














# FEBRUARY 2024—KINDNESS & CARING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">FEBRUARY IS</p> <h1 style="text-align: center;">Recreation Therapy</h1> <p style="text-align: center;">MONTH</p> 			<p><b>1 TR AWARENESS MONTH KICK OFF</b></p> <p><b>WHAT IS TR?</b> 10:00am - 11:00 am</p> <p><b>RECREATION BINGO @ GROUP</b> 11:00am - 12:00 pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>GET MOVING</b> 1:00pm - 1:30pm</p> <p><b>FEEL THE MUSIC - FAVOURITE ARTISTS</b> 1:30pm - 2:30pm</p> <p><b>DROP IN @ GROUP</b> 2:00 pm - 3:00pm</p>	<p><b>2 CREATIVE EXPRESSION</b> <i>PROJECT: Reminiscing Art</i></p> <p>10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS</b> 1:00pm - 3:00pm (Ground Hog Day)</p> <p><b>BRANT GROUP</b> 1:00pm - 3:00pm (Mason Jar Winter Painting)</p> <p><b>VIRTUAL FRIDAY NIGHT</b> <i>Top Songs - February Edition</i></p> <p>6:00pm—7:00pm</p> 
<p><b>5 MEN2MEN</b> 10:00am - 11:30am <i>Focus: Share Your ABI Journey</i></p>  <p><b>WOMEN2WOMEN</b> 1:00pm - 3:00pm <i>Focus: Recreation &amp; Leisure</i> <i>*Resource Sharing &amp; Games*</i></p> 	<p><b>6 CLIENT MEETING</b> 10:00am - 11:00am</p>  <p><i>FAMILY &amp; FRIENDS EVENT - VIRTUALLY</i></p> <p><b>PAINT BY NUMBER</b> 11:00am - 12:00 pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FEBRUARY JEOPARDY</b> 1:00pm—2:00pm</p> <p><b>DROP IN @ GROUP</b> 2:00 pm - 3:00pm</p>	<p><b>7 NIAGARA GROUP</b> 10:00am - 11:30am Theme: <i>Love is in the Air</i> Location: Ravenda</p>  <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm <i>(Seated Dance)</i></p> <p><b>VIRTUAL VACATIONS</b> 1:30pm - 2:00pm <i>(Paris and Cities of Love)</i></p>	<p><b>8 SUPERBOWL Discussion</b> <i>Football Predictions &amp; Discussion</i> 10:00am - 11:30pm</p> <p><b>MAKE YOUR OWN PIZZA @ GROUP</b> 11:30pm - 1:00pm <b>\$5.00</b> <i>Salad &amp; Drinks Included</i></p> <p><b>GET MOVING</b> 1:00pm - 1:30pm</p> <p><b>FEEL THE MUSIC - KARAOKE</b> 1:30pm - 2:30pm</p> <p><b>DROP IN @ GROUP</b> 2:00 pm - 3:00pm</p>	<p><b>9 CREATIVE EXPRESSION</b> <i>PROJECT: Kindness Quilt</i> 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS</b> 1:00pm - 3:00pm (Kings in the Corner)</p> <p><b>NIAGARA GROUP</b> 12:30pm - 2:30pm (Mason Jar Winter Painting)</p> <p><b>VIRTUAL FRIDAY NIGHT</b> <i>Super Bowl Memories</i></p>  <p>6:00pm—7:00pm</p>
<p><b>12 MEN2MEN</b> 10:00am - 11:30am <i>Focus: Positive Relationships</i></p>  <p><b>WOMEN2WOMEN</b> 1:00pm - 3:00pm <i>Focus: What is Self Love</i> <i>*Create a Self Care Kit*</i></p> 	<p><b>13 VALENTINES DAY SOCIAL</b> <i>Art, Trivia &amp; Games</i> 10:00 am - 12:00pm</p>  <p><b>LUNCH @ GROUP (Group DROP-IN)</b> <i>Meal: Hamburger &amp; Fries \$5.00</i> 12:00pm - 1:00pm</p> <p><b>MUSIC THERAPY</b> <i>Join Kristen Anderson for live music</i></p> <p>1:00pm—2:00pm</p> 	<p><b>14 NIAGARA GROUP</b> 10:00am - 11:30am Theme: <i>Love is in the Air</i> Location: Kenny</p>  <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm <i>(Seated Yoga)</i></p> <p><b>VIRTUAL CREATIVE EXPRESSIONS</b> 1:30pm - 2:00pm <i>(Heart Art)</i></p>	<p><b>15 CHINESE NEW YEAR</b> <i>Trivia, Games and Snacks</i> 11:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>NURSING PRESENTATION with SONIA</b> 1:00pm—1:30pm</p> <p><b>FEEL THE MUSIC - NAME THAT TUNE</b> 1:30pm - 2:30pm <i>(Love Songs Edition)</i></p> <p><b>DROP IN @ GROUP</b> 2:00 pm - 3:00pm</p>	<p><b>16 CREATIVE EXPRESSION</b> <i>PROJECT: Textured Hearts</i> 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS</b> 1:00pm - 3:00pm (Matching Couples)</p> <p><b>VIRTUAL FRIDAY NIGHT</b> <i>Music Therapy (Love Songs)</i> <i>Love Music with Kristen</i></p>  <p>6:00pm—7:00pm</p>

