





# MARCH 2020 -HEALTH & WELLNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <b>DROP IN @ GROUP</b> 10:00am-12:00pm</p> <p><b>GROUP IN NIAGARA</b> 10:30am - 2:00pm</p> <p><b>SALVATION ARMY</b> <b>VOL</b> 1:00pm -3:00pm (80 Bay St.) <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i></p> <p><b>HAMILTON BULLDOGS</b> <b>VOL</b> 1:30pm - 2:30pm (101 York Blvd)</p> <p><b>WOMEN2WOMEN</b> 1:00pm-2:30pm (Open Discussion)</p>	<p><b>3</b> <i>Group Open 10:00am - 3:00pm</i></p> <p><b>CLIENT MEETING</b> <b>10:30am-11:00am</b></p> <p><b>LUNCH &amp; LEARNING</b> 11:00am- 12:30pm (\$4.00) Meal: Mac &amp; Cheese, Ham &amp; Vegetables</p> <p><b>BRAIN WORKOUT</b> 1:30pm - 2:00pm</p>	<p><b>4</b> <b>CLINIC WEDNESDAYS</b></p> <p><b>CASE COORDINATION:</b> 10:00am-12:00pm <b>BEHAVIOUR THERAPY</b> 10:00am-11:00pm Topic: <i>Why is Being Healthy so Hard?</i></p> <p><b>HEALTH &amp; WELLNESS DAY @ GROUP</b> 10:00am—3:00pm</p> <p><b>LUNCH @ 12:00pm</b> (Roasted Vegetables &amp; Chicken) \$2.00 <i>Fun Fitness, Healthy Cooking &amp; Learning about Health</i></p> <p><b>SOCIAL WORK</b> 1:00pm-2:00pm Presentation: <i>Stress Management</i></p>	<p><b>5</b></p> <p><b>GOOD SHEPHERD</b> <b>VOL</b> 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 &amp; Sandwich</i></p> <p><b>THERAPEUTIC THURSDAY</b> 1:00pm - 2:00pm (<i>Staying Healthy</i>)</p> <p><b>GLEE CLUB</b> 2:00pm — 3:00pm</p>	<p><b>6</b></p> <p><b>CREATIVE EXPRESSIONS</b> 10:00am– 12:00pm Project: Healthy Habits <b>Lunch @ 12:00pm</b> (\$2.00) </p> <p><b>PET THERAPY WITH STANLEY @10:30</b></p> <p><b>FUN FRIDAY</b> 1:00pm-2:00pm Focus: Yahtzee</p> <p><b>CANADIAN MUSIC CELEBRATION</b> 5:00pm—7:00pm Canadian Themed Dinner \$3.00 <i>Karaoke, Trivia and Art</i></p>
<p><b>9</b></p> <p><b>DROP IN @ GROUP</b> 10:00am-12:00pm</p> <p><b>SALVATION ARMY</b> <b>VOL</b> 1:00pm -3:00pm (80 Bay St.) <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i></p> <p><b>HAMILTON BULLDOGS</b> <b>VOL</b> 1:30pm - 2:30pm (101 York Blvd)</p> <p><b>WOMEN2WOMEN</b> 1:00pm-2:30 pm (<i>Meditation &amp; Hand waxing</i>)</p>	<p><b>10</b> <i>Group Open 10:00am - 3:00pm</i></p> <p><b>GET MOVING:</b> <i>Chair Dancing</i> 10:30am - 11:00am</p> <p><b>LUNCH &amp; LEARNING</b> 11:00am- 12:30pm (\$4.00) Meal: Chicken Burger &amp; Salad</p> <p><b>PEER-TO-PEER PRESENTATION</b> <i>Cellulitis 101 by Ron</i> 1:30pm - 2:00pm</p>	<p><b>11</b> <b>CLINIC WEDNESDAYS</b></p> <p><b>CASE COORDINATION:</b> 10:00am-12:00pm <b>NURSING</b> 10:00am-11:00pm Topic: <i>Practising Hand Hygiene</i></p> <p><b>SHAMROCK PLANTING @ GROUP</b> 11:00am—12:00pm</p> <p><b>LUNCH @ GROUP</b> 12:00pm –1:00pm (Pierogi Pizza &amp; Salad) \$2.00</p> <p><b>Wii GAMES &amp; PING PONG</b> 1:00pm—3:00pm</p>	<p><b>12</b></p> <p><b>GOOD SHEPHERD</b> <b>VOL</b> 10:00am —12:00pm (155 Cannon St.) <i>Meet Group at 9:15am to walk.</i> Lunch @ Group (\$4.00) 12:30 - 1:00pm <i>Soup &amp; Sandwich</i></p> <p><b>THERAPEUTIC THURSDAY</b> 1:00pm - 2:00pm (<i>What does Wellness Mean</i>)</p> <p><b>VINYL CAFÉ @ GROUP</b> 2:00pm — 3:00pm</p>	<p><b>13</b></p> <p><b>CREATIVE EXPRESSIONS</b> 10:00am– 12:00pm Project: Positive Affirmations <b>Lunch @ 12:00pm</b> (\$2.00)</p> <p><b>FUN FRIDAY</b> 1:00pm-2:00pm Focus: War Card Tournament</p> <p><b>St. PATRICKS DAY POTLUCK</b> 5:00pm—7:00pm <i>Bring a Dish to Share and Wear your Green!</i></p>
