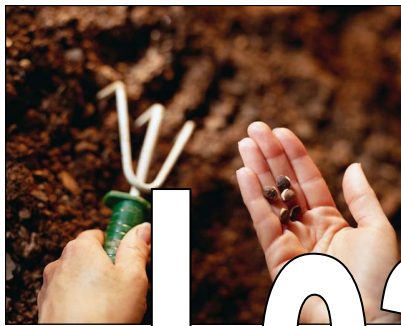




Brain Injury  
Community Re-entry  
(NIAGARA) INC.

# Learning & Leisure Guide Summer 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 July, August and September 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.

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## 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](http://www.bicr.org).

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

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### *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



<b>Description:</b>	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.
<b>Location:</b>	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
<b>Dates:</b>	Mondays, July 7 to September 29, 2014 (excluding holidays)
<b>Times:</b>	10am to 11:30am
<b>Min #</b>	2
<b>Max #</b>	8
<b>Transportation:</b>	Provided from BICR's Main Office at no cost.
<b>Materials Required:</b>	<b>Please note:</b> All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Friday, June 27, 2014
<b>Comments:</b>	Please dress weather and activity appropriate.

# Independent Living Skills ~ Fresh & Healthy Cooking


**Description & Dates:**

Fine tune your cooking skills:

- Pick and plan meals
- Smart shopping tips, use fresh local produce
- Cook without use of a stove, slow cooker recipes
- Adaptations provided for individuals with the use of one hand

**Location:**

BICR, Unit 10

**Dates:**

Mondays (twice per month):

July 7, 2014

July 21, 2014

August 11, 2014

August 25, 2014

September 8, 2014

September 22, 2014

**Times:**

10am to 12:30pm

**Min #**

4

**Max #**

8

**Transportation:**

Not provided. Please arrange your own transportation.

**Materials Required:**

N/A

**Activity Fee:**

\$5 per session.

**Pre-Requisites:**

Must be able to work independently and in a group setting.

**Contact Name:**

Gillian Pagnotta 905-687-6788 ext. 720

Shirley Ely 905-687-6788 ext. 756

**Registration Date:**

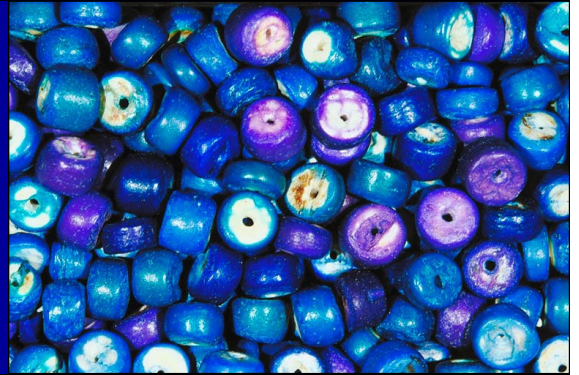
Friday, June 27, 2014

**Comments:**

N/A



# Jewelry Making



<b>Description:</b>	Learn the basics of jewelry making and beadwork including the following: <ul style="list-style-type: none"><li>• Colour combination, designing wearable art, and follow patterns</li><li>• Create necklaces, rings, bracelets, and other accessories</li><li>• String, crimp, and learn basic wire work techniques using tools</li></ul>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Mondays, twice a month:  July 7, 2014 July 21, 2014 August 11, 2014 August 25, 2014 September 8, 2014 September 22, 2014
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	8
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of material if you choose to purchase what you made.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	Friday, June 27, 2014
<b>Comments:</b>	N/A

# 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:

July 7, 2014 - Outlet Mall Shopping - 12:30 to 3pm (Cost for lunch & spending money)

July 14, 2014 - Fishing St. Johns - 1 to 3pm

July 21, 2014 - Outdoor Craft Tie-dye - 1 to 3pm (bring an item to tie-dye)

July 28, 2014 - Happy Ralph's lunch and activities - 1 to 3pm

Aug 4, 2014 - NO GROUP

Aug 11, 2014 - Matinee Movie - 12:30 to 3:30pm (cost for movie and snack)

Aug 18, 2014 - Scavenger Hunt - 1 to 3pm

Aug 25, 2014 - Mini Putt - 12:30 to 3pm (cost for mini putt)

Sept 1, 2014 - NO GROUP

Sept 8, 2014 - Sculpting - 1 to 3pm (cost \$5 for materials)

