






DECEMBER 2019- CELEBRATE THE SEASON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 DROP IN @ GROUP 10:00am-12:00pm HAMILTON BULLDOGS VOL 1:30 - 2:30pm (101 York Blvd) WOMEN2WOMEN 1:00-2:30pm <i>(Open Discussion & Potluck)</i>	3 <i>Group Open 10:00 - 3:00</i> <div> CLIENT MEETING 10:30am-11:00am </div> LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Shepherd Pie & Salad BRAIN WORKOUT 1:30 - 2:00pm	4 <div> CLINIC WEDNESDAYS </div> CASE COORDINATION: 10:00-12:00pm BEHAVIOUR THERAPY 10:00-11:00pm Topic: Behavioural Strategies to Combat Anxiety MERRY FARMS CAMPFIRE & TREES 12:00 –2:00pm (1974 Concession 2 Rd W) <i>Meet Group at 11:00.</i> RSVP with staff to confirm. \$12.00 for Hot Chocolate, Marshmallows & Picnic Lunch *DRESS FOR THE WEATHER*	5 HOLIDAY PARTY PREP 10:00am - 12:00 pm Lunch @ Group (\$4.00) 12:30 - 1:00pm <i>Soup & Sandwich</i> THERAPEUTIC THURSDAY 1:00-2:00pm (<i>Cultural Diversity</i>) VINYL CAFÉ @ GROUP 2:00 — 3:00pm	6 CREATIVE EXPRESSIONS 10:00am– 12:00pm Project: Christmas Character Canvas Lunch @ 12:00pm (\$2.00) PET THERAPY WITH STANLEY  FUN FRIDAY 1:00pm-2:00pm Focus: Smaller Than... <div> GORE PARK TREE LIGHTING 5:30 - 7:00pm <i>*Family & Friends Event *</i> Meet @ Group for 5:00 to walk over </div>
9 DROP IN @ GROUP 10:00am-12:00pm HAMILTON BULLDOGS VOL 1:30 - 2:30pm (101 York Blvd) WOMEN2WOMEN 1:00-2:30 pm <i>(Then & Now)</i>	10 <i>Group Open 10:00 - 3:00</i> GET MOVING: Chair Dance 10:30am - 11:00am FLU SHOT CLINIC 10:00am - 12:00pm LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Sausage Penne & Salad BRAIN WORKOUT 1:30 - 2:00pm	11 <div> Holiday Party  11:00—2:00pm Michelangelo's Banquet Centre 1555 Upper Ottawa St. <i>*Meet Group @ 10:00 to take the bus*</i> <i>RSVP to Linda by December 5th, 2019</i> </div>	12 OPERATION WILD @ GROUP 10:00am - 12:00 pm Lunch @ Group (\$4.00) 12:30 - 1:00pm <i>Soup & Sandwich</i> THERAPEUTIC THURSDAY 1:00-2:00pm (<i>Holiday Memories</i>) GLEE CLUB 2:00 — 3:00pm	13 CREATIVE EXPRESSIONS 10:00 am– 12:00pm Project: Fabric Tree Decorations Lunch @ 12:00pm (\$2.00) FUN FRIDAY 1:00-2:00pm Focus: Checker Challenge <div> HOLIDAY TRADITIONS POTLUCK 5:00 - 7:00pm <i>Bring a Dish to Share</i> </div>
16 DROP IN @ GROUP 10:00am-12:00pm WESLEY CHRISTMAS STORE (1974 King Street E.) VOL 10:00am - 12:00pm <i>Meet Group at 9:15 to take the bus</i> WOMEN2WOMEN 1:00-2:30pm <i>Healthy Relationships</i> <i>(Guest Speaker: Jane, Social Worker)</i>	17 <i>Group Open 10:00 - 3:00</i> GET MOVING: Strength Circuit 10:30am - 11:00am LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Chicken Fajitas & Rice DOOR DECORATING CHALLENGE 1:00 - 2:30pm	18 <div> CLINIC WEDNESDAYS </div> CASE COORDINATION: 10:00-12:00pm NURSING 10:00-11:00pm Ask Me Anything & Vitals HOLIDAY TRIVIA @ GROUP 11:00 am—12:00pm Lunch @ 12:00pm \$2.00 <i>(Personal Pizzas & Salad)</i> HOLIDAY MOVIE & POPCORN 12:30—3:00pm <i>Movie Chosen by popular vote.