

# LEARNING AND LEISURE GUIDE

SUMMER 2026



Brain Injury  
Community Re-entry  
(NIAGARA) INC.

# 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 **July, August, September 2026**

BICR would like to encourage you to try something new by signing up for some of our new and improved programs and activities. Many of the programs and activities being offered will take place in the community as well as the BICR Unit 1B location, 3300 Merrittville Hwy, Thorold. 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](http://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 Ontario West HNHB 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 Ontario West HNHB or the government of Ontario.



WE VALUE YOUR VOICE AND INVITE YOU TO SHARE YOUR COMMENTS, ACTIVITY SUGGESTIONS, AND QUESTIONS.

YOUR FEEDBACK HELPS US BETTER UNDERSTAND WHAT IS WORKING WELL AND WHERE WE CAN GROW OUR PROGRAMS.

WHETHER YOU HAVE AN IDEA FOR A NEW ACTIVITY, A THOUGHTFUL SUGGESTION TO IMPROVE AN EXISTING EVENT, OR SIMPLY A QUESTION ABOUT PROGRAMMING, WE WANT TO HEAR FROM YOU. YOUR INPUT PLAYS AN IMPORTANT ROLE IN SHAPING THE EVENTS AND ACTIVITIES WE WANT TO CONTINUE TO PROVIDE FOR EVERYONE.

**CONTACT US AT [RECREATION@BICR.ORG](mailto:RECREATION@BICR.ORG)**

@ THE HUB

Part of Tremendous Tuesdays

Armchair

# TRAVEL



## LATIN AMERICA

Travel to Latin America for traditional Latin flavours and munchies.

July 21<sup>st</sup>



## VANCOUVER BC

Travel to Vancouver BC for Canadian treats.

August 18<sup>th</sup>



## LONDON, ENGLAND

Travel to London, England and enjoy High Tea.

September 15<sup>th</sup>

Don't leave your armchair and travel anywhere!

Join the group and enjoy a virtual walking tour of various places around the world.

Learn about the culture through trivia and chats, then enjoy the SNACKS from where we visit!

**1PM - 2:30PM**

Contact Katie Hill at 905-682-2678 or  
khill@bcr.org

Register 48 hours in advance. Please provide own transportation



# BONUS BOARD GAMES

AT THE HUB

WEDNESDAY, JULY 29<sup>TH</sup>

1:00PM - 2:30PM

5<sup>TH</sup>  
WEDNESDAY  
OF THE MONTH

CONTACT

KATIE HILL 905-682-2678 OR [KHILL@BICR.ORG](mailto:KHILL@BICR.ORG)

REGISTER 48 HOURS IN ADVANCE

PLEASE PROVIDE YOUR OWN TRANSPORTATION

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## MONDAY GROUP

# Art & Soul



Create a beautiful work of art! Art & Soul uses a variety of techniques, artistic mediums, and tools to create all sorts of different projects.

Join us for paper crafting, stucco painting, acrylic pouring, clay sculpting, and more. Each project is 3 sessions, but may vary.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	July 6 <sup>th</sup> , 13 <sup>th</sup> , 27 <sup>th</sup> - Stencils and Bags August 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> - Colour Your World: Happy Hues August 31 <sup>st</sup> - Ceramics September 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> - Scrapbooking: Summer Adventures  *Dates subject to change
TIME	1:00 - 3:00 PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	One week prior to project start date to Katie Hill at 905-682-2678 or via email at <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	Fee is \$15 per project. Participants must complete their first project before moving to the next. <b>NO LATE REGISTRATIONS.</b> <b>NO ART ON JULY 20<sup>TH</sup></b>

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## MONDAY GROUP

# 10 Pin Bowling



Join in on all the benefits bowling has to offer.

Bowling helps to burn calories and work muscle groups not usually exercised. The activity also strengthens friendships and creates new ones.

Partake in one or two games of 10 pin bowling and cheer on your friends.

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LOCATION	PARKWAY LANES, 327 ONTARIO STREET, ST. CATHARINES
DATES	JULY - SEPTEMBER **NO BOWLING AUGUST 3 <sup>RD</sup> , CIVIC HOLIDAY** **NO BOWLING SEPTEMBER 7 <sup>TH</sup> , LABOUR DAY**
TIME	JULY - AUG. 11AM-12:30PM, SEPT. 10AM-11:30AM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 hours prior to the event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a> .
COMMENTS	Cost is \$3.50 per game. Includes shoe rental.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# Diner's Club



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 favourite dish, it's up to you. Bring a smile and a healthy appetite.