Sept 15, 2014 - Self Reflection at Main Office - 1 to 3pm

Sept 22, 2014 - Lunch Outing - 1 to 3pm (cost is price of your lunch)

Sept 29, 2014 - Game Day - 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, June 27, 2014

# Bowling



<b>Description:</b>	<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>
<b>Location:</b>	<p>Parkway Lanes 327 Ontario Street St. Catharines</p>
<b>Dates:</b>	<p>Mondays, September 15 to 29, 2014 (excluding holidays)</p>
<b>Times:</b>	<p>1pm to 3pm</p>
<b>Min #</b>	<p>N/A</p>
<b>Max #</b>	<p>N/A</p>
<b>Transportation:</b>	<p>Not provided. Please arrange your own transportation.</p>
<b>Materials Required:</b>	<p>N/A</p>
<b>Activity Fee:</b>	<p>\$2.50 per game</p>
<b>Pre-Requisites:</b>	<p>N/A</p>
<b>Contact Name:</b>	<p>Dave Horton 905-687-6788 ext. 641</p>
<b>Registration Date:</b>	<p>N/A</p>
<b>Comments:</b>	<p>N/A</p>

# Fun in the Sun



**Description & Dates:** Enjoy spending Monday afternoons in the sunshine participating in group exercises and summer crafts. (Rain or Shine)

Mondays:

July 7, 2014 - Tie-dye is back! Please bring a plain white t-shirt and let your creativity flow!

July 14, 2014 - Scavenger Hunt at Lakeside Park

July 21, 2014 - Soap stone carving. Please wear clothing you don't mind getting dusty!

July 28, 2014 - String {and nail} art!

August 11, 2014 - Create a Dream Catcher

August 18, 2014 - Wood burning

August 25, 2014 - LAST DAY! We're making wind chimes

**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

**Registration Date:** Friday, June 27, 2014

**Comments:** Please dress appropriately for the weather. Remember to wear sunscreen and bring a bottle of water.



# Circle of Friends



<b>Description:</b>	<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>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Mondays, September 15 to 29, 2014 (excluding holidays)
<b>Times:</b>	6:50pm to 8:30pm
<b>Min #</b>	5
<b>Max #</b>	12
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Valdi Paron 905-687-6788 ext. 335 Daniel Lutzer 905-687-6788 ext. 294
<b>Registration Date:</b>	Friday, September 5, 2014
<b>Comments:</b>	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, July 8 to September 23, 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, June 27, 2014

**Comments:**

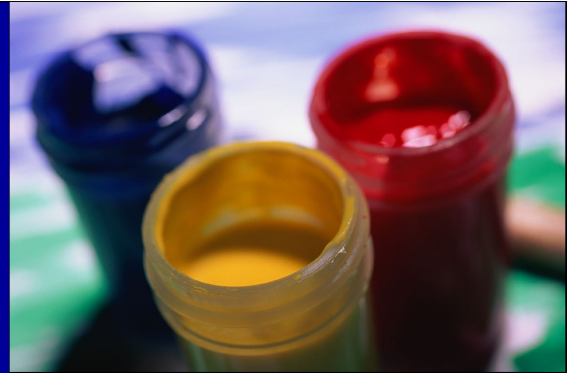
The program is open to anyone who enjoys planting and working with flowers and vegetables gardens. An interest is all you need. Rain or shine.

# Stucco Abstract Art Workshop



<b>Description &amp; Dates:</b>	<p>Create a beautiful work of art!</p> <p>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.</p> <p><b>Three session group.</b></p>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	<p>Tuesdays:</p> <p>July 8, 2014 July 15, 2014 July 22, 2014</p>
<b>Times:</b>	10am to 11:30am
<b>Min #</b>	4
<b>Max #</b>	8
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	\$15 for the four sessions. After the free sessions are completed all individuals will have a complete work of art to take home.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	To register please pay for this course by Wednesday, July 2, 2014.

# Whispering Pines



<b>Description:</b>	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 lifes, scenery shots and other types of painting are offered.
<b>Location:</b>	Sherkston
<b>Dates:</b>	Tuesdays, July 8 to September 30, 2014
<b>Times:</b>	12noon to 2pm
<b>Min #</b>	4
<b>Max #</b>	12
<b>Transportation:</b>	Provided at a cost.
<b>Materials Required:</b>	Please provide your own brushes or you can purchase them at Whispering Pines.
<b>Activity Fee:</b>	\$8 for van transportation \$8 per class plus the cost of supplies
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Friday, June 27, 2014
<b>Comments:</b>	BICR provides the paint. Canvases are sold at a minimal cost.

