

JANUARY 2022—VIRTUAL PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>GROUP CLOSED FOR NEW YEARS</p> 	<p>4</p> <p><u>VIRTUAL GET MOVING</u> 10:30 am - 11:30 am (Seated Dance)</p> <p><u>VIRTUAL CLIENT MEETING</u> 1:00pm - 2:00pm <i>Join group to hear about updates and have your say!</i></p>	<p>5</p> <p><u>VIRTUAL CLINIC WEDNESDAY</u> 11:00am - 11:30am (Jen Hendry -Equipment Safety)</p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (Titanic)</p>	<p>6</p> <p><u>VIRTUAL GET MOVING</u> 10:30 am - 11:30 am (Seated Yoga)</p> <p><u>VIRTUAL THERAPEUTIC THURSDAY</u> 1:00pm - 3:00pm (New Years Goals & Resolutions)</p>	<p>7</p> <p><u>VIRTUAL CREATIVE EXPRESSIONS</u> <i>PROJECT: Picture Frames</i> 10:30am - 11:30am</p> <p><u>VIRTUAL CREATIVE WRITING</u> 1:00pm - 2:00pm <i>Join Group to write about a different topic each week.</i></p> <p><u>VIRTUAL FRIDAYS</u> 6:00pm - 7:00pm (Family Feud)</p>
<p>10</p> <p><u>VIRTUAL SHORT STORY REFLECTION</u> 10:30 am - 11:30 am</p> <p><u>VIRTUAL WOMEN2WOMEN</u> 1:00pm –3:00pm (Creative Writing)</p>	<p>11</p> <p><u>VIRTUAL GET MOVING</u> 10:30 am - 11:30 am (Seated Dance)</p> <p><u>BAKING WITH BETH</u> 1:00 pm—2:00 pm (No Bake Energy Bites)</p>	<p>12</p> <p><u>VIRTUAL CHECK IN & CHAT</u> 11:00am - 11:30am</p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (The Extraterrestrial Truth)</p>	<p>13</p> <p><u>VIRTUAL GET MOVING</u> 10:30 am - 11:30 am (Seated Yoga)</p> <p><u>VIRTUAL THEME THURSDAY</u> 1:00pm - 3:00pm (January Jeopardy)</p>	<p>14</p> <p><u>VIRTUAL CREATIVE EXPRESSIONS</u> <i>PROJECT: Button Art</i> 10:30am - 11:30am</p> <p><u>VIRTUAL CREATIVE WRITING</u> 1:00pm - 2:00pm <i>Join Group to write about a different topic each week.</i></p> <p><u>VIRTUAL FRIDAYS</u> 6:00pm - 7:00pm (Sitcoms & Snacks)</p>
<p>17</p> <p><u>VIRTUAL SHORT STORY REFLECTION</u> 10:30 am - 11:30 am</p> <p><u>VIRTUAL WOMEN2WOMEN</u> 1:00pm –3:00pm (Social Work —Practicing Mindfulness)</p>	<p>18</p> <p><u>VIRTUAL GET MOVING</u> 10:30 am - 11:30 am (Seated Dance)</p> <p><u>VIRTUAL MUSIC THERAPY</u> 1:00pm —2:00pm <i>Join Kristen Anderson for an hour of Music!</i></p>	<p>19</p> <p><u>VIRTUAL CLINIC WEDNESDAY</u> 11:00am - 11:30am Social Work: <i>Sense of Self</i></p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (Facts about Dreams)</p>	<p>20</p> <p><u>VIRTUAL GET MOVING</u> 10:30 am - 11:30 am (Seated Yoga)</p> <p><u>VIRTUAL THERAPEUTIC THURSDAY</u> 1:00pm - 3:00pm (Open Discussion)</p>	<p>21</p> <p><u>VIRTUAL CREATIVE EXPRESSIONS</u> 10:30—11:30 <i>PROJECT: Snowflake Art</i></p> <p><u>VIRTUAL CREATIVE WRITING</u> 1:00pm - 2:00pm <i>Join Group to write about a different topic each week.</i></p> <p><u>VIRTUAL FRIDAYS</u> 6:00pm - 7:00pm (Guess Who)</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24</p> <p><u>VIRTUAL SHORT STORY REFLECTION</u> 10:30 am - 11:30 am</p> <p><u>VIRTUAL WOMEN2WOMEN</u> 1:00pm –2:00pm (Your Reset Button)</p>	<p>25</p> <p><u>VIRTUAL GET MOVING</u> 10:30 am - 11:30 am (Seated Dance)</p> <p><u>PRESENTATION: CYBER SECURITY</u> 1:00pm —2:00pm Presented by Jeff Peters</p>	<p>26</p> <p><u>VIRTUAL CHECK IN & CHAT</u> 11:00am - 11:30am</p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (The Lost Forest)</p>	<p>27</p> <p><u>VIRTUAL GET MOVING</u> 10:30 am - 11:30 am (Seated Yoga)</p> <p><u>VIRTUAL THEME THURSDAY</u> 1:00pm - 3:00pm (Virtual Bingo)</p>	<p>28</p> <p><u>VIRTUAL CREATIVE EXPRESSIONS</u> 10:30—11:30 <i>PROJECT: Geometric Art</i></p> <p><u>VIRTUAL CREATIVE WRITING</u> 1:00pm - 2:00pm <i>Join Group to write about a different topic each week.</i></p> <p><u>VIRTUAL FRIDAYS</u> 6:00pm - 7:00pm (Social Night & Chat)</p>

<p>31</p> <p><u>VIRTUAL SHORT STORY REFLECTION</u> 10:30 am - 11:30 am</p> <p><u>VIRTUAL WOMEN2WOMEN</u> 1:00pm –3:00pm (Show and Share)</p>
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All Group Programming will take place **VIRTUALLY** over **MICROSOFT TEAMS**

Speak with a Group Staff for the links or for more programming information.



For Information, Contact a GROUP STAFF

Beth Astles
Recreation Therapist
(Cell Phone: 905-977-7589)
bastles@hiro.ca

Ashley Everets,
Recreation Therapist
(Cell Phone: 905-973-1906)
aeverets@hiro.ca

Steve Ewing,
Case Facilitator
(Cell Phone: 905-977-9552)
sewing@hiro.ca



Head Injury
Rehabilitation
Ontario

A Promise of Hope After ABI