




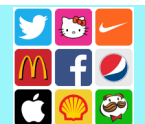



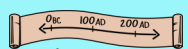












JANUARY 2024—REFRESH AND RE-ENERGIZE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 GROUP CLOSED FOR NEW YEARS DAY 	2 CLIENT MEETING 10:00am - 11:00am <i>FAMILY & FRIENDS EVENT - VIRTUALLY</i> PAINT BY NUMBER 11:00am - 12:00 pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm BINGO @ GROUP 1:00pm—2:00pm DROP IN @ GROUP 2:00 pm - 3:00pm	3 VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Yoga)</i> VIRTUAL TRIVIA 1:30pm - 2:00pm <i>(January Jeopardy)</i>	4 JEOPARDY 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm GET MOVING 1:00pm - 1:30pm FEEL THE MUSIC - KARAOKE 1:30pm - 2:30pm DROP IN @ GROUP 2:00 pm - 3:00pm	5 CREATIVE EXPRESSION <i>PROJECT: Snowflake Art</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS 1:00pm - 3:00pm (Yahtzee) BRANT GROUP 1:00pm - 3:00pm (Goal Setting Tape Art) VIRTUAL FRIDAY NIGHT <i>Pictionary</i> 6:00pm—7:00pm 
8 MEN2MEN 10:30am - 12:00pm <i>Focus: New Year, Fresh Outlook</i>  WOMEN2WOMEN 1:00pm –3:00pm <i>Focus: New Year, New You</i> *Create your 2024 Vision Board* 	9 BOWLING @ MOUNTAIN LANES <i>(335 Upper Wentworth—Meet Group At Bowling)</i> 10:30am—11:30am \$10.00 for bowling & shoes  LUNCH @ GROUP (Group DROP-IN) <i>Meal: Soup & Sandwich \$5.00</i> 12:00pm - 1:00pm TV SHOW TRIVIA 1:00pm - 2:00pm DROP IN @ GROUP 2:00 pm - 3:00pm	10 NIAGARA GROUP 10:00am - 11:30am Theme: <i>Winter Wonderland</i> Location: Ravenda VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Dance)</i> VIRTUAL VACATIONS 1:30pm - 2:00pm <i>(Tropical Theme)</i>	11 2023 YEAR IN REVIEW 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm GET MOVING 1:00pm - 1:30pm FEEL THE MUSIC - HITS OF 2023 1:30pm - 2:30pm DROP IN @ GROUP 2:00 pm - 3:00pm	12 CREATIVE EXPRESSION <i>PROJECT: Create a Life Story Book Mark</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS 1:00pm - 3:00pm (Checkers) NIAGARA GROUP 12:30pm - 2:30pm (Goal Setting Tape Art) VIRTUAL FRIDAY NIGHT <i>Guess the Logo</i> 6:00pm—7:00pm 
15 MEN2MEN 10:30am - 12:00pm <i>Focus: Cooking Skills Discussion</i> <i>Ex—Lasagna on a Budget</i>  WOMEN2WOMEN 1:00pm –3:00pm <i>Focus: Winter Experiences and Memories</i> *Make a Personalized No Sew Scarf* 	16 L'ARCHE CAFÉ OUTING Live Music Experience & Coffee 11:00 am - 12:00pm Meet at group for 10:00 to take the bus or at Bernie Morelli Recreation Centre for 11:00am (876 Cannon St. E)  PUZZLE CHALLENGES 1:00pm - 2:00pm DROP IN @ GROUP 2:00 pm - 3:00pm	17 NIAGARA GROUP 10:00am - 11:30am Theme: <i>Winter Wonderland</i> Location: Kenny VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Yoga)</i> VIRTUAL CREATIVE EXPRESSIONS 1:30pm - 2:00pm <i>(Snow Themed Art)</i>	18 BRAIN WORK OUT 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm GET MOVING 1:00pm—1:30pm FEEL THE MUSIC - NAME THAT TUNE 1:30pm - 2:30pm DROP IN @ GROUP 2:00 pm - 3:00pm	19 CREATIVE EXPRESSION <i>PROJECT: 2024 Vision Boards</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS 1:00pm - 3:00pm (Taco, Cat, Goat Cheese, Pizza) BRANT GROUP 1:00pm - 3:00pm (Winter Pastel Art) VIRTUAL FRIDAY NIGHT 6:00pm—7:00pm (Event Times lines) 