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LOCATION	VARIOUS LOCATIONS IN ST. CATHARINES AND WELLEND
DATES	DINER'S CLUB IS OFFERED ON TUESDAYS  St. Catharines: July 14 <sup>th</sup> - Buggy's August 11 <sup>th</sup> - Big Marco's September 8 <sup>th</sup> - The Courtyard  Welland: July 28 <sup>th</sup> - Chuck's Roadhouse August 25 <sup>th</sup> - Blue Star September 22 <sup>nd</sup> - Boston Pizza
TIME	5PM TO 7PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 hours prior to the event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a> .
COMMENTS	Cost is the price of your meal.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# Brain Basics



Join our Brain Basics program to better understand your brain and your unique recovery journey. In this supportive group environment, you'll learn about the effects of brain injury, explore strategies to build on your strengths, and increase self-awareness to enhance daily life. You'll go home with a binder full of helpful resources and information to keep.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	Starting June 23 <sup>rd</sup> Continues July 7 <sup>th</sup> - August 25 <sup>th</sup>
TIME	9AM - 12PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	Katie Hill at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	This is a closed group, you <b>MUST</b> be registered to attend.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# Pre-Employment Training



Join the Vocational Department and PET for a 12-week training program for individuals wishing to return to independent volunteering or paid employment.

Participants will complete 8 in-class sessions and a 4 week block of volunteering where they can practice their learned skills and knowledge.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	Every Tuesday STARTING IN SEPTEMBER  September 22 <sup>nd</sup>  Continues through the Fall season  Attendance is <b>MANDATORY</b> for each session. This is a 12 week program.
TIME	9AM - 12NOON
TRANSPORTATION	NOT PROVIDED
REGISTER BY	Please contact Dianne directly in the Vocational Department for screening and intake process.  djackson@bicr.org or 905-687-6788 ext. 614
COMMENTS	This program is specifically for individuals who are capable of returning to paid employment or independent volunteering. There may be a wait for vocational services after the program is complete, so supported and independent volunteer opportunities will be available for qualifying individuals.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# Tremendous Tuesdays



Looking for something fun to do on Tuesday afternoons? Come meet us doing various activities around Niagara.

LOCATION	THE HUB (UNLESS OTHERWISE SPECIFIED)					
DATES	<table><tr><td data-bbox="508 978 816 1136">July 7th - Tie Dye (BYOT) 21<sup>st</sup> - Armchair Travel to latin America</td><td data-bbox="829 978 1170 1136">August 4<sup>th</sup> - Karaoke 18<sup>th</sup> - Armchair Travel to Vancourver, BC</td><td data-bbox="1183 978 1575 1209">September 1<sup>st</sup> - Movies (Pen Center, Time TBA \$) 15<sup>th</sup> - Armchair Travel to Britain with High Tea</td></tr></table>			July 7th - Tie Dye (BYOT) 21 <sup>st</sup> - Armchair Travel to latin America	August 4 <sup>th</sup> - Karaoke 18 <sup>th</sup> - Armchair Travel to Vancourver, BC	September 1 <sup>st</sup> - Movies (Pen Center, Time TBA \$) 15 <sup>th</sup> - Armchair Travel to Britain with High Tea
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TIME	1PM - 2:30PM (UNLESS OTHERWISE SPECIFIED)					
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION					
REGISTER BY	<p data-bbox="794 1467 1287 1503">One week prior to each program.</p> <p data-bbox="558 1530 1520 1566">Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a></p>					
COMMENTS	<p data-bbox="699 1631 1385 1667">Please do not arrive at The Hub before 12 noon.</p> <p data-bbox="521 1717 1560 1795">For Tie Dye, please bring a 100% cotton, white item to dye (pillow case, t-shirt, etc.)</p> <p data-bbox="548 1850 1536 1927">You do not need to register for every week, you can pick and choose which ones you would enjoy!</p> <p data-bbox="667 1982 1417 2018">Activities that have a nominal fee are indicated by \$.</p>					

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# Men's Group



The group organizes a new activity each month for you to enjoy and socialize at. The schedule of activities is provided below.