</i>	19 WESLEY CHRISTMAS STORE (1974 King Street E.) VOL 10:00am - 12:00pm <i>Meet Group at 9:15 to take the bus</i> Lunch @ Group (\$4.00) 12:30 - 1:00 <i>Soup & Sandwich</i> DROP IN @ GROUP 12:30-1:00pm MUSIC THERAPY 2:30 — 2:30pm	20 CREATIVE EXPRESSIONS 10:00am– 12:00pm Project: Geometric Holiday Trees Lunch @ 12:00pm (\$2.00) FUN FRIDAY 1:00pm-2:00pm Focus: Name that Christmas Tune <div> HOLIDAY SIGN WORKSHOP & HOT CHOCOLATE SOCIAL 5:00—7:00pm Cost: \$5.00—Sign, \$3.00– Dinner <i>(Mac & Cheese with Chicken & Salad)</i> </div>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 DROP IN @ GROUP 10:00am-12:00pm BOWLING @ JACKSON SQUARE 12:30 - 3:00pm <i>Leave with Group at 12:00 to walk or Meet in the food court for 12:30 to have lunch</i> Bowling @ 1:30 - 2:30pm (\$7.00) <i>*Bring Money for Lunch*</i> WOMEN2WOMEN 1:00-2:30pm <i>(Holiday Ornaments)</i>	24 <i>Group Open 10:00 - 1:00</i> GET MOVING: <i>Holiday Chair Dance</i> 10:30am - 11:00am LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Group "Swiss Chalet" Meal <div>CLOSED AT 1:00pm</div>	25 <div>GROUP CLOSED FOR CHRISTMAS BREAK</div>	26 <div>GROUP CLOSED FOR CHRISTMAS BREAK</div>	27 CREATIVE EXPRESSIONS 10:00am- 12:00pm <i>Project: Warm Me Up Art</i> Lunch @ 12:00pm (\$2.00) FUN FRIDAY 1:00-2:00pm Focus: December Jeopardy <div> NEW YEARS CELEBRATION 5:00—7:00pm Dinner: Chinese Food (\$8.00) <i>Come Celebrate the New Year with Group</i> </div>
30 DROP IN @ GROUP 10:00am-12:00pm NEW YEAR SOCIAL @ GROUP 12:30-2:30pm <i>Treats, Games, Art and Socializing at Group to ring in the new year!</i>	31 <i>Group Open 10:00 - 1:00</i> GET MOVING: <i>Chair Yoga</i> 10:30am - 11:00am LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: New Years Eve Brunch <div>CLOSED AT 1:00pm</div>	<div>  <div> Head Injury Rehabilitation Ontario </div> <div> GROUP SERVICES 225 King William St. Suite 508 www.HIRO.ca </div> <div>  </div> </div>		
Contact Group Services for program information 905-523-8852 Steve Ewing, Case Facilitator @ ext. 131 (Cell Phone: 905-977-9552) sewing@hiro.ca Beth Astles, Recreation Therapist @ ext. 222 (Cell Phone: 905-977-7589) bastles@hiro.ca Perry Scott, Manager of Care @ ext.224 pscott@hiro.ca		Looking to Volunteer with Group? Look for this VOL logo to find Group Services volunteering opportunities. Speak with Steve for more Information	Accessibility All events are wheelchair accessible unless otherwise noted by this symbol  Programs are free unless otherwise noted	Group Activity Cards Any amount of money can be put on to an Activity Card. Speak with group staff for more information or to purchase a card.