<p><b>Contact Group Services for program information 905-523-8852</b> Steve Ewing, Case Facilitator @ ext. 131 (Cell Phone: 905-977-9552) <a href="mailto:sewing@hiro.ca">sewing@hiro.ca</a> Beth Astles, Recreation Therapist @ ext. 222 (Cell Phone: 905-977-7589) <a href="mailto:bastles@hiro.ca">bastles@hiro.ca</a> Perry Scott, Manager of Care @ ext.224 <a href="mailto:psscott@hiro.ca">psscott@hiro.ca</a></p>		<p><b>VOLUNTEERING @ GROUP</b> Look for this <b>VOL</b> logo to find Group Services volunteering opportunities. <b>Speak with Steve for more Information</b></p>	<p><b>ACCESSIBILITY</b> All events are wheelchair accessible unless otherwise noted by this symbol  Programs are free unless otherwise noted</p>	<p><b>GROUP ACTIVITY CARDS</b> Any amount of money can be put on to an Activity Card. <b>Speak with group staff for more information or to purchase a card.</b></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>16</b>  <b>DROP IN @ GROUP</b>                      10:00am-12:00pm  <b>SALVATION ARMY</b> VOL                      1:00pm -3:00pm (80 Bay St.)  <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i>  <b>HAMILTON BULLDOGS</b> VOL                      1:30pm - 2:30pm (101 York Blvd)  <b>WOMEN2WOMEN</b>                      1:00pm-2:30pm                      Social Worker Discussion                      (Topic—Family Dynamics &amp; ABI)</p>	<p><b>17</b>  <i>Group Open 10:00am - 3:00pm</i>  <b>GET MOVING: Strength Training</b>                      10:30am - 11:00am  <b>LUNCH &amp; LEARNING</b>                      11:00am- 12:30pm (\$4.00)                      Meal: Irish Stew &amp; Corn Bread  <b>BRAIN WORKOUT</b>                      1:30pm - 2:00pm  <b>HSR/DARTS FOCUS GROUP</b>                      1:00—1:30</p>	<p><b>18</b> CLINIC WEDNESDAYS  <b>CASE COORDINATION:</b> 10:00am-12:00pm  <b>MAPLE SYRUP FESTIVAL @ WESTFIELD HERITAGE VILLAGE</b>                      1049 Kirkwall Rd, Rockton                      11:00am—1:00pm                      \$12.00 admission &amp; Bag Lunch (\$3.00 Darts Bus Fair)  <i>*Please speak with Group staff if you are interested*</i>                      Meet Group at 10:00am</p>	<p><b>19</b> 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                      Soup &amp; Sandwich  <b>DROP IN @ GROUP</b>                      12:30pm-1:00pm  <b>MUSIC THERAPY</b>                      1:30pm — 2:30pm</p>	<p><b>20</b>  <b>CREATIVE EXPRESSIONS</b>                      10:00am– 12:00pm                      Project: Good Luck Charms  <b>Lunch @ 12:00pm</b> (\$2.00)  <b>FUN FRIDAY</b> 1:00pm-2:00pm                      Focus: Sequence  <b>SPRING TIDE BULB SHOW</b>                      4:00pm—6:00pm                      Gage Park Green House (FREE)                      1000 Main St. East                      Picnic Dinner &amp; Art To follow  <b>\$3.00 for Dinner/Art</b>  <b>*FAMILY AND FRIENDS EVENT*</b></p>