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LOCATION	VARIOUS LOCATIONS
DATES	July 21 <sup>st</sup> August 18 <sup>th</sup> TBD September 15 <sup>th</sup>
TIME	TIMES VARY BETWEEN 12:00PM TO 3:00PM
TRANSPORTATION	PROVIDED AT A COST FROM THE HUB
REGISTER BY	48 hours prior to the event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
COMMENTS	Some weeks may have a cost depending on the activity.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# WOMEN'S Group



Enjoy spending Tuesday afternoon with BICR's Women's Recreation Group. The group will run for 10 weeks with a different activity each week. The schedule of activities is provided.

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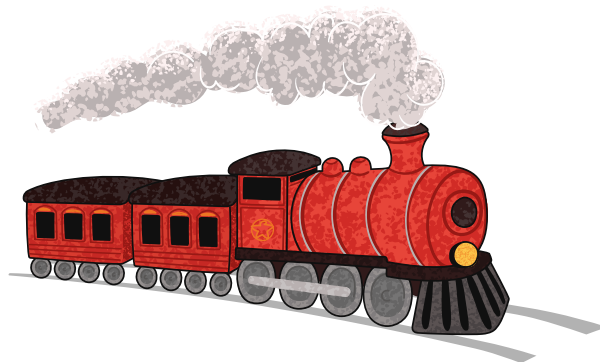
LOCATION	VARIOUS LOCATIONS
DATES	<p>July 14<sup>th</sup> - Port Dalhousie 1:30PM - 3PM Meet at Pavillion (\$ for ice cream)</p> <p>July 28<sup>th</sup> - Pizza and Games 1:30PM - 3PM @ 3340 Schmon Parkway Unit 2</p> <p>August 11<sup>th</sup> - Avondale Dairy Bar 1:30PM - 2:30PM</p> <p>August 25<sup>th</sup> - Surprise Bingo 1:30PM - 3:30PM @ Schmon Parkway Unit 2</p> <p>September 8<sup>th</sup> - Lunch @ Stacked 12PM -2PM, Bunting Rd.</p> <p>September 22<sup>nd</sup> - Coffee @ The Pen Center 1:30PM - 2:30PM, Meet at the food court</p>
TIME	TIMES VARY BETWEEN 12:00PM AND 3:00PM
TRANSPORTATION	PROVIDED AT A COST.
REGISTER BY	Dawn Wolff at <a href="mailto:dwolff@bicr.org">dwolff@bicr.org</a> or 905-933-3705
COMMENTS	Cost will be kept to a minimum at approximately \$5 to \$10 depending on the activity.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# RIDGEVILLE MODEL *Railway Group*



The Ridgeville Model Railway Club would like to invite you to come out and be a part of the team working on a fully accessible HO model railroad layout.

You will learn all about HO model scale and how to use techniques to create realistic landscapes, and to make micro scenery come to life.

There is also an opportunity to run the train around the tracks and enjoy the sights and sounds of a working train.

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LOCATION	ADDRESS WILL BE SENT UPON REGISTRATION
DATES	STARTING IN SEPTEMBER September 15 <sup>th</sup> and 29 <sup>th</sup>
TIME	1:00PM - 2:30PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	Katie Hill or Shiley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	Fully accessible model space, and HO scale is used in construction.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## TUESDAY GROUP

# BBQ *With Friends*



Come enjoy time outside with friends.

BBQ provided at a cost. Outdoor games and fun activities to enjoy with everyone. Come out and enjoy the fresh air, water, boats, and birds

LOCATION	CRYSTAL BEACH BOAT LAUNCH AND WAVERLY BEACH
DATES	July 7 <sup>th</sup> - Waverly Beach (280 Helena St., Fort Erie) July 21 <sup>st</sup> - Live music at Waverly Beach August 4 <sup>th</sup> - Crystal Beach Boat Launch (3855 Terrace Ln, Fort Erie) August 18 <sup>th</sup> - Crystal Beach Boat Launch
TIME	11AM - 2PM
TRANSPORTATION	PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	Chelsie Yungblut at <a href="mailto:cyungblut@bicr.org">cyungblut@bicr.org</a> No later than the end of June, 2026
COMMENTS	\$5 lunch fee. Activity fee will be communicated in advance. Bring a chair to sit on.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## WEDNESDAY GROUP

# Wacky Wednesday



Join us on the first Wednesday of each month to play board games and have a good time with friends.

