






JANUARY 2020- RE-ENERGIZE & REFRESH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Head Injury Rehabilitation Ontario</p> <p>GROUP SERVICES</p> <p>225 King William St. Suite 508 www.HIRO.ca</p>	 <p>formerly Brain Injury Services Respect, Learning, Independence</p>	<p>1</p> <p>GROUP CLOSED FOR NEW YEARS DAY</p> 	<p>2</p> <p>GOOD SHEPHERD VOL 10:00am — 12:00pm (155 Cannon St.) Meet Group at 9:15 to walk. Lunch @ Group (\$4.00) 12:30 - 1:00pm Soup & Sandwich</p> <p>THERAPEUTIC THURSDAY 1:00-2:00pm (Resolutions)</p> <p>GLEE CLUB 2:00 — 3:00pm</p>	<p>3</p> <p>CREATIVE EXPRESSIONS 10:00am- 12:00pm Project: Build a Snowman Lunch @ 12:00pm (\$2.00)</p> <p>PET THERAPY WITH STANLEY  FUN FRIDAY 1:00pm-2:00pm Focus: January Jeopardy</p> <p>ENERGIZE YOURSELF NIGHT 5:00 - 7:00pm Dinner: Pizza \$5.00</p>
		<p>8</p> <p>CLINIC WEDNESDAYS</p> <p>CASE COORDINATION: 10:00-12:00pm BEHAVIOUR THERAPY 10:00-11:00pm Topic: Goal Setting</p> <p>LIMERIDGE MALL LUNCH & WALK 12:00pm - 3:00pm Leave with group at 11:00 to take the bus or meet at the Shoppers Drug Mart Door.</p> <p>Bring Money for Lunch in the Food court @ 12:30</p>	<p>9</p> <p>GOOD SHEPHERD VOL 10:00am — 12:00pm (155 Cannon St.) Meet Group at 9:15 to walk. Lunch @ Group (\$4.00) 12:30 - 1:00pm Soup & Sandwich</p> <p>THERAPEUTIC THURSDAY 1:00-2:00pm (All About You)</p> <p>VINYL CAFÉ @ GROUP 2:00 — 3:00pm</p>	<p>10</p> <p>CREATIVE EXPRESSIONS 10:00 am- 12:00pm Project: Mindful Melt Lunch @ 12:00pm (\$2.00)</p> <p>FUN FRIDAY 1:00-2:00pm Focus: Skip Bo</p> <p>GAMEOPOLIS 5:00—7:00 \$5.00 Board Games *Bring money if you would like to purchase Food or Snacks*</p>
		<p>15</p> <p>CLINIC WEDNESDAYS</p> <p>CASE COORDINATION: 10:00-12:00pm NURSING 10:00-11:00pm Presentation: Cannabis Information</p> <p>WINTERFEST @ GROUP 11:00am - 3:00pm (Games, Art, and Celebrating the Winter)</p> <p>Lunch @ 12:00pm \$2.00 (Chili and Cornbread)</p>	<p>16</p> <p>GOOD SHEPHERD VOL 10:00am — 12:00pm (155 Cannon St.) Meet Group at 9:15 to walk. Lunch @ Group (\$4.00) 12:30 - 1:00pm Soup & Sandwich</p> <p>ARMCHAIR TRAVEL 1:00-2:00pm (England)</p> <p>GLEE CLUB 2:00 — 3:00pm</p>	<p>17</p> <p>CREATIVE EXPRESSIONS 10:00am- 12:00pm Project: Geometric Wood Art Lunch @ 12:00pm (\$2.00)</p> <p>FUN FRIDAY 1:00pm-2:00pm Focus: Name That Tune</p> <p>SUMMER VIBES POTLUCK 5:00—7:00 Bring a Dish to Share</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 DROP IN @ GROUP 10:00am-12:00pm SALVATION ARMY VOL 1:00pm -3:00pm (80 Bay St.) <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i> HAMILTON BULLDOGS VOL 1:30 - 2:30pm (101 York Blvd) WOMEN2WOMEN 1:00-2:30pm <i>Healthy Relationships PART 2</i> Jane Savage, Social Worker	21 <i>Group Open 10:00am - 1:00pm</i> GET MOVING: Strength Training 10:30am - 11:00am LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Spaghetti & Meatballs BRAIN WORKOUT 1:30pm - 2:00pm	22 CASE COORDINATION: 10:00am-12:00pm SOCIAL WORK 11:00am-12:00pm Presentation: Consent GET REFRESHED & ENERGIZED 10:00am—11:00am (DIY Smoothie) Lunch @ 12:00pm \$2.00 <i>(Turkey Burgers & Sweet Potato Fries)</i> YOGA, ART & REFLECTION 1:00pm—3:00pm	23 GOOD SHEPHERD VOL 10:00am —12:00pm (155 Cannon St.) <i>Meet Group at 9:15am to walk.</i> Lunch @ Group (\$4.00) 12:30pm - 1:00pm <i>Soup & Sandwich</i> THERAPEUTIC THURSDAY 1:00pm-2:00pm <i>(Energize/Refresh)</i> GLEE CLUB 2:00pm — 3:00pm	24 CREATIVE EXPRESSIONS 10:00am- 12:00pm <i>Project: Embrace Your Element</i> Lunch @ 12:00pm (\$2.00) FUN FRIDAY 1:00pm-2:00pm Focus: What's in the Box BINGO @ GROUP 5:00—7:00pm \$1.00 Per Card \$ 3.00 Sandwich & Snacks
27 DROP IN @ GROUP 10:00am-12:00pm SALVATION ARMY VOL 1:00pm -3:00pm (80 Bay St.) <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i> HAMILTON BULLDOGS VOL 1:30pm - 2:30pm (101 York Blvd) WOMEN2WOMEN 1:00pm-2:30pm (DIY Bath Scrubs)	28 <i>Group Open 10:00am - 1:00pm</i> GET MOVING: Chair Dancing 10:30am - 11:00am LUNCH & LEARNING 11:00am- 12:30pm (\$4.00) Meal: Pork Chops, Rice & Veggies BRAIN WORKOUT 1:30pm - 2:00pm	29 CASE COORDINATION: 10:00am-12:00pm NURSING 10:00am-11:00am Ask Me Anything & Vitals SWIMMING & LUNCH @ Bernie Morelli Recreation Centre <i>leave with Group at 10:30am to take the bus.</i> (876 Cannon St E) 12:00pm - 1:00pm \$1.00 - Swimming \$2.00 - Picnic Lunch (1:00pm - 2:00pm)	30 GOOD SHEPHERD VOL 10:00am —12:00pm (155 Cannon St.) <i>Meet Group at 9:15 to walk.</i> Lunch @ Group (\$4.00) 12:30pm - 1:00pm <i>Soup & Sandwich</i> DROP IN @ GROUP 12:30pm-1:00pm MUSIC THERAPY 1:30pm — 2:30pm	31 CREATIVE EXPRESSIONS 10:00am- 12:00pm <i>Project: DIY Coffee Mug</i> Lunch @ 12:00pm (\$2.00) FUN FRIDAY 1:00pm-2:00pm Focus: Dominoe's MOVIE @ CINEPLEX (HAMILTON) 6:15pm - 10:00pm (795 Paramount Dr.) Meet Group at Silvercity Hamilton Mountain for 6:15 to choose a movie. Group staff will meet inside by the ticket counter. Movie: \$14.00/ticket (Bring \$ for Snacks)
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.