




SEPTEMBER 2021—VIRTUAL & IN-PERSON PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Head Injury Rehabilitation Ontario</p> <p><i>A Promise of Hope After ABI</i></p>	<p>1</p> <p>MCQUESTEN PARK 1199 Upper Wentworth St. 10:30am - 11:30am (Walk & Jeopardy)</p> <p>VIRTUAL VACATIONS (Burlington) 1:00pm - 2:00pm</p>	<p>2</p> <p>VIRTUAL GET MOVING (Seated Dance) 10:30am - 11:00am</p> <p>THERAPEUTIC THURSDAY (Open Discussion) 1:00pm - 3:00 pm MUST sign up to ATTEND</p>	<p>3</p> <p>CREATIVE EXPRESSION (Droplet Art) 10:00am - 11:30am MUST sign up to ATTEND</p> <p>GAGE PARK 1000 Main St. E 1:00pm - 2:00pm (Everything Nature)</p> <p>VIRTUAL FRIDAYS (Picture It) 6:00pm—7:00pm</p>	
				<p>6</p> <p>CLOSED FOR LABOUR DAY</p>
<p>For Information, Contact a GROUP STAFF</p> <p>Beth Astles, Recreation Therapist (Cell Phone: 905-977-7589) bastles@hiro.com</p> <p>Ashley Everets, Recreation Therapist (Cell Phone: 905-973-1906) aeverets@hiro.com</p> <p>Steve Ewing, Case Facilitator (Cell Phone: 905-977-9552) sewing@hiro.com</p>			<p>Please Sign up for all programs at the Office</p> <p>(GREEN BOXES)</p>	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 5px;"> <p><u>BATTLEFIELD PARK</u> 77 King St. W 10:30am - 11:30am (Short Story Reflections)</p> </div> <div style="background-color: yellow; padding: 5px;">  <p><u>BATTLEFIELD PARK</u> 77 King St. W 1:00pm -2:00pm WOMEN2WOMEN (Open Discussion)</p> </div>	<p>14</p> <div style="background-color: cyan; padding: 5px; margin-bottom: 5px;"> <p><u>VIRTUAL GET MOVING</u> (Seated Yoga) 10:30am - 11:00am</p> </div> <div style="background-color: lightgreen; padding: 5px;"> <p><u>RECONNECT @ GROUP</u> 1:00pm—3:00pm (Wii & Games) *MUST sign up to ATTEND*</p> </div>	<p>15</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 5px;"> <p><u>MCQUESTEN PARK</u> 1199 Upper Wentworth St. 10:30am - 11:30am (Walk & Family Feud)</p> </div> <div style="background-color: cyan; padding: 5px;"> <p><u>VIRTUAL VACATIONS</u> (Thunder Bay) 1:00pm - 2:00pm</p> </div>	<p>16</p> <div style="background-color: cyan; padding: 5px; margin-bottom: 5px;"> <p><u>VIRTUAL GET MOVING</u> (Seated Dance) 10:30am - 11:00am</p> </div> <div style="background-color: lightgreen; padding: 5px;"> <p><u>THERAPEUTIC THURSDAY</u> (Gratitude Workshop) 1:00pm - 3:00pm *MUST sign up to ATTEND*</p> </div>	<p>17</p> <div style="background-color: lightgreen; padding: 5px; margin-bottom: 5px;"> <p><u>CREATIVE EXPRESSION</u> (Fall Signs) 10:00am - 11:30am MUST sign up to ATTEND</p> </div> <div style="background-color: yellow; padding: 5px; margin-bottom: 5px;">  <p><u>GAGE PARK</u> 1000 Main St. E 1:00pm -2:00pm (Music Therapy with Kristen)</p> </div> <div style="background-color: cyan; padding: 5px;"> <p><u>VIRTUAL FRIDAYS</u> (Music Trivia) 6:00pm - 7:00pm</p> </div>