The third Wednesday of every month will be Casino Night. Come and challenge the dealer to a game of Blackjack or Texas Hold 'Em.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	July 1 <sup>st</sup> - NO PROGRAM, CANADA DAY August 5 <sup>th</sup> - Guesstimation September 2 <sup>nd</sup> - Trivial Pursuit  July 22 <sup>nd</sup> CASINO GAMES August 19 <sup>th</sup> September 16 <sup>th</sup>
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.
REGISTER BY	Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a> or Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
COMMENTS	

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## WEDNESDAY GROUP

# Music with *Rick*



Come out and join Rick as he serenades the group! Sit back and relax as you listen to him play the hits and some old classics.

Feel free to request your favourite songs ahead of time so he can add them to the set list.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	July 15 <sup>th</sup> ** (Special date) August 26 <sup>th</sup> September 23 <sup>rd</sup>
TIME	1:00PM - 2:00PM (NEW TIME)
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 hours prior to the event to Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## WEDNESDAY GROUP

# Community Cafe



Join the chit chat at the Community Cafe! At The Hub, we take our tea time seriously. Join us for coffee, tea, or your refreshment of choice as we discuss all sorts of topics from local and international news, to wellness or pop culture. This is where the chit chat happens and friends are made!

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	EVERY Wednesday  July 8 <sup>th</sup> - September 23 <sup>rd</sup>  No programs on July 1 <sup>st</sup> , Canada Day, or September 30 <sup>th</sup>
TIME	9:30AM - 10:30AM
TRANSPORTATION	NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION
REGISTER BY	<u>48 hours prior</u> Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	This is an open group for anyone to join.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## WEDNESDAY GROUP

# Fit 'n Fun



Staying active is an important part of living a healthy life, so join us for an hour of fitness. We've got pole walking, dance, yoga, bocce and all sorts of fun stuff!

Remember, these activities are always 100% adaptable, so don't be afraid to try something new.

LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)															
DATES	<table><tr><td>July</td><td>August</td><td>September</td></tr><tr><td>8<sup>th</sup> - Yoga</td><td>5<sup>th</sup> - Yoga</td><td>2<sup>nd</sup> - Yoga</td></tr><tr><td>15<sup>th</sup> - Yoga</td><td>12<sup>th</sup> - Follow the Leader</td><td>9<sup>th</sup> Follow the Leader</td></tr><tr><td>22<sup>nd</sup> - BAM</td><td>19<sup>th</sup> - Yoga</td><td>16<sup>th</sup> - Yoga</td></tr><tr><td>29<sup>th</sup> - Yoga</td><td>26<sup>th</sup> - BAM</td><td>23<sup>rd</sup> - BAM</td></tr></table>	July	August	September	8 <sup>th</sup> - Yoga	5 <sup>th</sup> - Yoga	2 <sup>nd</sup> - Yoga	15 <sup>th</sup> - Yoga	12 <sup>th</sup> - Follow the Leader	9 <sup>th</sup> Follow the Leader	22 <sup>nd</sup> - BAM	19 <sup>th</sup> - Yoga	16 <sup>th</sup> - Yoga	29 <sup>th</sup> - Yoga	26 <sup>th</sup> - BAM	23 <sup>rd</sup> - BAM
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29 <sup>th</sup> - Yoga	26 <sup>th</sup> - BAM	23 <sup>rd</sup> - BAM														
TIME	11AM - 12PM															
TRANSPORTATION	NOT PROVIDED. PLEASE PROVIDE OWN TRANSPORTATION															
REGISTER BY	Katie Hill or Shirley Ely at 905-682-2678 or via email <a href="mailto:khill@bicr.org">khill@bicr.org</a>															
COMMENTS	<p>Please wear comfortable clothing and running shoes or other supportive footwear.</p> <p><u>Yoga with Karena is LIVE and in person</u></p> <p>Bust a Move Dance with Ali will be available on Zoom for those who wish to participate virtually. Zoom link is available on the weekly calendar.</p>															

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## WEDNESDAY GROUP

# Music Trivia



Join us the second Wednesday of every month to test your music knowledge.