# Drumming with Erin



<b>Description:</b>	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.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Tuesdays:  July 8, 2014 July 29, 2014 August 12, 2014 August 26, 2014
<b>Times:</b>	1pm to 2pm
<b>Min #</b>	6
<b>Max #</b>	20
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	For those with noise sensitivities, please be advised that this group may be loud and creates deep vibrations.



# St. Catharines Diner's Club



<b>Description:</b>	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.
<b>Dates &amp; Location:</b>	Second Tuesday of each month:  July 8, 2014 - Café Amore August 12, 2014 - Lina Linguini's September 9, 2014 - Montana's
<b>Times:</b>	5pm to 7pm
<b>Min #</b>	4
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	N/A

# Welland Diner's Club



<b>Description:</b>	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.
<b>Dates:</b>	Fourth Tuesday of each month:  July 22, 2014 - Log Cabin August 26, 2014 - MT Bellies September 23, 2014 - Mossimos Pizza
<b>Times:</b>	5pm to 7pm
<b>Min #</b>	4
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	N/A

# Canoeing



<b>Description:</b>	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.
<b>Location:</b>	St. Catharines - Jordan Harbour, Beacon Boat Launch Welland - Lincoln Street Docks
<b>Dates:</b>	Wednesdays:  July 2 & 9 & August 13 & 20, 2014 - Chippawa July 16 & 23, 2014 - St. Catharines July 30 & August 6, 2014 - Welland
<b>Times:</b>	9am to 10am or 10am to 11am (sign-up for one of the two time slots)
<b>Min #</b>	1 per session
<b>Max #</b>	4 per session
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	All materials and equipment provided.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	1 week prior to the selected dates.
<b>Comments:</b>	Please provide your own sunglasses, sunscreen, and hat. Dress for the weather and be prepared to get wet.

# Niagara Falls Diner's Lunch Club



<b>Description &amp; Dates:</b>	A Lunch-Time Diner's Club.  First Wednesday of each month:  July 2, 2014 - Perry's Place (6240 McLeod Road, NF ) August 6, 2014 - Pizza Hut (Lundy's Lane, NF) September 3, 2014 - Taps Bar & Grill (4680 Queen Street, NF)
<b>Times:</b>	11:30am to 1pm
<b>Min #</b>	2
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	Cost of your meal.
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	N/A

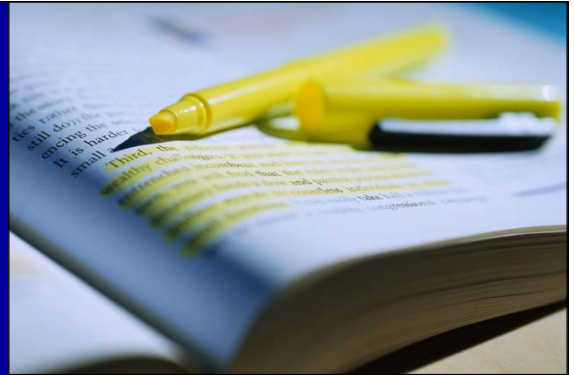
# Escape Art



- 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:  
July 2, 2014 - Hidden Image Group Project  
July 16, 2014 - Drift Wood Painting  
August 6, 2014 - Photo Transfer  
August 27, 2014 - Shared Painting Project  
September 3, 2014 - Pencil Drawing  
September 24, 2014 - Rain Sticks
- Times:** 1pm to 3pm
- Min #** 3
- Max #** 12
- Transportation:** Not provided. Please arrange your own transportation.
- Materials Required:** Provided.
- Activity Fee:** \$4 per session. Please pre-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, June 27, 2014



# SUBI



<b>Description:</b>	SUBI (Substance Use/Brain Injury) is an educational support group designed to address individuals with ABI who have also struggled with with substance abuse or dependency. The group provides participants with the opportunity to meet other participants who have experienced similar circumstances. This group is on-going and meets on Wednesday afternoons and will review materials from the SUBI Client Workbook as well as incorporate new materials related to relapse prevention techniques and overall health and wellness. The group incorporates a balanced level of group discussion and peer support with educational materials and application of group activities in its content. Refreshments are also provided.
<b>Location:</b>	BICR, Unit 12
<b>Dates:</b>	Wednesdays, July 2 to September 24, 2014
<b>Times:</b>	1:30pm to 3:30pm
<b>Min #</b>	5
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	Provided
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	Completion of pre-admission meeting with Brandon Pearson.
<b>Contact Name:</b>	Brandon Pearson ext. 629
<b>Registration Date:</b>	Friday, June 27, 2014
<b>Comments:</b>	N/A