<p>20</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 5px;"> <p><u>BATTLEFIELD PARK</u> 77 King St. W 10:30am - 11:30am (Short Story Reflections)</p> </div> <div style="background-color: yellow; padding: 5px;">  <p><u>BATTLEFIELD PARK</u> 77 King St. W 1:00pm -2:00pm WOMEN2WOMEN (Adapting to Post-Pandemic Reality)</p> </div>	<p>21</p> <div style="background-color: cyan; padding: 5px; margin-bottom: 5px;"> <p><u>VIRTUAL GET MOVING</u> (Seated Yoga) 10:30am - 11:00am</p> </div> <div style="background-color: lightgreen; padding: 5px;"> <p><u>RECONNECT @ GROUP</u> 1:00pm—3:00pm (Pool & Card Games) *MUST sign up to ATTEND*</p> </div>	<p>22</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 5px;"> <p><u>MCQUESTEN PARK</u> 1199 Upper Wentworth St. 10:30am - 11:30am (Walk & Name That Tune)</p> </div> <div style="background-color: cyan; padding: 5px;"> <p><u>VIRTUAL VACATIONS</u> (Share Your Travel Stories) 1:00pm - 2:00pm</p> </div>	<p>23</p> <div style="background-color: cyan; padding: 5px; margin-bottom: 5px;"> <p><u>VIRTUAL GET MOVING</u> (Seated Dance) 10:30am - 11:00am</p> </div> <div style="background-color: lightgreen; padding: 5px;"> <p><u>THEME THURSDAY</u> (Price is Right) 1:00pm - 3:00 pm MUST sign up to ATTEND</p> </div>	<p>24</p> <div style="background-color: lightgreen; padding: 5px; margin-bottom: 5px;"> <p><u>CREATIVE EXPRESSION</u> (3D Art) 10:00am - 11:30am MUST sign up to ATTEND</p> </div> <div style="background-color: yellow; padding: 5px; margin-bottom: 5px;"> <p><u>GAGE PARK</u> 1000 Main St. E 1:00pm -2:00pm (Catch Phrase)</p> </div> <div style="background-color: cyan; padding: 5px;"> <p><u>VIRTUAL FRIDAYS</u> (Social Night & Chat) 6:00pm - 7:00pm</p> </div>
<p>27</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 5px;"> <p><u>BATTLEFIELD PARK</u> 77 King St. W 10:30am - 11:30am (Short Story Reflections)</p> </div> <div style="background-color: yellow; padding: 5px;">  <p><u>BATTLEFIELD PARK</u> 77 King St. W 1:00pm -2:00pm WOMEN2WOMEN (Nature—Part 2)</p> </div>	<p>28</p> <div style="background-color: cyan; padding: 5px; margin-bottom: 5px;"> <p><u>VIRTUAL GET MOVING</u> (Seated Yoga) 10:30am - 11:00am</p> </div> <div style="background-color: lightgreen; padding: 5px;"> <p><u>RECONNECT @ GROUP</u> 1:00pm—3:00pm (Monopoly Tournament) *MUST sign up to ATTEND*</p> </div>	<p>29</p> <div style="background-color: yellow; padding: 5px;"> <p><u>MCQUESTEN PARK</u> 1199 Upper Wentworth St. 10:30am - 11:30am (Walk & Leaf Spray Art)</p> </div>	<p>30</p> <div style="background-color: cyan; padding: 5px; margin-bottom: 5px;"> <p><u>VIRTUAL GET MOVING</u> (Seated Dance) 10:30am - 11:00am</p> </div> <div style="background-color: lightgreen; padding: 5px;"> <p><u>THERAPEUTIC THURSDAY</u> (Truth & Reconciliation Talk) 1:00pm - 3:00pm *MUST sign up to ATTEND*</p> </div>	<p><u>*NEW*</u></p> <div style="background-color: red; color: white; padding: 10px; margin-top: 10px;"> <p>BRANTFORD GROUP Friday September 24th Mohawk Park - (51 Lynnwood Dr.) 1:30pm -2:30pm</p> </div>