

OCTOBER 2021—VIRTUAL & IN-PERSON PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p data-bbox="1002 212 1507 467">Head Injury Rehabilitation Ontario</p> <p data-bbox="594 521 1507 597"><i>A Promise of Hope After ABI</i></p>				<p data-bbox="2145 201 2499 228">CREATIVE EXPRESSION</p> <p data-bbox="2179 235 2462 263">10:00am - 11:30am</p> <p data-bbox="2241 269 2400 297"><i>Fall Dot Art</i></p> <p data-bbox="2126 303 2515 331">*MUST sign up to ATTEND*</p> <div data-bbox="2099 354 2548 483" style="background-color: yellow; padding: 5px;">  <p data-bbox="2241 354 2408 381">GAGE PARK</p> <p data-bbox="2206 391 2440 418">1:00pm - 2:00pm</p> <p data-bbox="2145 428 2502 456"><i>(Music Therapy with Kristen)</i></p> </div> <div data-bbox="2099 488 2548 618" style="background-color: cyan; padding: 5px;"> <p data-bbox="2188 496 2462 524">VIRTUAL FRIDAYS</p> <p data-bbox="2206 531 2443 558"><i>(Brain Challenge)</i></p> <p data-bbox="2198 565 2451 592">6:00pm - 7:00pm</p> </div>
<p data-bbox="102 634 129 662">4</p> <div data-bbox="129 678 548 841" style="background-color: yellow; padding: 5px;"> <p data-bbox="198 683 473 711">BATTLEFIELD PARK</p> <p data-bbox="252 721 419 748"><i>77 King St. W</i></p> <p data-bbox="204 758 467 786">10:30am - 11:30am</p> <p data-bbox="163 795 508 823"><i>(Short Story Reflections)</i></p> </div> <div data-bbox="129 878 548 1040" style="background-color: cyan; padding: 5px;"> <p data-bbox="142 919 526 946">VIRTUAL WOMEN2WOMEN</p> <p data-bbox="236 956 432 984"><i>(Open Discussion)</i></p> <p data-bbox="223 993 446 1021">1:00pm - 2:00pm</p> </div>	<p data-bbox="577 634 604 662">5</p> <p data-bbox="607 659 1029 686">BRAIN & BODY WORK OUT</p> <p data-bbox="674 704 962 732">10:00am—12:00pm</p> <p data-bbox="577 716 639 776"></p> <p data-bbox="647 745 989 773"><i>Seated Yoga @ 10:30am</i></p> <p data-bbox="628 782 1008 810"><i>Brain Workout @ 11:00am</i></p> <p data-bbox="607 829 1029 857">*MUST sign up to ATTEND*</p> <p data-bbox="639 911 997 938">RECONNECT @ GROUP</p> <p data-bbox="688 948 948 976">1:00pm—3:00pm</p> <p data-bbox="577 948 639 1008"></p> <p data-bbox="647 979 989 1006"><i>Client Meeting @ 1:00pm</i></p> <p data-bbox="696 1016 940 1044"><i>Games @ 2:00pm</i></p> <p data-bbox="607 1055 1029 1083">*MUST sign up to ATTEND*</p>	<p data-bbox="1072 634 1099 662">6</p> <div data-bbox="1107 651 1553 846" style="background-color: yellow; padding: 5px;"> <p data-bbox="1198 659 1462 686">MCQUESTEN PARK</p> <p data-bbox="1166 696 1494 724"><i>1199 Upper Wentworth St.