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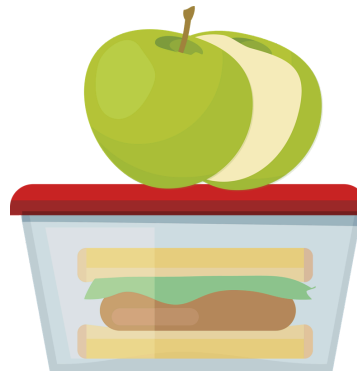
LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	July 8 <sup>th</sup> August 12 <sup>th</sup> September 9 <sup>th</sup>
TIME	1:00PM TO 2:30PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE YOUR OWN TRANSPORTATION.
REGISTER BY	48 hours prior to event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
COMMENTS	Come out and test your music knowledge or just listen to the tunes.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## WEDNESDAY GROUP

# Lunch Club



Lunch time Diner's Club. Join us at different restaurants located in the Niagara Region once a month for a reasonably priced lunch.

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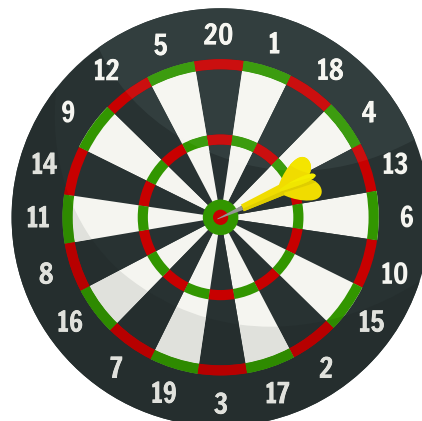
LOCATION	VARIOUS LOCATIONS IN NIAGARA
DATES	July 15 <sup>th</sup> - The Early Bird, 2 Merritt St., St. Catharines August 19 <sup>th</sup> - Phyl's, 344 Glendale Ave., St. Catharines September 16 <sup>th</sup> - Mom's Breakfast, 186 Westchester, St. Catharines
TIME	11:30AM TO 1:00PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	48 hours prior to the event to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
COMMENTS	Cost is the price of your meal.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## THURSDAY GROUP

# Pub Games



Join us for a variety of games including: darts, trivia, cards, and more.

LOCATION

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

July 2<sup>nd</sup> - September 24<sup>th</sup>

**\*\*NO GAMES AUGUST 6<sup>TH</sup> \*\***

TIME

1:00PM TO 2:30PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

48 hours prior to the event to Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org)

COMMENTS

Come out and join us for a game of darts, euchre or a board game.

No cost.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## THURSDAY GROUP

# Walking Club



Join us at Canada Games Center for some exercise and chats!

Meet at the inside walking track.

LOCATION

CANADA GAMES CENTER, 2021 CANADA GAMES WAY, THOROLD

DATES

July 2<sup>nd</sup> - 30<sup>th</sup>

TIME

10AM - 11:30AM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

48 hours prior to the event to Katie Hill or Shirley Ely at [khill@bicr.org](mailto:khill@bicr.org)  
or 905-682-2678.

COMMENTS

Please wear comfortable clothing and supportive walking shoes. Bring  
a bottle of water if desired.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## THURSDAY GROUP

# Card Sharks



Calling all card sharks! Join us at The Hub Thursday mornings for some fun times and challenges. We'll be playing the classics, teaching some new ones, and having lots of fun!

Discover card games like Euchre, Crib, Crazy 8s, Wizard, Skip-bo, Kings in the Corner, Chase the Ace, Uno, Rumoli, or Racko!  
Snacks and coffee/tea will be provided

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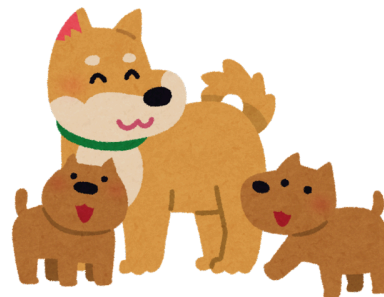
LOCATION	THE HUB
DATES	August 13 <sup>th</sup> - September 24 <sup>th</sup>
TIME	10AM - 12PM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	48 hours prior to the event to Katie Hill or Shirley Ely at <a href="mailto:khill@bicr.org">khill@bicr.org</a> or 905-682-2678.
COMMENTS	N/A

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## FRIDAY GROUP

# Pet Therapy



Come visit the sweet and playful pups at The Hub on the 3rd Friday of each month for pets, paws, and puppy kisses. Join us for wagging good times.

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

THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)

DATES

The THIRD Friday of every month:

July 17<sup>th</sup>

August 21<sup>st</sup>

September 18<sup>th</sup>

TIME

1:00PM TO 2:00PM

TRANSPORTATION

NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.

REGISTER BY

Katie Hill or Shirley Ely at 905-682-2678 or email [khill@bicr.org](mailto:khill@bicr.org).

