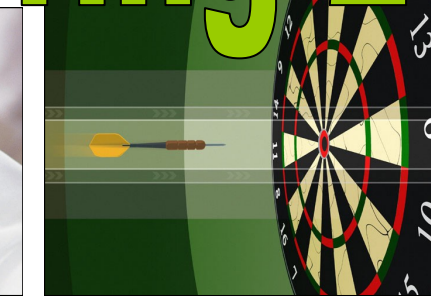
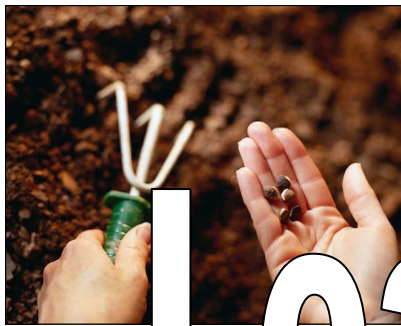




Brain Injury
Community Re-entry
(NIAGARA) INC.

Learning & Leisure Guide

Spring 2014



Welcome to BICR's Learning & Leisure Guide

Welcome spring!! 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 April, May and June 2014.

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. Others will take place beside BICR's main office at our new space, 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 results. 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 7 to June 30, 2014 (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:	Friday, March 28, 2014
Comments:	Please dress weather and activity appropriate.

NEW!

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 21 to June 30, 2014
(excluding holidays)

Times:

10am to 2pm

Min #

3

Max #

7

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

All materials for the wood working project will be provided - several projects to choose from.

Activity Fee:

\$7 for materials to be used in the 10 week program. After the ten sessions are completed, individuals will have a completed project to take home.

Pre-Requisites:

An interest in working on a wood working project within a small group setting.

Contact Name:

Jeff Spelier 905-988-3945

Registration Date:

Friday, March 28, 2014

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.

Women's Recreation Group



Description, Dates, Times & Location: Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 11 weeks with a different activity each week.

Mondays:

April 7, 2014 - Karaoke at the Main Office - 1 to 3pm

April 14, 2014 - Lunch Outing - 12:30 to 3pm (Cost is the price of your lunch)

April 21, 2014 - NO GROUP

April 28, 2014 - Fear Factor at the Main Office - 1 to 3pm

May 5, 2014 - Delta Bingo St. Catharines - 12 to 3pm (Cost is price of your card)

May 12, 2014 - Movie at the Main Office - 1 to 3pm

May 19, 2014 - NO GROUP

May 26, 2014 - Girls Day at the Main Office - 1 to 3pm

June 2, 2014 - Picture Taking Outdoors - 12:30 to 3pm (Cost is price of disposable camera)

June 9, 2014 - NOTL Walking & Shopping Trip - 12:30 to 3pm

June 16, 2014 - Using Pictures from June 2 at the Main Office - 1 to 3pm

June 23, 2014 - Picnic & Games at Charles Daily Park - 12:30 to 3pm

June 30, 2014 - Avondale Dairy Bar - 1 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, March 28, 2014

Bowling



Description:	<p>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.</p> <p>Partake in one or two games of 10 pin bowling and cheer on your friends. Let's see if you can get a Turkey.</p>
Location:	<p>Parkway Lanes 327 Ontario Street St. Catharines</p>
Dates:	<p>Mondays, April 7 to April 28, 2014 (excluding holidays)</p>
Times:	<p>1pm to 3pm</p>
Min #	<p>N/A</p>
Max #	<p>N/A</p>
Transportation:	<p>Not provided. Please arrange your own transportation.</p>
Materials Required:	<p>N/A</p>
Activity Fee:	<p>\$2.50 per game</p>
Pre-Requisites:	<p>N/A</p>
Contact Name:	<p>Dave Horton 905-687-6788 ext. 641</p>
Registration Date:	<p>N/A</p>
Comments:	<p>N/A</p>

Collecting Life Memories



Description: Capture memories and create a unique family and friend album to keep and share.

As a beginner scrap booker you will learn how to start your own scrapbook. Learn how to choose the right supplies to get started and journal effectively. As well as how to design interesting layouts, develop an artistic eye and the story-telling aspects of scrapbooking. Get advice on how to make the time to take pictures and enjoy your hobby properly.