JANUARY 2024—REFRESH AND RE-ENERGIZE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>22</div> <div>MEN2MEN 10:30am - 12:00pm <i>Focus: Life Influences</i></div> <div>WOMEN2WOMEN 1:00pm –3:00pm <i>Focus: Snacks and Meal Prep</i>  <i>*Come and Create a Personalized Charcuterie Board*</i></div>	<div>23</div> <div>WINTERFEST @ GROUP 10:00am - 12:00pm <i>*Come to Group to enjoy Games, Art and Trivia with a Winter Twist*</i> </div> <div>LUNCH @ GROUP (Group DROP-IN) <u>Meal: Chili and Cornbread \$5.00</u> 12:00pm - 1:00pm</div> <div>MUSIC THERAPY <i>Join Kristen Anderson for live music</i> 1:00pm—2:00pm</div> <div>DROP IN @ GROUP 2:00 pm - 3:00pm</div>	<div>24</div> <div>NIAGARA GROUP 10:00am - 11:30am Theme: <i>Winter Wonderland</i> Location: CWP & CH</div> <div>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Dance)</div> <div>VIRTUAL REFLECTION 1:30pm - 2:00pm (Take a look back at 2023)</div>	<div>25</div> <div>HORTICULTURE EXPERIENCE WORKSHOP 10:00am - 12:00pm <i>*Refresh your space with a new plant*</i> </div> <div>BRING YOUR OWN LUNCH @ GROUP 12:30pm - 1:00pm</div> <div>GET MOVING 1:00pm—1:30pm</div> <div>FEEL THE MUSIC - LIVE EXPERIENCES 1:30pm - 2:30pm</div> <div>DROP IN @ GROUP 2:00 pm - 3:00pm</div>	<div>26</div> <div>CREATIVE EXPRESSION <i>PROJECT: Winter Vinyl Record Painting</i> 10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>FUN FRIDAYS 1:00pm - 3:00pm (<i>Rummycup</i>)</div> <div>NIAGARA GROUP 12:30pm - 2:30pm (Winter Pastel Art)</div> <div>VIRTUAL FRIDAY NIGHT 6:00pm—7:00pm(2024 Outlook) </div>
<div>29</div> <div>MEN2MEN 10:30am - 12:00pm <i>Focus: Jocks & Rock</i></div> <div>WOMEN2WOMEN 1:00pm –3:00pm <i>Focus: Staying Healthy in the Winter</i>  <i>Guest: Dr. Michelle Peris, ND</i></div>	<div>30</div> <div>DROP IN @ GROUP 10:00am - 11:00pm</div> <div>BRUNCH @ GROUP (Group DROP-IN) <u>Meal: Breakfast for Lunch \$5.00</u> 11:00am - 12:00pm</div> <div>BATTLEFIELD MUSEUM <i>(77 King St W, - Leave at 12:00 to take the bus with group or meet there)</i> 1:30pm - 2:30pm \$9.00 for Museum Admission or FREE with a Hamilton Library Card  <i>*Battlefield House is not fully accessible in all areas*</i></div>	<div>31</div> <div>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</div> <div>VIRTUAL DOCUMENTARIES 1:30pm - 2:00pm (Goal Setting)</div>	<div><div>Head Injury Rehabilitation Ontario</div><div><i>A Promise of Hope After ABI</i></div></div>	
For Information, Contact a GROUP STAFF			CALENDAR LEGEND	
Beth Astles Recreation Therapist (Cell Phone: 905-977-7589) bastles@hiro.ca	Chase Plant-Huntley Recreation Therapist (Cell Phone: 905-546-6198) cplanthuntley@hiro.ca	Jeff Peters Case Facilitator (Cell Phone: 905-977-9550) jpeters@hiro.ca	COMMUNITY PROGRAM	VIRTUAL PROGRAM
			Both Virtual & In-PERSON 	BRANT PROGRAM
				NIAGARA GROUP