



Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Spring 2016



Welcome to BICR's Learning & Leisure Guide

Welcome to Brain Injury Community Re-entry (Niagara) Inc.'s (BICR) seasonal Learning and Leisure Guide. This guide profiles program activities that are offered in April, May and June 2016.

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 Main Office and Unit 10, 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.

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, April 4 to June 27, 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, March 28, 2016
Comments:	Please dress weather and activity appropriate.

Wood Working



- Description:** Are you interested in learning how to work with wood in a safe setting under the expertise of a qualified wood worker? If you would like to learn more about wood working using only non-powered hand tools, then this is a program for you. Your end result will exceed your expectations.
- Take the first step in learning a new skill while enjoying the beautiful nature setting at Heartland Forest. Bring your lunch and join the small group and create your very own wood project. Following a lunch break, the group will be involved in a recreational activity at Heartland Forest which may include nature walks on the accessible trail, accessible mini putt, fishing, scavenger hunts, and information sessions on the forest biodiversity.
- Location:** Heartland Forest Nature Centre
8215 Kalar Road, Niagara Falls, ON
- Dates:** Mondays, April 11 to June 20, 2016
(excluding holidays)
- Times:** 10:30am to 12noon
- Min #** N/A
- Max #** 12
- Transportation:** Not provided. Please arrange your own transportation.
- Materials Required:** All materials for the wood working program will be provided by the group facilitator.
- Activity Fee:** \$5 per session. After the 10 wood working sessions you will have a variety of completed projects to take home.
- Pre-Requisites:** An interest in working on a wood working project within a small group setting.
- Contact Name:** Jeff Spelier 905-687-6788 ext. 332
- Registration Date:** Monday, March 28, 2016
- Comments:** The wood working session is scheduled for the morning with other activities scheduled in the afternoon following lunch. All individuals are asked to bring a lunch and dress weather 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 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, Unit 10
Dates:	Mondays: April 25, 2016 May 30, 2016 June 27, 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, March 28, 2016
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 13 weeks with a different activity each week.

Mondays:

April 4 - Dreamcatcher - 1pm to 3pm (cost \$5)

April 11 - Lunch Outing - 12:30pm to 3pm (cost is the price of your meal)

April 18 - Outdoor Scavenger Hunt - 1pm to 3pm

April 25 - Laser Tag and Games - 12:30pm to 3pm (cost \$10)

May 2 - Mother's Day Craft at the Main Office - 1pm to 3pm (cost \$4)

May 9 - Heartland Forest - 1pm to 3pm (donation please)

May 16 - Women's Retreat - 10am to 3pm

May 23 - NO GROUP

May 30 - Outlet Mall Shopping - 12:30pm to 3pm (spending money)

June 6 - Kiwanis Center Swimming - 12:30pm to 3pm (cost \$4)

June 13 - Picnic at Queenston Heights - 12:30pm to 3pm (bring lunch)

June 20 - Outdoor Games/Olympics - 12:30pm to 3pm (bring lunch)

June 27 - Avondale Dairy Bar - 1pm to 3pm (cost is the price of your ice cream)

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, March 28, 2016

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, April 4 to June 27, 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

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: June 7 & 14, 2016 - St. Catharines June 21 & 28, 2016 - Welland
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.

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, May 3 to June 28, 2016

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 and gardening and growing vegetables.

Contact Name:

Linda Gosling 905-687-6788 ext. 618

Registration Date:

Friday, April 22, 2016

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.

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: Tuesdays:

April 26, 2016
May 3, 2016
May 10, 2016

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.

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

Registration Date: To register please pay for this course by Monday, March 28, 2016.

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>April 12, 2016 - Boston Pizza, Ontario Street May 10, 2016 - Jack Astor's, Ontario Street June 14, 2016 - Swiss Chalet, 4th Avenue</p> <p>Welland Diner's Club - fourth Tuesday of each month:</p> <p>April 26 2016 - Blue Star May 24, 2016 - Kimono's June 28, 2016 - Swiss Chalet</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.

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 back the Experience Physical Activity Program.</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, April 6 to June 29, 2016
Times:	11am to 12noon
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:	Monday, March 28, 2016
Comments:	N/A

Niagara Falls Lunch Club



Description & Dates:	A Lunch-Time Diner's Club. First Wednesday of each month: April 6, 2016 - Far East 6536, Thorold Stone Road, NF May 4, 2016 - The Boathouse, 3807 Macklem Street, NF June 1, 2016 - Taps Bar and Grill, 4680 Queen Street, 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

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: April 13, 2016 May 11, 2016 June 8, 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 are encouraged.
Location:	BICR, Unit 10
Dates:	Wednesdays: April 6, 2016 April 20, 2016 May 4, 2016 May 18, 2016 June 1, 2016 June 15, 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:

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

April 6, 2016 - Soup and Sandwiches

May 4, 2016 - Lasagna

June 1, 2016 - Chili Night

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)

April 20, 2016

May 18, 2016

June 15, 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

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, May 5 to June 30, 2016

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 and gardening and growing vegetables.