Supplies including paper, pocket pages and decorations will be provided.

Please bring your own scrapbook and photos.

Location: BICR, Unit 10

Dates: Mondays:

April 7, 2014
 April 21, 2014
 May 5, 2014
 May 26, 2014
 June 2, 2014
 June 16, 2014
 June 30, 2014

Times: 1pm to 3pm

Min # 4

Max # 8

Transportation: Not provided. Please arrange your own transportation.

Materials Required: Please bring your photographs and a scrapbook used to hold pocket pages. If you already have a scrapbook and are looking to continue using it, bring that one. All other scrapbooking supplies are provided.

Contact Name: Gillian Pagnotta 905-687-6788 ext. 720 or Shirley Ely ext. 756

Registration Date: Tuesday, April 1, 2014

Comments: N/A

Fun in the Sun



- Description & Dates:** Enjoy spending Monday afternoons in the sunshine participating in group exercises and summer crafts. (Rain or Shine)
- Mondays:
- May 26, 2014 - Canvas art & painting... get in touch with your creative side.
 - June 2, 2014 - Magazine Art.
 - June 9, 2014 - Sun Catchers, create something beautiful to capture those sunny days of summer!
 - June 16, 2014 - Make some scented Epsom salts & bath bombs ~ great for gifting!
 - June 23, 2014 - Bird feeders, create something unique for our feathered friends!
 - June 30, 2014 - Join us for some Canada Day activities, eh!
- Location:** Pavilion at Lakeside Park, Port Dalhousie
- Times:** 1pm to 3pm
- Transportation:** Not provided. Please arrange your own transportation.
- Materials Required:** On occasion participants may be asked to provide some materials.
- Contact Name:** Cheril Kavanagh 905-687-6788 ext. 610
Debbie Lafleur 905-687-6788 ext. 265
- Registration Date:** Friday, May 16, 2014
- Comments:** Please dress appropriately for the weather. Remember to wear sunscreen & bring a bottle of water.

Circle of Friends



Description:	<p>Circle of Friends is a group intended for individuals with an ABI. While attending this weekly group, individuals have an opportunity to learn about a variety of topics while interacting with one another.</p> <p>The Group Facilitator selects the topic for the evening and facilitates discussions and group interaction. The focus of the group is to develop healthy friendships and/or relationships.</p>
Location:	BICR, Unit 10
Dates:	Mondays, April 7 to June 16, 2014 (excluding holidays)
Times:	6:50pm to 8:30pm
Min #	5
Max #	12
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Valdi Paron 905-687-6788 ext. 335 Daniel Lutzer 905-687-6788 ext. 294
Registration Date:	Friday, March 28, 2014
Comments:	N/A

Horticulture

**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 of 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 6 to June 24, 2014

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 25, 2014

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 a new and 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.

Four session group.**Location:**

BICR, Unit 10

Dates:

Tuesdays:

April 8, 2014
April 15, 2014
April 22, 2014
April 29, 2014

Times:

10am to 11:30am

Min #

4

Max #

8

Transportation:

Not provided. Please arrange your own transportation.

Materials Required:

N/A

Activity Fee:

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

Pre-Requisites:

N/A

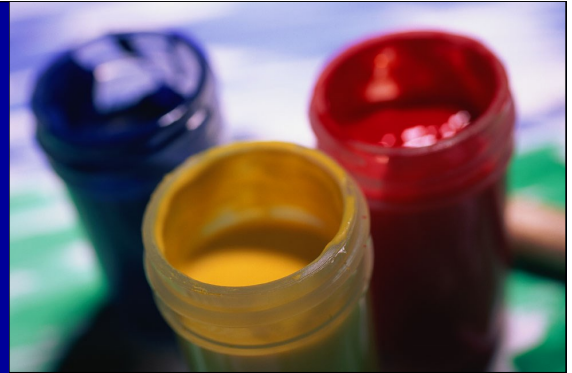
Contact Name:

Gillian Pagnotta 905-687-6788 ext. 720

Registration Date:

To register please pay for this course by Tuesday, April 1, 2014.

