

JULY 2021

Group Services Online Virtual Programs Using Microsoft Teams

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We are excited to see you back for IN-PERSON OUTDOOR Programming!</p> <p><i>Speak with your Staff about how to book a time to attend group programs at the park.</i></p>			<p>1 CANADA DAY GROUP CLOSED</p>	<p>2 CREATIVE EXPRESSION (Canada Day Art) 10:30am - 11:00am</p> <p>VIRTUAL FRIDAYS (Canadian Trivia) 6:00pm—7:00pm</p>
<p>5 SHORT STORY REFLECTION 10:30am - 11:30am</p> <p>WOMEN2WOMEN (Open Discussion) 1:00pm - 2:00pm</p>	<p>6 GET MOVING (Seated Exercise)</p> <p>VIRTUAL CLIENT MEETING 1:00 pm-2:00pm</p>	<p>7 CLINIC WEDNESDAY (Behaviour, Therapy - Goals and Reports) 10:30am - 11:00am</p> <p>VIRTUAL VACATIONS (Muskoka, ON) 1:00pm - 2:00pm</p>	<p>8 GET MOVING (Seated Dance) 10:30am - 11:00am</p> <p>THEME THURSDAY (Canadian Celebrities) 1:00pm - 2:00 pm</p>	<p>9 CREATIVE EXPRESSION (Picture Frames) 10:30am - 11:00am</p> <p>VIRTUAL FRIDAYS (Sitcom & Snacks) 6:00pm - 7:00pm</p>
<p>12 SHORT STORY REFLECTION 10:30am - 11:30am</p> <p>WOMEN2WOMEN (Introvert & Extrovert) 1:00pm - 2:00pm</p>	<p>13 GET MOVING (Seated Yoga) 10:30am - 11:00am</p> <p>KAREOKE 1:00pm - 2:00pm</p>	<p>14 VIRTUAL VACATIONS (Niagara Falls, ON) 1:00pm - 2:00pm</p>	<p>15 GET MOVING (Seated Dance) 10:30am - 11:00am</p> <p>THERAPEUTIC THURSDAY (Canadian Proud) 1:00pm - 2:00pm</p>	<p>16 CREATIVE EXPRESSION (One Black Dot) 10:30am - 11:00am</p> <p>VIRTUAL FRIDAYS (Game Challenge) 6:00pm - 7:00pm</p>
<p>19 SHORT STORY REFLECTION 10:30am - 11:30am</p> <p>WOMEN2WOMEN (If I Gave you...) 1:00pm - 2:00pm</p>	<p>20 GET MOVING (Seated Exercise) 10:30am - 11:00am</p>	<p>21 CLINIC WEDNESDAY Medication History 10:30am - 11:00am</p> <p>VIRTUAL VACATIONS (Ottawa, ON) 1:00pm - 2:00pm</p>	<p>22 GET MOVING (Seated Dance) 10:30am - 11:00am</p> <p>THEME THURSDAY (Olympic Bingo) 1:00pm - 2:00 pm</p>	<p>23 CREATIVE EXPRESSION (Creative Canvas) 10:30am - 11:00am</p> <p>VIRTUAL FRIDAYS (Name That Tune) 6:00pm - 7:00pm</p>
<p>26 SHORT STORY REFLECTION 10:30am - 11:30am</p> <p>WOMEN2WOMEN (Let's Get Creative) 1:00pm - 2:00pm</p>	<p>27 GET MOVING (Seated Yoga) 10:30am - 11:00am</p> <p>MUSIC THERAPY (Kristen Anderson) 1:00pm—2:00 pm</p>	<p>28 VIRTUAL VACATIONS (Stratford, ON) 1:00pm - 2:00pm</p>	<p>29 GET MOVING (Seated Dance) 10:30am - 11:00am</p> <p>THERAPEUTIC THURSDAY (Summer Memories) 1:00pm - 2:00pm</p>	<p>30 CREATIVE EXPRESSION (Water Colour) 10:30am - 11:00am</p> <p>VIRTUAL FRIDAYS (Social Night & Chat) 6:00pm - 7:00pm</p>

TO JOIN A VIRTUAL PROGRAM
PLEASE CONTACT THE GROUP
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Head Injury
Rehabilitation
Ontario

A Promise of Hope After ABI