COMMENTS

Please register 48hrs in advance.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## FRIDAY GROUP

# Work Rest & Play



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.

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LOCATION	NIAGARA PARKS, SCHOOL OF HORTICULTURE, NIAGARA PARKWAY
DATES	July 3 <sup>rd</sup> - September 25 <sup>th</sup>
TIME	10:00AM TO 11:30AM
TRANSPORTATION	NOT PROVIDED. PLEASE ARRANGE OWN TRANSPORTATION.
REGISTER BY	48 hours prior to the date to Dave Horton at <a href="mailto:recreation@bicr.org">recreation@bicr.org</a>
COMMENTS	All attendees must wear full back and closed toed shoes. <b>ABSOLUTELY NO SANDALS.</b> Dress appropriately for the weather and activity.

# Learning and Leisure Guide

BRAIN INJURY COMMUNITY RE-ENTRY

## FRIDAY GROUP

# Music Jam



Join the Hub for musically inspired programming!

Every Friday morning we'll be celebrating our love of music with music trivia, karaoke, lyrics analysis, musical jeopardy, and general musical merriment with instruments.

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LOCATION	THE HUB (3300 MERRITTVILLE HWY, UNIT 1B)
DATES	<u>EVERY FRIDAY</u> July 3 <sup>rd</sup> - September 25 <sup>th</sup>
TIME	11:00AM TO 12:00PM
TRANSPORTATION	NOT PROVIDED
REGISTER BY	48 Hours prior Katie Hill or Shirley Ely at 905-682-2678 or via email at <a href="mailto:khill@bicr.org">khill@bicr.org</a>
COMMENTS	<u>Available IN PERSON only.</u>

# JULY 2026



## RECREATION

### COMMUNITY EVENTS



(Transportation Provided)



Please contact Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org) to register

EVENT	DATE	TIME	PLACE	NOTES
NIAGARA POWER STATION TOUR	FRIDAY, JULY 17 <sup>TH</sup>	10AM - 11AM	NIAGARA FALLS	COST \$34 PER PERSON. REGISTER BY JUNE 25 <sup>TH</sup> , 2026 
NIAGARA RIVER LIONS	SUNDAY, JULY 26 <sup>TH</sup>	3PM - 5PM	MERIDIAN CENTER ST. CATHARINES	COST \$25 PER PERSON. REGISTER BY JUNE 26 <sup>TH</sup> , 2026 

### RESIDENTIAL EVENTS

#### NIAGARA FALLS

BACKYARD PICNIC AND GAMES	SATURDAY, JULY 18 <sup>TH</sup>	11AM - 1PM	ST. PAUL	FOOD, FRIENDS, FUN! RSVP BY JULY 14 <sup>TH</sup> TO <a href="mailto:AFIORENTINO@BICR.ORG">AFIORENTINO@BICR.ORG</a>
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SUN	MON	TUE	WED	THU	FRI	SAT
			1 <b>CANADA DAY</b>	2 Pub Games	3 WRAP	4
5	6 Bowling Art and Soul	7 Brain Basics TT - Tye Die BBQ with Friends	8 Community Cafe Music Trivia Fit and Fun	9 Pub Games Walking Club	10 WRAP Music Jam	11
12	13 Bowling Art and Soul	14 St Catharine's Diner's Club Brain Basics Women's Group	15 Community Cafe Fit and Fun Music with Rick Lunch Club	16 Pub Games walking Club	17 WRAP Music Jam Pet Therapy	18 St. Paul Backyard Picnic and Games
19	20 Bowling	21 Brain Basics TT - Armchair Travel BBQ with Friends Men's Group	22 Wacky Wednesday Community Cafe Fit and Fun	23 Pub Games Walking Club	24 WRAP Music Jam Power Station Tour 	25
26	27 Bowling Art and Soul	28 Welland Diner's Club Brain Basics Women's Group	29 <b>Bonus Board Games</b> Community Cafe Fit and Fun	30 Pub Games Walking Club	31 WRAP Music Jam	
<b>Niagara River Lions</b> 						

# JULY 2026

# AUGUST 2026



## RECREATION

### COMMUNITY EVENTS



(Transportation Provided)



Please contact Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org) to register

EVENT	DATE	TIME	PLACE	NOTES
DAY TRIP TO ST. JACOB'S MARKET	THURSDAY, AUGUST 6 <sup>TH</sup>	10AM - 2PM	ST. JACOB'S MARKET	PLEASE MEET AT THE HUB FOR 8:30AM. BRING SPENDING MONEY. REGISTER BY JULY 24. 
TFC SOCCER GAME	WEDNESDAY, AUGUST 19 <sup>TH</sup>	7PM - 10PM	BMO FIELD, TORONTO	COST \$36 EACH. REGISTER BY AUGUST 4 <sup>TH</sup> . 