Whispering Pines



Description:	Are you artistic or do you enjoy working with colours and paints? Come on out to the beautiful town of Sherkston and participate in an acrylic painting class. Still lives, scenery shots and other types of painting are offered.
Location:	Sherkston
Dates:	Tuesdays, April 1 to June 24, 2014
Times:	12noon to 2pm
Min #	4
Max #	12
Transportation:	Provided at a cost.
Materials Required:	Please provide your own brushes or you can purchase them at Whispering Pines.
Activity Fee:	\$8 for van transportation \$8 per class plus the cost of supplies
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Friday, March 28, 2014
Comments:	BICR provides the paint. Canvases are sold at a minimal cost.

St. Catharines Diner's Club



Description:	Good food, good friends, good times! Join us at a different restaurant located in St. Catharines 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:	Second Tuesday of each month: April 8, 2014 - Fresco's May 13, 2014 - Boston Pizza (Ontario Street) June 10, 2014 - Joey's Only
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.
Comments:	N/A

Welland Diner's Club



Description:	Good food, good friends, good times! Join us at a different restaurant located in 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:	Fourth Tuesday of each month: April 22, 2014 - MT Bellies May 27, 2014 - Blue Star June 24, 2014 - Pizza Hut
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.
Comments:	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:	Wednesdays: June 4 & 11, 2014 - St. Catharines June 18 & 25, 2014 - 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.

Mat Yoga and Meditation



Description:	A basic introduction to yoga using a mat. Participants will learn gentle pose sequences and enjoy guided meditation. This class will prepare participants for yoga classes or clubs in the community.
Location:	BICR, Unit 10
Dates:	Wednesdays, April 2 to May 28, 2014
Times:	9am to 10am
Min #	4
Max #	14
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	Yoga mat.
Activity Fee:	No fee
Pre-Requisites:	N/A
Contact Name:	Meghan McEwen 905-687-6788 ext. 306
Registration Date:	48 hours prior to the event.
Comments:	Yoga mats may be available if needed. Please contact Meg for details.

Chair Yoga and Meditation



Description:	A gentle form of yoga completed while seated in a chair or wheel-chair. All poses are modified to each individual. The participants will find peace of mind, relaxation and an improved sense of mind body connection. Guided meditation and Tibetan singing bowls will be incorporated in most sessions.
Location:	BICR, Unit 10
Dates:	Wednesdays, April 2 to May 28, 2014
Times:	10:15am to 11:15am
Min #	6
Max #	25
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	No fee
Pre-Requisites:	N/A
Contact Name:	Meghan McEwen 905-687-6788 ext. 306
Registration Date:	48 hours prior to the event.
Comments:	N/A

Niagara Falls Diner's Lunch Club



Description & Dates:	A Lunch-Time Diner's Club. First Wednesday of each month: April 2, 2014 - Betty's Restaurant May 7, 2014 - The Pegasus June 4, 2014 - The Flying Saucer
Times:	11:30am to 1:30pm
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

Escape Art



- Description:** As we learn to think creatively from an artistic point of view, it enables us to think creatively in all other aspects of life as well. Come and explore your creative abilities and the healing powers of the imaginative process using a variety of styles and mediums in new and exciting ways. Attend all classes or attend only the ones that you wish too.
- Location:** BICR, Unit 10
- Dates:** Wednesdays:
April 2, 2014 - Personalized Artist's Apron
April 16, 2014 - Easter Craft
April 30, 2014 - Watercolour Painting
May 7, 2014 - God's Eye
May 28, 2014 - Fake Stained Glass Painting
June 4, 2014 - Self Portraits
June 25, 2014 - Music Lyric Illustration
- Times:** 1pm to 3pm
- Min #** 3
- Max #** 12
- Transportation:** Not provided. Please arrange your own transportation.
- Materials Required:** Provided.
- Activity Fee:** \$5 per session. Please pay for the classes you wish to attend one month prior to attending.
- Contact Name:** Gillian Pagnotta 905-687-6788 ext. 720
Tammy Powell 905-687-6788 ext. 317
- Registration Date:** Friday, March 28, 2014

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 9, 2014 May 14, 2014 June 11, 2014
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:	Friday, March 28, 2014
Comments:	N/A