# Music Trivia



<b>Description:</b>	Join us the second Wednesday of every month to test your music knowledge and have the chance to win a prize.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Second Wednesday of each month:  July 9, 2014 August 13, 2014 September 10, 2014
<b>Times:</b>	1pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	12
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Friday, June 27, 2014
<b>Comments:</b>	N/A

# Music with Phil, Rick & Friends



<b>Description:</b>	Come out and join our own Phil and Rick for an afternoon of music. Bring your own instrument or just sing along to a variety of tunes. Requests encouraged.
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Wednesdays:  July 23, 2014 August 20, 2014 September 17, 2014
<b>Times:</b>	2pm to 3pm
<b>Min #</b>	4
<b>Max #</b>	25
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	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



<b>Description &amp; Dates:</b>	<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 &amp; Games Night.</p> <ul style="list-style-type: none"> <li>• Call ahead and sign up to bring a food item</li> <li>• Play board games and have a good time with friends</li> </ul> <p>July 2, 2014 August 6, 2014 September 3, 2014</p> <p>The third Wednesday of every month will be Casino Night.</p> <ul style="list-style-type: none"> <li>• Come and participate in Black Jack, Tex Hold'em and Roulette</li> <li>• Bring your dinner and eat it with the group (brown bag style)</li> </ul> <p>July 16, 2014 August 20, 2014 September 17, 2014</p>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Wednesdays ongoing
<b>Times:</b>	4pm to 7pm
<b>Min #</b>	4
<b>Max #</b>	24
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	<p>Potluck Night - signup and bring a food item.</p> <p>Casino Night - bring your dinner "brown bag style".</p>
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	<p>Gillian Pagnotta 905-687-6788 ext. 720</p> <p>Shirley Ely 905-687-6788 ext. 756</p>
<b>Registration Date:</b>	Friday, June 27, 2014
<b>Comments:</b>	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, July 3 to September 25, 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, June 27, 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:

July 3, 2014 - Charles Daily Park Picnic Lunch & Games - 12:30pm to 2:30pm

July 10, 2014 - NO MEN'S GROUP

July 17, 2014 - Matinee Movie at Niagara Square - 12pm to 3pm (cost \$10)

July 24, 2014 - Billiards at The Corner - 1pm to 3pm (Cost \$5)

July 31, 2014 - NO MEN'S GROUP

Aug 7, 2014 - Planning Day at Unit 10 - 1pm to 3pm

Aug 14, 2014 - NO MEN'S GROUP

Aug 21, 2014 - Sir Adam Beck Generating Station - 12:30pm to 3pm (Cost TBA)

Aug 28, 2014 - Pizza & Games at Unit 12 - 12pm to 3pm (cost \$5)

Sept 4, 2014 - NO MEN'S GROUP

Sept 11, 2014 - Journey Behind the Falls - 12pm to 3pm (cost TBA)

Sept 18, 2014 - Bowling at Parkway Lanes - 12:30pm to 3pm (Cost \$5)

Sept 25, 2014 - Darts at Boston Pizza - 1pm to 3pm

**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



<b>Description:</b>	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.
<b>Location:</b>	Niagara Parks, School of Horticulture Niagara Parkway, Niagara Falls
<b>Dates:</b>	Fridays, July 4 to September 26, 2014 (excluding holidays)
<b>Times:</b>	10am to 12:30pm
<b>Min #</b>	2
<b>Max #</b>	8
<b>Transportation:</b>	Provided from BICR's Main Office at no cost.
<b>Materials Required:</b>	<b>Please note:</b> All attendees must wear full back, closed toed running shoes. Absolutely no sandals.
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Dave Horton 905-687-6788 ext. 641
<b>Registration Date:</b>	Friday, June 27, 2014
<b>Comments:</b>	Please dress weather and activity appropriate.