<p><b>23</b>  <b>DROP IN @ GROUP</b>                      10:00am-12:00pm  <b>SALVATION ARMY</b> VOL                      1:00pm -3:00pm (80 Bay St.)  <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i>  <b>HAMILTON BULLDOGS</b> VOL                      1:30pm - 2:30pm (101 York Blvd)  <b>WOMEN2WOMEN</b>                      1:00pm-2:30pm                      (Effective Journaling)</p>	<p><b>24</b>  <i>Group Open 10:00am - 3:00pm</i>  <b>PRESENTATION: Staff Training</b>                      By Perry Scott                      10:30am - 11:00am  <b>LUNCH &amp; LEARNING</b>                      11:00am- 12:30pm (\$4.00)                      Meal: Sausage &amp; Vegetable Penne  <b>BRAIN WORKOUT</b>                      1:30pm - 2:00pm</p>	<p><b>25</b> CLINIC WEDNESDAYS  <b>CASE COORDINATION:</b> 10:00am-12:00pm  <b>NURSING</b> 10:00am-11:00am                      Ask Me Anything &amp; Vitals  <b>LUNCH @ 541 EATERY</b>                      541 Barton St. E 12:00pm -1:00pm  <b>*FAMILY AND FRIENDS EVENT*</b>                      Leave Group at 11:00am to take the bus  <b>DROP IN @ GROUP</b>                      1:30pm -2:30pm</p>	<p><b>26</b> GOOD SHEPHERD VOL                      10:00am —12:00pm (155 Cannon St.)  <i>Meet Group at 9:15am to walk.</i>  <b>LUNCH @ GROUP</b> (\$4.00)                      12:30pm - 1:00pm                      Soup &amp; Sandwich  <b>ARMCHAIR TRAVEL</b>                      1:00pm-2:00pm (Jamaica)  <b>GLEE CLUB</b>                      2:00pm — 3:00pm</p>	<p><b>27</b>  <b>CREATIVE EXPRESSIONS</b>                      10:00am– 12:00pm                      Project: In My Control  <b>Lunch @ 12:00pm</b> (\$2.00)  <b>FUN FRIDAY</b> 1:00pm-2:00pm                      Focus: March Jeopardy  <b>WILLIAMS CAFÉ WALK &amp; COFFEE</b>                      5:00pm -7:00pm (47 Discovery Drive)  <i>Meet Group at 5:00pm to go for a spring walk, Coffee to follow at Williams Café.</i>                      Approximately \$5.00—\$10.00  <b>*FAMILY AND FRIENDS EVENT*</b></p>
<p><b>30</b>  <b>DROP IN @ GROUP</b>                      10:00am-12:00pm  <b>SALVATION ARMY</b> VOL                      1:00pm -3:00pm (80 Bay St.)  <i>Leave with Group @ 12:00pm or meet @ Subway for 12:30pm</i>  <b>HAMILTON BULLDOGS</b> VOL                      1:30pm - 2:30pm (101 York Blvd)  <b>WOMEN2WOMEN</b>                      1:00pm-2:30pm                      (Peace of Mind)</p>	<p><b>31</b>  <i>Group Open 10:00am - 3:00pm</i>  <b>GET MOVING: Seated Yoga</b>                      10:30am - 11:00am  <b>LUNCH &amp; LEARNING</b>                      11:00am- 12:30pm (\$4.00)                      Meal: Chicken, Potatoes &amp; Veggies  <b>BRAIN WORKOUT</b>                      1:30pm - 2:00pm</p>	<div style="text-align: center;">  <p>Head Injury Rehabilitation Ontario</p> <p><i>A Promise of Hope After ABI</i></p> <p><b>GROUP SERVICES</b>                      225 King William St.                      Suite 508  <a href="http://www.HIRO.ca">www.HIRO.ca</a></p> </div>		<p><b>Group 2020 Excursion</b>                      April 29, 2020  <b>FREE</b>                        Speak with Beth @ Group for more information or to sign up</p>