Music with Phil



Description:	Back by popular demand! Join Phil for an hour jam session, bring your instruments or just sing along to a variety of tunes. Requests encouraged.
Location:	BICR, Unit 10
Dates:	Wednesdays: April 23, 2014 May 21, 2014 June 18, 2014
Times:	2pm to 3pm
Min #	4
Max #	25
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	N/A
Pre-Requisites:	N/A
Contact Name:	Gillian Pagnotta 905-687-6788 ext. 720
Registration Date:	48 hours prior to the event.
Comments:	PET will host a "Name that Tune" activity from 1-2pm prior to Music with Phil for any individuals who wish to attend.

Wacky Wednesdays



Description & Dates:	<p>Join us twice a month on a Wednesday evening for a night of fun.</p> <p>The first Wednesday of every month will be Potluck & Games Night.</p> <ul style="list-style-type: none"> • Call ahead and sign up to bring a food item • Play board games and have a good time with friends <p>April 2, 2014 May 7, 2014 June 4, 2014</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>April 16, 2014 May 21, 2014 June 18, 2014</p>
Location:	BICR, Unit 10
Dates:	Wednesdays ongoing
Times:	4pm to 7pm
Min #	4
Max #	24
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	<p>Potluck Night - signup and bring a food item.</p> <p>Casino Night - bring your dinner "brown bag style".</p>
Pre-Requisites:	N/A
Contact Name:	<p>Gillian Pagnotta 905-687-6788 ext. 720</p> <p>Shirley Ely 905-687-6788 ext. 756</p>
Registration Date:	Friday, March 28, 2014
Comments:	N/A

Horticulture



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 of 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 8 to June 26, 2014

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 25, 2014

Comments:

The program is open to anyone who enjoys planting and working with flowers and vegetables gardens. An interest is all you need. Rain or shine.

Men's Group



Description, Dates & Times: The group has organized a variety of activities for the 12 week sessions. The times vary and are listed beside each activity.

Thursdays:

April 3, 2014 - Movies at Unit 10 - 12:30pm to 3pm
 April 10, 2014 - Darts at Boston Pizza - 12:30pm to 3pm
 April 17, 2014 - St. Catharines Museum - 12:30pm to 3pm
 April 24, 2014 - Cards & Games at Unit 10 - 12:30pm to 3pm
 May 1, 2014 - Billiards at The Corner - 12:30pm to 3pm (Cost \$5)
 May 8, 2014 - NO MEN'S GROUP
 May 15, 2014 - Planning Day at Unit 10 - 1pm to 3pm
 May 22, 2014 - Casino Niagara - 12:30pm to 3pm
 May 29, 2014 - Lunch Out - 12pm to 2pm (TBA)
 June 5, 2014 - Bowling - 12:30pm to 3pm (Cost \$5)
 June 12, 2014 - Mini Putt & Nature Walk Heartland Forest - 12:30pm to 3pm (Cost \$2)
 June 19, 2014 - Avondale Dairy Bar - 12:30pm to 3pm (Cost \$7)

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 results. 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 4 to June 27, 2014 (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:	Friday, March 28, 2014
Comments:	Please dress weather and activity appropriate.

Music Expressions



Description:	<p>Music expressions runs every Friday mornings from 11:00am to 12:00pm. This is a time when all can gather to sing, play music, have fun and gain confidence with others.</p> <p>Music expressions groups are fun and educational. Designed to teach new skills in language, motor abilities and cognitive skills through music.</p>
Location:	BICR, Unit 10
Dates:	Fridays, April 4 to June 27, 2014 (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: (with the exception of April) May 16, 2014 June 20, 2014
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.

Spring Fling



Description:	It's a new season...let's celebrate it!!! Partake in a dance to welcome spring. Show us your dance moves and sing along to the live music or relax and enjoy the social aspect of the event. There will be prizes, baked goods, pizza and beverages for your enjoyment and let's not forget lots and lots of fun! Bring your boogie and let's get down to it!
Location:	Grantham Optimist Club 188 Linwell Road, St. Catharines
Dates:	Thursday, April 24, 2014
Times:	5pm to 9pm
Min #	N/A
Max #	N/A
Transportation:	Not provided. Please arrange your own transportation.
Materials Required:	N/A
Activity Fee:	\$5 in advance \$7 at the door
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	N/A
Comments:	There will be a minimal cost for pizza, baked goods and drinks.