### RESIDENTIAL EVENTS

#### ST. CATHARINES

OUTDOOR GAMES	TUESDAY, AUGUST 18 <sup>TH</sup>	1PM - 2:30PM	RICHARDSON COURT	JOIN US FOR OUTDOOR GAMES AND SNACKS
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SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
		Brain Basics TT - Karaoke BBQ with Friends	Wacky Wednesday Community Cafe Fit and Fun	St. Jacob's Market 	WRAP Music Jam	
	<b>CIVIC HOLIDAY</b>					
9	10	11	12	13	14	15
	Bowling Art and Soul	Brain Basics Women's Group St. Cath Diner's Club	Community Cafe Fit and Fun Music Trivia	Pub Games Card Sharks	WRAP Music Jam	
16	17	18	19	20	21	22
	Bowling Art and Soul	Brain Basics TT - Armchair Travel BBQ with Friends	Wacky Wednesday Community Cafe Fit and Fun Lunch Club	Pub Games Card Sharks	WRAP Pet Therapy Music Jam	
		<b>Outdoor Games @ RC</b>	<b>TFC Game</b> 			
23	24	25	26	27	28	29
	Bowling Art and Soul	Welland Diner's Club Brain Basics Women's Group	Music with Rick Community Cafe Fit and Fun	Pub Games Card Sharks	WRAP Music Jam	
30	31					
	Bowling Art and Soul					

# AUGUST 2026

# SEPTEMBER 2026

## RECREATION

### COMMUNITY EVENTS



(Transportation Provided)


Please contact Dave Horton at [recreation@bicr.org](mailto:recreation@bicr.org) to register

EVENT	DATE	TIME	PLACE	NOTES
TORONTO ARGOS CFL GAME	SATURDAY, SEPTEMBER 12 <sup>TH</sup>	1PM - 4PM	BMO FIELD, TORONTO	COST \$39 PER TICKET. REGISTER BY AUGUST 28 <sup>TH</sup> 
LUNCH @ BETTY'S	WEDNESDAY, SEPTEMBER 30 <sup>TH</sup>	12PM - 2PM	BETTY'S RESTAURANT, CHIPPAWA	COST IS THE PRICE OF YOUR MEAL. REGISTER BY SEPT. 16 <sup>TH</sup> 

### RESIDENTIAL EVENTS

#### WELLAND

DECORATING WITH ANNIE	SATURDAY, SEPTEMBER 19 <sup>TH</sup>	1:30PM - 3:30PM	PROMENADE	COME OUT TO PROMENADE AND LEARN CAKE AND COOKIE DECORATING
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SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
						Toronto Argos Game 
13	14	15	16	17	18	19
						Decorating with Annie @ Promenade
20	21	22	23	24	25	26
27	28	29	30			

# SEPTEMBER

2026



# RECIPES WANTED

BICR is putting together a cookbook and wants your favourite recipes to add to it!

We're looking for:

- Dips
- Drinks
- Sandwiches
- Snacks
- Casseroles
- One pot meals
- Breakfast foods
- ANYTHING YOU OR YOUR FAMILY LOVE TO EAT!

**Please make sure recipes are complete with all measurements and cooking instructions.**

Email recipes to Katie Hill at [khill@bicr.org](mailto:khill@bicr.org)  
or  
Sarah Peters at [speters@bicr.org](mailto:speters@bicr.org)





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

*Turning the Key to Opportunity in Niagara since 1988*

**BRAIN INJURY COMMUNITY RE-ENTRY (NIAGARA) INC.  
3340 SCHMON PARKWAY, UNIT 2  
THOROLD, ONTARIO L2V 4Y6**

**PHONE: 905-687-6788 OR 1-800-996-8796**

**FAX: 905-641-2785**

**EMAIL: [STAFF@BICR.ORG](mailto:STAFF@BICR.ORG)**

**WEBSITE: [WWW.BICR.ORG](http://WWW.BICR.ORG)**