Contact Name:

Linda Gosling ext. 618

Registration Date:

Friday, April 22, 2016

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

Thursdays:

April 7 - Lina Linguini's - 12pm to 3pm (cost is the price of your meal)

April 14 - Darts at Boston Pizza, Ontario Street - 1pm to 3pm (no cost)

April 21 - Chocolate FX - 1pm to 3pm (cost TBA)

April 28 - Bingo at Unit 10 - 1pm to 3pm (cost is a \$5 prize)

May 5 - Mini Putt at Heartland Forest - 1pm to 3pm (cost \$2)

May 12 - Bird Kingdom 1pm to 3pm (cost \$10)

May 19 - Planning Day at Unit 10 - 1pm to 3pm

May 26 - Movie and Snacks at Unit 10 - 1pm to 3pm (no cost)

June 2 - Picnic, Bocci Ball & Games at Charles Daley Park - 12pm to 3pm (bring a lunch)

June 9 - Skywheel and Museum, NF - 12:30pm to 3pm (cost TBA)

June 16 - Fishing at St. John's - 1pm to 3pm (no cost)

June 23 - Avondale Dairy Bar for Ice Cream - 1pm to 3pm (cost is the price of your ice cream)

June 30 - Driving Range - 1pm to 3pm (cost \$10)

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, April 1 to June 24, 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, March 28, 2016
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, April 1 to June 24, 2016 (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: April 15, 2016 May 20, 2016 June 17, 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:	<p>Create a beautiful work of art!</p> <p>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.</p> <p>Three session group. (Individuals must attend all three sessions)</p>
Location:	BICR, Unit 10
Dates:	<p>Fridays:</p> <p>May 27, 2016 June 3, 2016 June 10, 2016</p>
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, April 29, 2016.



Spring Fling Dance

Thursday, April 14, 2016
5pm-9pm

Grantham Optimist
188 Linwell Road

Contact Dave Horton at 905-687-6788 ext. 641
or Shirley Ely ext. 756 for details

Tickets \$5
Kids Under 12 \$3



WOMEN'S ONE DAY RETREAT

MONDAY, MAY 16, 2016

10am to 3pm

Plans are underway to offer our female participants a one day retreat at Unit 10. The highlights of the day are mini spa facials, organic makeup application, manicures and hair up-dos. Healthy treats will be fresh juices, teas and smoothies and to end the day a wellness education discussion group on the topics of aromatherapy and healthy living.

Register with Shirley Ely at 905-687-6788 ext. 756



Brain Injury Community Re-entry (Niagara) Inc.

Special Events and Outings

Spring ~ April, May & June 2016

Here is a calendar for spring 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

April 2016

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, April 6	11:30 am - 1:00 pm	Far East Niagara Falls	NF Lunch Club	Cost is the price or your meal.
Wed, April 6	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for soup and sandwiches.
Wed, April 6	7:00 - 11:00 pm	First Ontario Performing Arts Center	Just for Laughs	Cost \$47.50 incl. tax. 
Wed, April 13	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Thurs, Apr 14	5:00 - 9:00 pm	Grantham Optimist	Spring Fling Dance	Please see page 23 for further information. Cost is \$5. 
Wed, April 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, April 27	6:00 - 8:00 pm	BICR, Unit 10	Bingo Bash	Please bring a \$5 prize. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Sat, Apr 9	1:00 - 3:00 pm	Richardson Court	Planting Party	Come out and plant some seeds and take them home with you. Cost \$3.
Tues, Apr 12	5:00 - 7:00 pm	Boston Pizza, Ontario Street	Diner's Club	Cost is the price of your meal.

WELLAND

Date	Time	Place	Event	Notes
Sun, Apr 17	6:00 - 8:00 pm	Parkdale	Games Night	Enjoy fun games.
Sat, Apr 23	11:00 am - 3:00 pm	Seaway Mall	Movie and lunch with Promenade	Cost is the price of the movie and your meal.
Tues, Apr 26	5:00 - 7:00 pm	Blue Star	Diner's Club	Cost is the price of your meal.