Baseball Tournament



Description:	<p>If you're looking for a way to get off the couch and get active, why not sign up for BICR's annual baseball tournament.</p> <p>The tournament is certainly an event that will get your blood pumping whether you are pitching or keeping an eye out for fly balls in the out-field.</p> <p>Bring an enthusiasm for the sport and a hearty appetite as a BBQ lunch is available.</p>
Location:	<p>Grantham Optimist Club 188 Linwell Road, St. Catharines</p>
Dates:	<p>Thursday, June 26, 2014</p>
Times:	<p>10am to 2pm</p>
Min #	<p>N/A</p>
Max #	<p>N/A</p>
Transportation:	<p>Not provided. Please arrange your own transportation.</p>
Materials Required:	<p>Sunscreen, hat, baseball glove, bat, etc. We will have extra gloves and bats if you don't have them.</p>
Activity Fee:	<p>Please bring \$7 for a BBQ lunch.</p>
Pre-Requisites:	<p>N/A</p>
Contact Name:	<p>Dave Horton 905-687-6788 ext. 641</p>
Registration Date:	<p>Thursday, June 19, 2014</p>
Comments:	<p>N/A</p>

Art Exhibition

A new planning committee has begun and is currently meeting to plan and carry out an ART EXPO for some of the talented artists we have at BICR. Our planning committee consists of BICR artists and staff and we have been meeting frequently to plan our new project. Our committee will be putting on an art show at the Mahtay Cafe located in downtown St. Catharines in August 2014. We will be putting on a show the second Saturday of August and our artists work will be hung for sale for the entire month of August. Please stay tuned to details regarding this event as we are hoping that I will be an exciting event.

Our passionate and committed members have been busy creating new works of art for the Art Expo and are excited to show their work and stories with the community.

Meet the artists, Lynda Gordon, Leah Lattimer, John Partridge, Tom Kazda and Carl Coombs.



LYNDA GORDON

I was led to art through my mother's passion for art. I enjoy writing poetry, painting, photography and cats. I also love painting and since my ABI I have been drawn into the world of abstract art and emotive painting. Inspired by nature and water I love to paint in blues and greens. I find beauty in things that others view as scary or dark. Painting dark images hiding in woods or nightmares.

Art takes me to another world, my own little private place where I can be alone to focus and work. My problems can disappear if only for a while. After my

accident I was frustrated that I couldn't produce the same level of visual art that I was able to produce before my injury. I gave up art for years. However, through acceptance I find peace through art. I began emotive and abstract painting and find therapy through it. My art is me, non conforming me. My poems and visual art are from the heart, although the heart can be a dark place. In general if I hadn't had my accident I wouldn't know all of the new positive people I know today.

Acceptance!

LEAH LATTIMER

My name is Leah and I'm a beginner artist currently working from home. I enjoy abstract and stucco art. I started painting in 2008 after my car accident. I was looking for an outlet for my stress and art is the avenue that I chose. You can find my art page on Facebook, "art by Leah".





JOHN PARTRIDGE

I grew up thinking I had no artistic talent. When I tried for the first time I amazed myself. When I get paint in my hands I feel happy. Know one can bring me down in those moments. I'm proud of what I have accomplished, of my work and myself.

I'm inspired by colours. Bright everything!

I'm so excited to be a part of this expo because I have finally found my identity through my art.



TOM KAZDA

Art started for me when I began high school. I started working with clay and water colours and eventually took an interest in oil painting. I love working with oils and attend a place called Whispering Pines regularly. I'm inspired by my inner being, spirituality, vitality, strength of character and find that this comes out through my art work. To me art is another dimension of life and gives me a natural high.

