10	11 Captain Jacks Laser Tag & Games 6-9pm 	12 Bingo at Parkdale 6:30-8pm
13	14	15	16 Wacky Wednesday Casino Night at Unit 10 4-7pm	17 St Patty's Day Party at Promenade 5-8pm	18	19
20	21	22 Welland Diner's Club at Boston Pizza 5-7pm	23	24	25 <i>Good Friday Office Closed</i>	26 White Meadows Pancake Brunch 11am-1pm 
27	28	29	30 Trivia Night at Unit 10 6-8pm 	31		



Brain Injury Community Re-entry (NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

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