# FEBRUARY 2024—KINDNESS & CARING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19</p> <h2 style="margin: 0;">GROUP CLOSED FOR FAMILY DAY</h2>	<p>20</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 10px;"> <p><b>BOWLING @ MOUNTAIN LANES</b>  <i>(335 Upper Wentworth—Meet Group At Bowling)</i>                      10:30am—11:30am  <b>\$10.00 for bowling &amp; shoes</b></p> </div> <p><b>SHROVE TUESDAY LUNCH</b>  <i>Meal: Pancakes, Bacon and Eggs \$5.00</i>                      12:00pm - 1:00pm</p> <div style="display: flex; align-items: center;"> <p><b>MARDI GRAS ART &amp; TRIVIA</b>                      1:00 pm - 2:00pm</p> </div> <p><b>DROP IN @ GROUP</b> 2:00 pm - 3:00pm</p>	<p>21</p> <div style="background-color: #add8e6; padding: 10px; margin-bottom: 10px; text-align: center;"> <p><b><u>VIRTUAL GET MOVING</u></b>                      2:00pm - 2:30pm  <i>(Seated Dance)</i></p> </div> <div style="background-color: #add8e6; padding: 10px; text-align: center;"> <p><b><u>VIRTUAL RECREATION</u></b>                      1:30pm - 2:00pm  <i>(What is Recreation—Games to Follow)</i></p> </div>	<p>22</p> <p><b>BLACK HISTORY MONTH DISCUSSION</b>                      10:00am - 12:00pm  <i>*Join in to discuss and learn about this important topic in history*</i></p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b>                      12:30pm - 1:00pm</p> <p><b>GET MOVING</b>                      1:00pm—1:30pm</p> <p><b>FEEL THE MUSIC - KARAOKE</b>                      1:30pm - 2:30pm</p> <p><b>DROP IN @ GROUP</b>                      2:00 pm - 3:00pm</p>	<p>23</p> <p><b>CREATIVE EXPRESSION</b>  <i>PROJECT: Stamp Pattern Art</i>                      10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b>                      12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS</b>                      1:00pm - 3:00pm <i>(Leisure Dominoes)</i></p> <div style="background-color: #add8e6; padding: 5px; margin-top: 10px;"> <p><b>IN-PERSON FRIDAY NIGHT</b></p> <p>Swiss Chalet \$20.00                      Trivia Challenge to Follow                      6:00pm—7:00pm  <i>(1/4 Chicken Dinner, Dessert and Drinks)</i>  <b>MUST PRE-PAY &amp; REGISTER by Feb. 21st</b></p> </div>
<p>26</p> <div style="display: flex; align-items: center;"> <p><b>MEN2MEN</b>                      10:00am - 11:30am  <i>Focus: Stretch –a– Buck</i></p> </div> <div style="margin-top: 20px;"> <p><b>WOMEN2WOMEN</b>                      1:00pm –3:00pm  <i>Focus: Find the Beauty Within</i>                      *Individual Flower Arranging*</p> </div>	<p>27</p> <div style="display: flex; align-items: center;"> <p><b>PINK SHIRT DAY</b>                      10:00am - 12:00pm  <i>Pink Themed Baking @10:00                      Kindness Shirts @ 11:00</i>                      *SIGN UP Needed for Shirts*</p> </div> <p><b>BRING YOUR OWN LUNCH @ GROUP</b>                      12:00pm - 1:00pm</p> <p><b>COMMUNITY BUILT CONNECTIONS</b>  <i>A group to bring HAC and HIRO clients together to build community</i>                      1:00pm - 2:00pm</p> <p><b>DROP IN @ GROUP</b> 2:00 pm - 3:00pm</p>	<p>28</p> <div style="background-color: #90ee90; padding: 10px; text-align: center; margin-bottom: 10px;"> <p><b>NIAGARA GROUP</b>                      10:00am - 11:30am                      Theme: <i>Love is in the Air</i>                      Location: CWP &amp; CH</p> </div>	<p>29</p> <p><b>AWARD SHOW TRIVIA</b>  <i>Grammy's Edition</i>                      10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b>                      12:30pm - 1:00pm</p> <p><b>GET MOVING</b>                      1:00pm—1:30pm</p> <div style="background-color: yellow; padding: 2px; text-align: center; margin-bottom: 5px;"> <p><b>TR AWARENESS MONTH WRAP UP</b></p> </div> <p>1:30pm - 2:30pm</p> <p><b>DROP IN @ GROUP</b>                      2:00 pm - 3:00pm</p>	<div style="display: flex; align-items: center; justify-content: center;"> <p style="font-size: 1.2em;">Head Injury Rehabilitation Ontario</p> </div> <p style="color: #e67e22; font-weight: bold; font-style: italic;">A Promise of Hope After ABI</p>

**For Information, Contact a GROUP STAFF**

<p><b>Beth Astles</b>                      Recreation Therapist  <i>(Cell Phone: 905-977-7589)</i>  <a href="mailto:bastles@hiro.ca">bastles@hiro.ca</a></p>	<p><b>Chase Plant-Huntley</b>                      Recreation Therapist  <i>(Cell Phone: 905-546-6198)</i>  <a href="mailto:cplanthuntley@hiro.ca">cplanthuntley@hiro.ca</a></p>	<p><b>Jeff Peters</b>                      Case Facilitator  <i>(Cell Phone: 905-977-9550)</i>  <a href="mailto:jpeters@hiro.ca">jpeters@hiro.ca</a></p>
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**CALENDAR LEGEND**

<b>COMMUNITY PROGRAM</b>	<b>VIRTUAL PROGRAM</b>	<p><b>Both Virtual &amp; In-PERSON</b></p>	<b>BRANT PROGRAM</b>	<b>NIAGARA GROUP</b>
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