# Music Expressions



<b>Description:</b>	<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>
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Fridays, July 4 to September 26, 2014 (excluding holidays)
<b>Times:</b>	11am to 12:00pm
<b>Min #</b>	6
<b>Max #</b>	25
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	N/A

# Pet Therapy



<b>Description:</b>	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!
<b>Location:</b>	BICR, Unit 10
<b>Dates:</b>	Third Friday of each month:  July 18, 2014 August 15, 2014 September 19, 2014
<b>Times:</b>	1pm to 2pm
<b>Min #</b>	4
<b>Max #</b>	20
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta 905-687-6788 ext. 720
<b>Registration Date:</b>	48 hours prior to the event.
<b>Comments:</b>	This is a therapy dog program, those participants that have allergies or fear of animals or barking may not want to attend this group.

# Niagara Conservatory of Music Presents

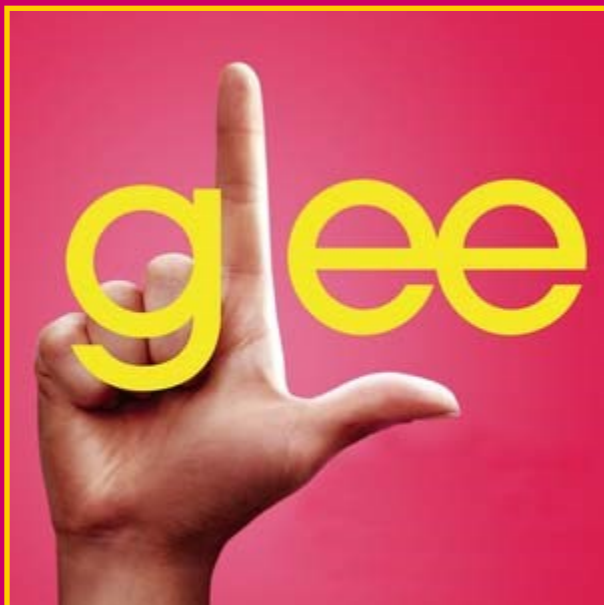
Vocal Glee Ensembles lead by Laura Cowal-Belet (BICR Music Expressions coordinator)

On July 18th students from Niagara Conservatory of Music will be performing at BICR with their renditions of several glee chorus pieces. The vocal glee ensembles are lead by BICR's music expressions coordinator Laura Cowal-Belet. Come out and enjoy classic hits performed by young talented vocal students from the Niagara region!

**Get ready for  
Glee!!**

Contact Gillian Pagnotta to  
register at 905-687-6788 ext. 720

**July 18, 2014, 11am  
at Unit 10**





# Artist Gallery Night



<b>Description:</b>	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, August 9. Visit the café, speak to the artists, enjoy a drink or something to eat or even purchase a piece of art for you enjoyment.
<b>Location:</b>	Mahtay Café, 241 St. Paul Street, St. Catharines ON
<b>Dates:</b>	Saturday, August 9, 2014
<b>Times:</b>	7pm to 10pm
<b>Min #</b>	N/A
<b>Max #</b>	N/A
<b>Transportation:</b>	Not provided. Please arrange your own transportation.
<b>Materials Required:</b>	N/A
<b>Activity Fee:</b>	N/A
<b>Pre-Requisites:</b>	N/A
<b>Contact Name:</b>	Gillian Pagnotta for further information at 905-687-6788 ext. 720
<b>Registration Date:</b>	N/A
<b>Comments:</b>	N/A

# Geneva Park



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



# 17<sup>th</sup> ANNUAL GOLF TOURNAMENT

BRAIN INJURY COMMUNITY RE-ENTRY (NIAGARA) INC.  
is hosting its 17<sup>th</sup> annual charity golf tournament at a **NEW** location.

## MAKE A DIFFERENCE BY

Playing a round of golf

- or -

Providing a prize/cash donation

- or -

Sponsoring a hole *(starting at \$150.00)*



Of course, you're always welcome to participate by contributing to all three!  
We would be pleased to provide you with a tax receipt for your charitable contribution and will ensure your donation is recognized in the local media and in our upcoming newsletters.

## TOURNAMENT INFORMATION

DATE: MONDAY, SEPTEMBER 8<sup>TH</sup>, 2014

**\*\*NEW LOCATION \*\***

LEGENDS ON THE NIAGARA – BATTLEFIELD COURSE

TIME: Registration at 11:00 AM

Followed by a SHOT GUN start at 1:00 PM

FORMAT: 4 Person Scramble

COST: \$130.00

Includes: 18 holes of golf and cart, Prize, Lunch & Dinner and use of the Driving Range from 11:30 AM – 12:30 PM

For further information on how you or your company can **Make a Difference**, please contact our office at (905) 687-6788 ext. 637 or 1-800-996-8796 or email [staff@bicr.org](mailto:staff@bicr.org).