</i></p> <p data-bbox="1198 734 1462 761">10:30am - 11:30am</p> <p data-bbox="1166 771 1494 799"><i>(Walk & Thank You Cards)</i></p> </div> <div data-bbox="1107 889 1553 1068" style="background-color: cyan; padding: 5px;"> <p data-bbox="1120 898 1540 925">VIRTUAL DOCUMENTARIES & DISCUSSION</p> <p data-bbox="1206 935 1454 963">1:00pm - 2:00pm</p> <p data-bbox="1231 972 1430 1000"><i>(Thanksgiving)</i></p> </div>	<p data-bbox="1591 634 1618 662">7</p> <p data-bbox="1620 667 2026 695">BRAIN & BODY WORK OUT</p> <p data-bbox="1688 712 1975 740">10:00am—12:00pm</p> <p data-bbox="1591 716 1653 776"></p> <p data-bbox="1642 753 1999 781"><i>Seated Dance @ 10:30am</i></p> <p data-bbox="1634 790 2007 818"><i>Create a Card @ 11:00am</i></p> <p data-bbox="1620 837 2026 865">*MUST sign up to ATTEND*</p> <p data-bbox="1677 919 1964 946">THEME THURSDAY</p> <p data-bbox="1688 956 1948 984">1:00pm—3:00pm</p> <p data-bbox="1677 993 1948 1021"><i>Jeopardy @ 1:00pm</i></p> <p data-bbox="1696 1031 1929 1058"><i>Games @ 1:00pm</i></p> <p data-bbox="1620 1062 2026 1089">*MUST sign up to ATTEND*</p>	<p data-bbox="2061 634 2088 662">8</p> <p data-bbox="2145 654 2497 682">CREATIVE EXPRESSION</p> <p data-bbox="2179 691 2462 719">10:00am - 11:30am</p> <p data-bbox="2166 725 2475 753"><i>Mason Jar Scare Crow</i></p> <p data-bbox="2126 760 2515 787">*MUST sign up to ATTEND*</p> <div data-bbox="2099 803 2548 933" style="background-color: yellow; padding: 5px;"> <p data-bbox="2241 808 2408 836">GAGE PARK</p> <p data-bbox="2206 846 2440 873">1:00pm - 2:00pm</p> <p data-bbox="2188 883 2459 911"><i>(Thanksgiving Trivia)</i></p> </div> <div data-bbox="2099 954 2548 1084" style="background-color: cyan; padding: 5px;"> <p data-bbox="2188 963 2462 990">VIRTUAL FRIDAYS</p> <p data-bbox="2198 1000 2451 1027"><i>(Sitcoms & Snacks)</i></p> <p data-bbox="2198 1037 2451 1065">6:00pm - 7:00pm</p> </div>
<p data-bbox="110 1110 145 1138">11</p> <div data-bbox="129 1166 548 1312" style="background-color: orange; color: white; text-align: center; padding: 20px;"> <p data-bbox="172 1174 505 1218">CLOSED FOR</p> <p data-bbox="137 1256 540 1300">THANKSGIVING</p> </div> 	<p data-bbox="577 1110 604 1138">12</p> <p data-bbox="607 1135 1029 1162">BRAIN & BODY WORK OUT</p> <p data-bbox="674 1180 962 1208">10:00am—12:00pm</p> <p data-bbox="577 1192 639 1252"></p> <p data-bbox="647 1221 989 1248"><i>Seated Yoga @ 10:30am</i></p> <p data-bbox="628 1258 1008 1286"><i>Brain Workout @ 11:00am</i></p> <p data-bbox="607 1305 1029 1333">*MUST sign up to ATTEND*</p> <p data-bbox="639 1386 997 1414">RECONNECT @ GROUP</p> <p data-bbox="688 1424 948 1451">1:00pm—3:00pm</p> <p data-bbox="715 1458 921 1485"><i>Pool & Games</i></p> <p data-bbox="607 1497 1029 1524">*MUST sign up to ATTEND*</p>	<p data-bbox="1072 1110 1099 1138">13</p> <div data-bbox="1107 1127 1553 1321" style="background-color: yellow; padding: 5px;"> <p data-bbox="1198 1146 1462 1174">MCQUESTEN PARK</p> <p data-bbox="1166 1183 1494 1211"><i>1199 Upper Wentworth St.