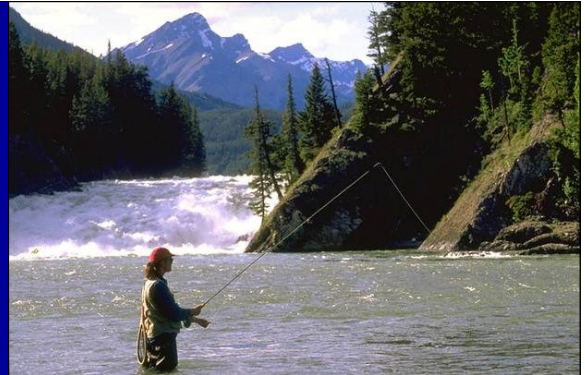
Prior to my brain injury my time was consumed by work. In a way my ABI gave me a life outside of work and art is a large part of it. I don't view myself as injured. Just someone with a true love of life.



CARL COOMBS

I'm Carl Coombs I'm 48 years old. I was born in Bathers, New Brunswick and moved to Ontario when I was 33 years old. As a child I was left handed and did many drawings and doodles growing up. At the age of 43 I had a stroke, which paralyzed my left side and I had to re-learn to draw using my right hand. Since then I draw to express myself freely. After my stroke what inspired me most was beautiful scenery I have since grown as an artist and I now see the beauty all around me.

Geneva Park



Description:	Spent four fabulous days relaxing on the calm lake of Chouchaching, Orillia, Ontario. Swim, canoe, enjoy nature walks, complete a craft or read under a shady tree.
Location:	Geneva Park, Orillia
Dates:	Community Outreach Services - August 11 to 14, 2014 Residential Services - August 25 to 28, 2014
Times:	N/A
Min #	4
Max #	15
Transportation:	Provided from the Main Office.
Materials Required:	N/A
Activity Fee:	TBA
Pre-Requisites:	N/A
Contact Name:	Dave Horton 905-687-6788 ext. 641
Registration Date:	Friday, June 27, 2014
Comments:	Four wheelchair spots available per trip.

Brain Injury Community Re-entry (Niagara) Inc.

Special Events and Outings

Spring ~ April, May and June 2014

Here is a calendar for spring 2014 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 2014

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, April 2	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Potluck and games night. Call ahead and sign up to bring a food item.
Wed, April 9	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Tue, April 15	12:00 - 3:30 pm	Greg Frewin Theatre	Lunch & Magic Show	Cost \$43 per person, includes lunch, show, tax & tip. (sign up by April 8) 
Wed, April 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).
Thurs, April 24	5:00 - 9:00 pm	Grantham Optimist Club	Spring Fling	See page 28 for details.
Sun, April 27	1:00 pm start	Rogers Center, Toronto	Jay's vs. Redsox	Cost is \$27 per ticket. Meet at the Main Office at 11am. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, April 8	5:00 - 7:00 pm	Fresco's	Diner's Club	Cost is the price of your meal.
Fri, April 18	4:30 - 7:00 pm	Richardson Court	Easter Egg Painting & Pizza Party	Please bring a salad or dessert to share.

WELLAND

Date	Time	Place	Event	Notes
Sat, April 12	2:00 - 4:00 pm	Parkdale	Games Day	Join us from some fun.
Sun, April 20	5:00 - 8:00 pm	Promenade	Easter Potluck	Please bring a dish to share.
Tues, April 22	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal.

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Wacky Wed Potluck & Games Night at Unit 10 4-7pm	3	4	5
6	7	8 St. Catharines Diner's Club Fresco's 5-7pm	9 Music Trivia 1-3pm	10	11	12 Games Day at Parkdale 2-4pm
13	14	15 Magic Show & Lunch Greg Frewin Theatre 12-3:30pm 	16 Wacky Wednesday Casino Night at Unit 10 4-7pm	17	18 <i>Good Friday</i> Easter Egg Painting & Pizza Party at Richardson Crt 4:30-7pm	19
20 Easter Potluck at Promenade 5-8pm	21	22 Welland Diner's MT Bellies 5-7pm	23	24 Spring Fling 5-9pm Transportation not provided	25	26
27 Jay's v's Redsox 1pm start 	28	29	30			

May 2014

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Fri, May 2	6:00 - 8:00 pm	BICR, Unit 10	Trivia Night	Come out and test your knowledge on a variety of topics. 
Wed, May 7	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Potluck and games night. Call ahead and sign up to bring a food item.
Thurs, May 8	8:00 am - 4:00 pm	Toronto	Toronto Aquarium	Cost \$30.50 per person plus transportation. Meet at the Main Office. 
Wed, May 14	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, May 21	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 28	6:30 - 8:30 pm	BICR, Unit 10	Movie Night	Join us for a movie and popcorn. 