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

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

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

## Summer Safety Tips

- **Avoid the Heat.** Stay out of the heat and indoors as much as possible. Spend time in an air conditioned space. Only two hours a day in an air-conditioned space can significantly reduce the risk of heat-related illness. Shopping malls offer relief if your home is not air-conditioned. If air conditioning is not available, stay on the lowest floor out of the sunshine. Remember, electric fans do not cool, they just blow hot air around.
- **Dress for the heat.** Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing that reflects heat and sunlight and helps maintain normal body temperature. Protect your face and head by wearing a wide-brimmed hat. Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.
- **Drink for the Heat.** Drink plenty of water and natural juices, even if you don't feel thirsty. Even under moderately strenuous outdoor activity, the rate your body can absorb fluids is **less** than the rate it **loses** water due to perspiration. However, if you have epilepsy or heart, kidney, or liver disease; are on fluid-restrictive diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- **Do not drink in the Heat.** Avoid alcoholic beverages and beverages with caffeine, such as coffee, tea, and cola. Alcohol and caffeine **constrict blood vessels** near the skin reducing the amount of heat the body can release. Although beer and alcohol beverages appear to satisfy thirst, they actually cause further body dehydration.
- **Eat for the Heat.** Eat small meals more often. Avoid foods that are high in protein because they increase metabolic heat. Avoid using salt tablets, unless directed to do so by a physician.
- **Living in the Heat.** Slow down. Reduce, eliminate, or re-schedule strenuous activities such as running, biking and lawn care work when it heats up. The best times for such activities are during early morning and late evening hours. Take cool baths or showers and use cool, wet towels.

**Learn the symptoms of heat disorders and know how to give first aid.**

# Brain Injury Community Re-entry (Niagara) Inc.

## Special Events and Outings

### Summer ~ July, August & September 2014

Here is a calendar for summer 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**

# July 2014

## EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, July 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, July 9	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Thurs, July 10	Meet at BICR 10:00am	Toronto	Medieval Times	Limited space available. The cost is \$40.12 per person & includes lunch & show 
Wed, July 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).
Wed, July 23	5:00 - 11:00 pm	BMO Field, Toronto	TFC Game	Limited space available. Cost TBA, Game starts at 7:00 pm. Register by Fri, July 11. 
Thurs, July 31	2:00 - 5:00 pm	Toronto	TSN Tour	Cost TBA. If you are a sports fan this is the event for you. Register by Thurs, July 24. 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Sat, July 5	11:30 am - 2:00 pm	Burgoyne Woods	Potluck & Games	Please bring a dish for the potluck. Cost is \$3.50 if you would like to swim.
Tues, July 8	5:00 - 7:00 pm	Café Amore	Diner's Club	Cost is the price of your meal.

## WELLAND

Date	Time	Place	Event	Notes
Thurs, July 3	6:30 - 8:30 pm	Welland Community Wellness Complex	Summer Movie	Free outdoor/indoor movie, snacks available at a cost.
Fri, July 18	6:30 - 8:30 pm	Seaway Mall	Care show & ice cream	Following the car show, ice cream at Dairy Queen. Cost is the price of your ice cream.
Tues, July 22	5:00 - 7:00 pm	The Log Cabin	Diner's Club	Cost is the price of your meal.



# July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Canada Day Office Closed</i>	2 Wacky Wed Potluck & Games Night at Unit 10 4-7pm	3 Summer Movie Series with Parkdale 6:30-8:30pm	4	5 Potluck & Games at Burgoyne Woods with Richardson Crt 11:30am-2pm
6	7	8 St. Catharines Diner's Club Café Amore 5-7pm	9 Music Trivia 1-3pm	10 Medieval Times Show & Lunch Meet at Unit 12 at 10am Show 11am-6pm	11	12
13	14	15	16 Wacky Wednesday Casino Night at Unit 10 4-7pm	17	18 Classic Car Show at Seaway Mall with Promenade Richelieu 6:30-8:30pm	19
20	21	22 Welland Diner's The Log Cabin 5-7pm	23 TOFC Vs. Tottenham Game 5-11pm	24	25	26
27	28	29	30	31 TSN Tour 2-5pm		

# August 2014

## EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Aug 6	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, Aug 8	8:00 - 10:00 pm	Queen Victoria Park, NF	Concert & Fireworks	Please dress weather appropriate. 
Wed, Aug 13	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Aug 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).
Sat, Aug 23	6:30 - 11:00 pm	Merritville Speedway	Car Racing	Cost TBA. 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Sat, Aug 9	1:00 - 2:30 pm	Super Putt, NF	Mini Putt	Cost is \$7 per person plus tax..
Tues, Aug 12	5:00 - 7:00 pm	Lina Linguini's	Diner's Club	Cost is the price of your meal.