</i></p> <p data-bbox="1198 1221 1462 1248">10:30am - 11:30am</p> <p data-bbox="1220 1258 1440 1286"><i>(Fall Canvas Art)</i></p> </div> <div data-bbox="1107 1349 1553 1528" style="background-color: cyan; padding: 5px;"> <p data-bbox="1120 1357 1540 1385">VIRTUAL DOCUMENTARIES & DISCUSSION</p> <p data-bbox="1206 1395 1454 1422">1:00pm - 2:00pm</p> <p data-bbox="1220 1432 1440 1459"><i>(A Plastic Wave)</i></p> </div>	<p data-bbox="1591 1110 1618 1138">14</p> <p data-bbox="1620 1135 2026 1162">BRAIN & BODY WORK OUT</p> <p data-bbox="1688 1180 1975 1208">10:00am—12:00pm</p> <p data-bbox="1591 1175 1653 1235"></p> <p data-bbox="1642 1216 1999 1243"><i>Seated Dance @ 10:30am</i></p> <p data-bbox="1688 1253 1948 1281"><i>Bingo @ 11:00am</i></p> <p data-bbox="1620 1300 2026 1328">*MUST sign up to ATTEND*</p> <p data-bbox="1620 1382 2026 1409">THERAPEUTIC THURSDAY</p> <p data-bbox="1688 1419 1948 1446">1:00pm—3:00pm</p> <p data-bbox="1642 1456 1999 1484"><i>Being Thankful @ 1:00pm</i></p> <p data-bbox="1620 1494 2026 1521">*MUST sign up to ATTEND*</p>	<p data-bbox="2061 1110 2088 1138">15</p> <p data-bbox="2145 1130 2497 1157">CREATIVE EXPRESSION</p> <p data-bbox="2179 1167 2462 1195">10:00am - 11:30am</p> <p data-bbox="2174 1201 2467 1229"><i>Tye Dye Pillow Cases</i></p> <p data-bbox="2126 1235 2515 1263">*MUST sign up to ATTEND*</p> <div data-bbox="2099 1279 2548 1409" style="background-color: yellow; padding: 5px;"> <p data-bbox="2241 1284 2408 1312">GAGE PARK</p> <p data-bbox="2206 1321 2440 1349">1:00pm - 2:00pm</p> <p data-bbox="2241 1359 2408 1386"><i>(Washer Toss)</i></p> </div> <div data-bbox="2099 1414 2548 1544" style="background-color: cyan; padding: 5px;"> <p data-bbox="2188 1422 2462 1450">VIRTUAL FRIDAYS</p> <p data-bbox="2241 1459 2408 1487"><i>(Guess Who)</i></p> <p data-bbox="2198 1497 2451 1524">6:00pm - 7:00pm</p> </div>

OCTOBER 2021—VIRTUAL & IN-PERSON PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 10px;"> <p><u>BATTLEFIELD PARK</u> 77 King St. W 10:30am - 11:30am (Short Story Reflections)</p> </div> <div style="background-color: cyan; padding: 5px;"> <p>VIRTUAL WOMEN2WOMEN (Dreams) 1:00pm -2:00pm</p> </div>	<p>19</p> <div style="background-color: #ccc; padding: 5px; margin-bottom: 10px;"> <p><u>BRAIN & BODY WORK OUT</u> 10:00am—12:00pm Seated Yoga @ 10:30am Brain Workout @ 11:00am *MUST sign up to ATTEND*</p> </div> <div style="background-color: green; color: white; padding: 5px;"> <p><u>OPERATION WILD</u> 12:00pm—3:30pm *MUST sign up to ATTEND* Transportation Included</p> </div>	<p>20</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 10px;"> <p><u>MCQUESTEN PARK</u> 1199 Upper Wentworth St. 10:30am - 11:30am Social Work Presentation "Adapting to Post-Pandemic Reality"</p> </div> <div style="background-color: cyan; padding: 5px;"> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (Art Explained)</p> </div>	<p>21</p> <div style="background-color: #ccc; padding: 5px; margin-bottom: 10px;"> <p><u>BRAIN & BODY WORK OUT</u> 10:00am—12:00pm Seated Dance @ 10:30am Group Cross Word @ 11:00am *MUST sign up to ATTEND*</p> </div> <div