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, May 13	5:00 - 7:00 pm	Boston Pizza (Ontario Street)	Diner's Club	Cost is the price of your meal.
Mon, May 19	11:00 am - 2:00 pm	Richardson Court	BBQ	Please bring a salad or dessert to share.

WELLAND

Date	Time	Place	Event	Notes
Sun, May 4	5:00 - 7:00 pm	Parkdale	BBQ	Please bring a salad or dessert to share.
Sat, May 17	10:30 am - 1:00 pm	Promenade	Spring Arts and Crafts	Pizza lunch included at a cost of \$5 per person.
Tues, May 27	5:00 - 7:00 pm	Blue Star	Diner's Club	Cost is the price of your meal.

May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Trivia Night at Unit 10 6-8pm 	3
4 BBQ at Parkdale 5-7pm	5	6	7 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	8 Toronto Aquarium 8am-4pm 	9	10
11	12	13 St. Catharines Diner's Club Boston Pizza 5-7pm	14 Music Trivia 1-3pm	15	16	17 Spring Arts & Crafts at Promenade 10:30am-1pm
18	19 <i>Victoria Day</i> Victoria Day BBQ at Richardson Crt 11am-2pm	20	21 Wacky Wednesday Casino Night at Unit 10 4-7pm	22	23	24
25	26	27 Welland Diner's Club Blue Star Restaurant 5-7pm	28 Movie Night at Unit 10 6:30-8:30pm 	29	30	31

June 2014

EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, June 4	4:00 - 7:00 pm	BICR, Unit 10	Wacky Wednesday	Potluck and games night. Call ahead and sign up to bring a food item.
Fri, June 6	9:00 am - 3:00 pm	Marineland	Theme Park	Cost is \$22 per person, tax included. Meet at the Main Office at 8:30am. 
Wed, June 11	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, June 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, June 25	6:30 - 7:30 pm	Avondale Dairy Bar	Ice Cream Night	Cost is the price of your ice cream. 
Thurs, June 26	10:00 am - 2:00 pm	Grantham Optimist	Baseball & BBQ	Cost is \$7 for lunch, bring your own baseball equipment if you can.

ST. CATHARINES

Date	Time	Place	Event	Notes
Tues, June 10	5:00 - 7:00 pm	Joey's Only	Diner's Club	Cost if the price of your meal.
Sat, June 28	11:30 am - 2:00 pm	Burgoyne Woods	Potluck Picnic	What to bring TBA.

WELLAND

Date	Time	Place	Event	Notes
Sat, June 21	6:30 - 8:30 pm	Promenade	Summer Solstice Party	Bring a lawn chair. Games, activities & snacks provided.
Sun, June 22	11:00 am - 1:00 pm	Merritt Island	Geocaching	Please bring your own lunch.
Tues, June 24	5:00 - 7:00 pm	Pizza Hut	Diner's Club	Cost is the price of your meal.

June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	5	6 Marineland 9am-3pm Transportation from BICR Main Office 	7
8	9	10 St. Catharines Diner's Club at Joey's Only 5-7pm	11 Music Trivia at 1-3pm	12	13	14
15	16	17	18 Wacky Wednesday Casino Night at Unit 10 4-7pm	19	20	21 Summer Solstice Party at Promenade 6:30-8:30pm
22 Geocaching at Merritt Island with Parkdale 11am-1pm	23	24 Welland Diner's Club at Pizza Hut 5-7pm	25 Avondale Dairy Bar 6:30-7:30pm 	26 BICR's Baseball Tournament 10am-2pm	27	28 Potluck Picnic at Burgoyne Woods with Richardson Crt 11:30am-2pm
29	30					



Brain Injury Community Re-entry (NIAGARA) INC.

Turning the Key to Opportunity in Niagara since 1988

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