## WELLAND

Date	Time	Place	Event	Notes
Thurs, Aug 14	6:30 - 8:30 pm	Welland Wellness Complex	Outdoor Movie	Join us for an outdoor movie, snacks are available for purchase.
Fri, Aug 15	6:00 - 8:00 pm	Downtown, St. Catharines	Busker Fest	Enjoy local street performers.
Tues, Aug 26	5:00 - 7:00 pm	MT Bellies	Diner's Club	Cost is the price of your meal.

# August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Civic Holiday Office Closed</i>	5	6 Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	7	8 Concert & Fireworks, NF 8-10pm	9 Super Mini Putt with Richardson Crt 1-2:30pm
10	11	12 St. Catharines Diner's Club Lina Linguini's 5-7pm	13 Music Trivia 1-3pm	14 Movie Night with Promenade Richelieu 6:30-8:30pm	15 Busker Fest with Parkdale 6-8pm	16
17	18	19	20 Wacky Wednesday Casino Night at Unit 10 4-7pm	21	22	23 Merritville Speedway 6:30-11pm
24	25	26 Welland Diner's Club MT Bellies 5-7pm	27	28	29	30

# September 2014

## EVENTS OPEN TO EVERYONE (TRANSPORTATION PROVIDED)

Date	Time	Place	Event	Notes
Wed, Sept 3	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, Sept 4	8:00 am - 5:00 pm	African Lion Safari	Lion Park	Cost is \$28 per person. Please register by Aug 28. 
Wed, Sept 10	1:00 - 3:00 pm	BICR, Unit 10	Music Trivia	Come out and test your music knowledge.
Wed, Sept 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).
Fri, Sept 19	6:00 - 8:00 pm	Fallsview Casino	Casino	Play the slot tables or sit back and people watch. 
Wed, Sept 24	6:00 - 8:00 pm	BICR, Unit 10	Bingo Night	Please bring a \$5 prize for the prize table. 

## ST. CATHARINES

Date	Time	Place	Event	Notes
Mon, Sept 1	11:30 am - 2:00 pm	Heartland Forest	BBQ & Hike	Cost \$2 per person plus the price of your meal. Please bring a salad or dessert and a drink.
Tue, Sept 9	5:00 - 7:00 pm	Montana's	Diner's Club	Cost is the price of your meal.

## WELLAND

Date	Time	Place	Event	Notes
Sat, Sept 6	11:30 - 1:00 pm	Welland	Niagara Food Festival	Cost is between \$10 to \$15 for lunch.
Tues, Sept 16	6:30 - 8:00 pm	Parkdale	Kelley's 50th Birthday Celebration	Cake & games for Kelley's big day.
Tues, Sept 23	5:00 - 7:00 pm	Mossimo's Pizza	Diner's Club	Cost is the price of your meal.

# September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Labour Day Office Closed</i>  BBQ & Hike at Heartland with Richardson Crt 11:30am-2pm	2	3  Wacky Wednesday Potluck & Games Night at Unit 10 4-7pm	4  African Lion Safari 8am-5pm  	5	6  Niagara Food Festival with Promenade Richelieu 11:30-1pm
7	8	9  St. Catharines Diner's Club at Montana's 5-7pm	10  Music Trivia at 1-3pm	11	12	13
14	15	16  Kelley's 50th Birthday Celebration with Parkdale 6:30-8pm	17  Wacky Wednesday Casino Night at Unit 10 4-7pm	18	19  Fallsview Casino 6-8pm  	20
21	22	23  Welland Diner's Club at Mossimo's Pizza 5-7pm	24  Bingo Night at Unit 10 6-8pm  	25	26	27
28	29	30				



# Brain Injury Community Re-entry (NIAGARA) INC.

*Turning the Key to Opportunity in Niagara since 1988*

Brain Injury Community Re-entry (Niagara) Inc.  
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