













NOVEMBER 2021—VIRTUAL & IN-PERSON PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>SHORT STORY REFLECTION</u> 10:30am - 11:30am *MUST sign up to ATTEND*</p> <p><u>WOMEN2WOMEN</u> 1:00pm - 2:00pm (Open Discussion) *MUST sign up to ATTEND* </p>	<p>2</p> <p>GROUP CLOSED FOR FLU SHOT CLINIC Speak with Group Staff to book a Flu Shot Appointment (Limited Spots Available)</p> <p><u>OPERATION WILD</u> 12:00pm—3:30pm *MUST sign up to ATTEND* Transportation Included <u>Meet @ Group if you are Signed up!</u></p>	<p>3</p> <p><u>VIRTUAL GET MOVING</u> 10:00am - 10:30am (Seated Dance)</p> <p><u>CLINIC WEDNESDAY</u> 11:00am - 11:30am (Accreditation & IPAC)</p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (The Edmund Fitzgerald)</p>	<p>4</p> <p><u>THEME THURSDAY</u> November Jeopardy & Games</p> <p>10:00am - 12:00pm 1:00pm - 3:00pm</p> <p>*MUST sign up to ATTEND - ONE Timeslot Only*</p>	<p>5</p> <p><u>CREATIVE EXPRESSION @GROUP</u> PROJECT: Mason Jar Décor</p> <p>10:00am - 11:30am 1:00pm - 2:30pm *MUST sign up to ATTEND—Please Choose ONE Time Slot*</p> <p><u>VIRTUAL FRIDAYS</u> (Name That Tune) 6:00pm - 7:00pm</p>
<p>8</p> <p><u>SHORT STORY REFLECTION</u> 10:30am - 11:30am *MUST sign up to ATTEND*</p> <p><u>WOMEN2WOMEN</u> 1:00pm - 2:00pm (We Remember) *MUST sign up to ATTEND* </p>	<p>9</p> <p><u>RECONNECT @ GROUP</u> Client Meeting & Drop-In Games 10:00am - 12:00pm  *MUST sign up to ATTEND*</p> <p>FAMILY & FRIENDS EVENT - VIRTUALLY</p> <p><u>OPERATION WILD</u> 12:00pm—3:30pm *MUST sign up to ATTEND* Transportation Included <u>Meet @ Group if you are Signed up!</u></p>	<p>10</p> <p><u>VIRTUAL GET MOVING</u> 10:00am - 10:30am (Seated Yoga)</p> <p><u>CLINIC WEDNESDAY</u> 11:00am - 11:30am (Nursing Presentation - COVID)</p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (Life Lessons from Centurions)</p>	<p>11</p> <p>CLOSED FOR REMEMBRANCE DAY</p> 	<p>12</p> <p><u>CREATIVE EXPRESSION @GROUP</u> PROJECT: All About Me Collage</p> <p>10:00am - 11:30am 1:00pm - 2:30pm *MUST sign up to ATTEND—Please Choose ONE Time Slot*</p> <p><u>VIRTUAL FRIDAYS</u> (Sitcoms & Snacks) 6:00pm - 7:00pm</p>
<p>15</p> <p><u>SHORT STORY REFLECTION</u> 10:30am - 11:30am *MUST sign up to ATTEND*</p> <p><u>WOMEN2WOMEN</u> 1:00pm - 2:00pm (Social Work Presentation—"Adapting to a Post Pandemic Reality PART 2") *MUST sign up to ATTEND* </p>	<p>16</p> <p><u>RECONNECT @ GROUP</u> Presentation & Drop-In Games TOPIC: Privacy & Consent</p> <p>10:00am - 12:00pm 1:00pm - 3:00pm </p> <p>*MUST sign up to ATTEND - ONE Timeslot Only*</p>	<p>17</p> <p><u>VIRTUAL GET MOVING</u> 10:00am - 10:30am (Seated Dance)</p> <p><u>CLINIC WEDNESDAY</u> 11:00am - 11:30am (Social Work - "Isolation & Coping with Loneliness")</p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (Art Explained—Mona Lisa)</p>	<p>18</p> <p><u>THERAPEUTIC THURSDAY</u> Open Discussion & Games</p> <p>10:00am - 12:00pm 1:00pm - 3:00pm *MUST sign up to ATTEND - ONE Timeslot Only*</p>	<p>19</p> <p><u>CREATIVE EXPRESSION @GROUP</u> PROJECT: Flower Art</p> <p>10:00am - 11:30am 1:00pm - 2:30pm *MUST sign up to ATTEND—Please Choose ONE Time Slot*</p> <p><u>VIRTUAL FRIDAYS</u> (Foodie Forum) 6:00pm - 7:00pm</p>

NOVEMBER 2021—VIRTUAL & IN-PERSON PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p><u>SHORT STORY REFLECTION</u> 10:30am - 11:30am *MUST sign up to ATTEND*</p> <p><u>WOMEN2WOMEN</u> 1:00pm - 2:00pm (Gratitude)  *MUST sign up to ATTEND*</p>	<p>23</p> <p><u>RECONNECT @ GROUP</u> Presentation & Drop-In Games TOPIC: Infection Prevention & Control</p> <p>10:00am - 12:00pm 1:00pm - 3:00pm </p> <p>*MUST sign up to ATTEND - ONE Timeslot Only *</p>	<p>24</p> <p><u>VIRTUAL GET MOVING</u> 10:00am - 10:30am (Seated Dance)</p> <p><u>CHECK IN & CHAT</u> 11:00am - 11:30am</p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (Food for the Future)</p>	<p>25</p> <p><u>THEME THURSDAY</u> Catch Phrase & Games</p> <p>10:00am - 12:00pm 1:00pm - 3:00pm</p> <p>*MUST sign up to ATTEND - ONE Timeslot Only *</p>	<p>26</p> <p><u>CREATIVE EXPRESSION @GROUP</u> PROJECT: Abstract Art Techniques 10:00am - 11:30am 1:00pm - 2:30pm *MUST sign up to ATTEND—Please Choose ONE Time Slot*</p> <p><u>BRANTFORD GROUP</u> 1:30pm - 2:30pm Brantwood Community Services (25 Bell Lane) Training Room *MUST sign up to ATTEND*</p> <p><u>VIRTUAL FRIDAYS</u> (Social Night & Chat) 6:00pm—7:00pm</p>
<p>29</p> <p><u>SHORT STORY REFLECTION</u> 10:30am - 11:30am *MUST sign up to ATTEND*</p> <p><u>WOMEN2WOMEN</u> 1:00pm - 2:00pm (Show and Share)  *MUST sign up to ATTEND*</p>	<p>30</p> <p><u>RECONNECT @ GROUP</u> Presentation & Drop-In Games TOPIC: Family Involvement at HIRO</p> <p>10:00am - 12:00pm 1:00pm - 3:00pm </p> <p>*MUSIC THERAPY @ 2:00pm*</p> <p>*MUST sign up to ATTEND - ONE Timeslot Only *</p>	<p><u>REMINDERS for our UPDATED Group Calendar:</u></p> <p>All Programs listed on the Calendar, if not specified will take place at the Group Office (225 King William).</p> <p>All Programs in a Blue Box will be VIRTUAL ONLY!</p> <p>All Programs in a GREEN Box will be In the Community</p> <p>All Programs in a PINK Box will be in Brantford!</p> <p>Programs with this Logo:  Will be offered Virtually, as well as In-Person.</p>		
<p><u>For Information, Contact a GROUP STAFF</u></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> Head Injury Rehabilitation Ontario <i>A Promise of Hope After ABI</i></p>