style="background-color: #ccc; padding: 5px;"> <p><u>THEME THURSDAY</u> 1:00pm—3:00pm Family Feud @1:00pm *MUST sign up to ATTEND*</p> </div>	<p>22</p> <div style="background-color: #ccc; padding: 5px; margin-bottom: 10px;"> <p><u>CREATIVE EXPRESSION</u> 10:00am - 11:30am Painting to Music *MUST sign up to ATTEND*</p> </div> <div style="background-color: yellow; padding: 5px; margin-bottom: 10px;"> <p><u>GAGE PARK</u> 1:00pm -2:00pm (Bingo in the Park)</p> </div> <div style="background-color: cyan; padding: 5px;"> <p><u>VIRTUAL FRIDAYS</u> (Social Night & Chat) 6:00pm—7:00pm</p> </div>
<p>25</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 10px;"> <p><u>BATTLEFIELD PARK</u> 77 King St. W 10:30am - 11:30am (Short Story Reflections)</p> </div> <div style="background-color: cyan; padding: 5px;"> <p>VIRTUAL WOMEN2WOMEN (Halloween) 1:00pm -2:00pm</p> </div>	<p>26</p> <div style="background-color: #ccc; padding: 5px; margin-bottom: 10px;"> <p><u>BRAIN & BODY WORK OUT</u> 10:00am—12:00pm Seated Yoga @ 10:30am Brain Workout @ 11:00am *MUST sign up to ATTEND*</p> </div> <div style="background-color: green; color: white; padding: 5px;"> <p><u>OPERATION WILD</u> 12:00pm—3:30pm *MUST sign up to ATTEND* Transportation Included</p> </div>	<p>27</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 10px;"> <p><u>MCQUESTEN PARK</u> 1199 Upper Wentworth St. 10:30am - 11:30am Nursing Presentation "Cold and Flu Season"</p> </div> <div style="background-color: cyan; padding: 5px;"> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (Ghost Stories)</p> </div>	<p>28</p> <div style="background-color: #ccc; padding: 5px; margin-bottom: 10px;"> <p><u>BRAIN & BODY WORK OUT</u> 10:00am—12:00pm Seated Dance @ 10:30am Halloween Trivia @ 11:00am *MUST sign up to ATTEND*</p> </div> <div style="background-color: #ccc; padding: 5px;"> <p><u>THERAPEUTIC THURSDAY</u> 1:00pm—3:00pm Open Discussion @1:00pm *MUST sign up to ATTEND*</p> </div>	<p>29</p> <div style="background-color: #ccc; padding: 5px; margin-bottom: 10px;"> <p><u>CREATIVE EXPRESSION</u> 10:00am - 11:30am Pumpkin Decorating *MUST sign up to ATTEND*</p> </div> <div style="background-color: yellow; padding: 5px; margin-bottom: 10px;"> <p><u>GAGE PARK</u> 1:00pm -2:00pm (Halloween Games)</p> </div> <div style="background-color: cyan; padding: 5px;"> <p><u>VIRTUAL FRIDAYS</u> (Murder Mysteries) 6:00pm - 7:00pm</p> </div>
<p><u>For Information, Contact a GROUP STAFF</u></p>				
<p><u>Beth Astles</u> Recreation Therapist (Cell Phone: 905-977-7589) bastles@hiro.com</p>	<p><u>Ashley Everets,</u> Recreation Therapist (Cell Phone: 905-973-1906) aeverets@hiro.com</p>	<p><u>Steve Ewing,</u> Case Facilitator (Cell Phone: 905-977-9552) sewing@hiro.com</p>	<div style="background-color: red; color: white; padding: 10px;"> <p><u>BRANTFORD GROUP</u> Friday October 29th Mohawk Park (51 Lynnwood Dr.) 1:30pm -2:30pm</p> </div>	