April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Niagara Falls Lunch Club 11:30am-1pm Far East Wacky Wed Dinner & Games Night at Unit 10 4-7pm Just for Laughs at PAC 7-11pm	7	8	9 Planting Party at Richardson Court 1-3pm
10	11	12 St. Catharines Diner's Club Boston Pizza Ontario St. 5-7pm	13 Music Trivia 1-3pm	14 Spring Fling Dance Grantham Optimist 5-9pm Limited Transportation	15	16
17 Games Night at Parkdale 6-8pm	18	19	20 Wacky Wednesday Casino Night at Unit 10 4-7pm	21	22	23 Lunch & Movie at Seaway Mail with Promenade Richelieu 11am-3pm
24	25	26 Welland Diner's Club Blue Star 5-7pm	27 Bingo Bash 6-8pm	28	29	30

May 2016

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, May 4	11:30 - 1:00 pm	The Boathouse, NF	NF Lunch Club	Cost is the price of your meal.
Wed, May 4	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for lasagna.
Wed, May 4	7:00 - 10:00 pm	First Ontario Performing Arts Center	Collectif 9 (Music)	Cost \$28.00 incl. tax. A nine group band that puts a modern twist on music. 
Sun, May 8	1:00 pm start	Roger's Center, Toronto	Jays vs Dodgers	Cost TBA. Please meet at the Main Office at 10:30am. 
Wed, May 11	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, May 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, May 25	3:00 - 7:00 pm	Niagara Falls	Dinner and Glass Blowing Tour	Cost is the price of your meal. No cost for the tour. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, May 10	5:00 - 7:00 pm	Jack Astor's	Diner's Club	Cost is the price of your meal.
Mon, May 23	5:00 - 8:00 pm	Richardson Court	Victoria Day Party	Cost \$3. Dinner and Games.

WELLAND

Date	Time	Place	Event	Notes
Tues, May 24	5:00 - 7:00 pm	Kimono's	Diner's Cub	Cost is the price of your meal.
Sat, May 28	11:30 - 2:00 pm	Promenade Richelieu	BBQ	Cost TBA.
Sun, May 29	11:30 - 1:30 pm	Merritt Island	Picnic and Walk	Bring your lunch and enjoy a nature walk

May 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Niagara Falls Lunch Club 11:30am-1pm Boathouse Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm Collectif 9 Music at PAC 7-10pm 	5	6	7
8 Jays vs Dodgers at the Roger's Center 1pm start 	9	10 St. Catharines Diner's Club Jack Astor's 5-7pm	11 Music Trivia 1-3pm	12	13	14
15	16	17	18 Wacky Wednesday Casino Night at Unit 10 4-7pm	19	20	21
22	23 <i>Victoria Day Office Closed</i> Victoria Day Party at Richardson Crt 5-8pm	24 Welland Diner's Club Kimono's 5-7pm	25 Glass Blowing Tour & Dinner 3-7pm 	26	27	28 BBQ at Promenade Richelieu 11:30am-2pm
29 Picnic & Walk at Merritt Island with Parkdale 11:30am- 1:30pm	30	31				

June 2016

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, June 1	11:30 am - 1:00 pm	Taps Bar & Grill, NF	NF Lunch Club	Cost is the price of your meal.
Wed, June 1	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Dinner and games night. Bring \$4 for Chili night.
Wed, June 8	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, June 8	4:00 - 7:00 pm	BICR, Unit 10	Crazy Trivia Night	Test your knowledge on many topics. 
Wed, June 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, June 22	10:00 am - 6:00 pm	Canada's Wonderland Toronto	Theme Park	Cost TBA. Please meet at the office at 8am. 
Wed, June 29	6:00 - 8:00 pm	Avondale Dairy Bar, NOTL	Ice cream	Cost is the price of your ice cream. 




ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, June 14	5:00 - 7:00 pm	Swiss Chalet	Diner's Club	Cost is the price of your meal.
Sat, June 25	11:30 am - 3:00 pm	Niagara Glen Pavilion	Picnic Potluck and Games	Enjoy a meal, games and walk along the Parkway.

WELLAND

Date	Time	Place	Event	Notes
Fri, June 3	TBA	Seaway Mall	Friday Night Movie	Cost is the price of the movie.
Sat, June 18	12:00 - 2:00 pm	Merritt Island	Picnic and Walk	Enjoy a picnic and nature walk. Bring a brown bag lunch.
Tues, June 28	5:00 - 7:00 pm	Swiss Chalet	Diner's Club	Cost is the price of your meal.

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1 Niagara Falls Lunch Club 11:30am-1pm Taps Bar & Grill</p> <p>Wacky Wednesday Dinner & Games Night at Unit 10 4-7pm</p>	2	<p>3 Friday Night Movie at Seaway Mall with Parkdale Time: TBA</p>	4
5	6	7	<p>8 Music Trivia 1-3pm</p> <p>Crazy Trivia at Unit 10 4-7pm</p> 	9	10	11
12	13	<p>14 St. Catharines Diner's Club at Swiss Chalet 5-7pm</p>	<p>15 Wacky Wednesday Casino Night at Unit 10 4-7pm</p>	16	17	<p>18 Summer Picnic & Walk at Merritt Island with Promenade Richelieu 12-2pm</p>
19	20	21	<p>22 Canada's Wonderland 10am-6pm</p> 	23	24	<p>25 Picnic Potluck with Richardson Crt at Niagara Glen Pavilion 11:30am-3pm</p>
26	27	<p>28 Welland Diner's Club at Swiss Chalet 5-7pm</p>	<p>29 Avondale Dairy Bar 6-8pm</p> 	30		



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