







APRIL 2022 "New Beginnings and a Fresh Start"

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p><u>CASE COORDINATION with Jess</u></p> <p>Meet with Jessica Bagu on Thursdays from 1:00pm - 3:00pm</p> <p>Things she can Address:</p> <ul style="list-style-type: none"> Assistance with Forms Community Resources Problem Solving <p>VIRTUAL and IN-PERSON Services Offered.</p> | <h2 style="color: white;">Welcome Back to In-Person Programming!</h2> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>Wear Your Mask</p>  </div> <div style="text-align: center;"> <p>Stay Home if you are Sick</p>  </div> <div style="text-align: center;"> <p>Proof of Vaccination</p>  </div> </div> | | | <p>1 CREATIVE EXPRESSION PROJECT: <i>New Beginnings Tree</i> 10:00am - 11:30am</p> <p>FUN FRIDAYS <i>What do you Meme—Funny Pictures</i> 1:00pm - 2:30pm</p> <p>FRIDAY NIGHT @ GROUP 5:30—7:00 Start New with a Focus on You</p> |
| <p>4</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>(Open Discussion)</i></p>  | <p>5</p> <p>FOOD & KITCHEN SAFETY  10:00am - 11:00am <i>Presentation by a Peer</i></p> <p>CLIENT MEETING  11:00am - 12:00</p> <p>FAMILY & FRIENDS EVENT - VIRTUALLY</p> <p>GAGE PARK GREEN HOUSE <i>(1000 Main St. East—off Lawrence Rd. Parking Lot)</i> 1:00pm - 3:00pm</p> | <p>6</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CLINIC WEDNESDAY 11:00am - 11:30am <i>NURSING: Sexuality</i></p> <p>FAMILY & FRIENDS EVENT</p> <p>VIRTUAL TRIVIA 1:00pm - 2:00pm <i>(April Jeopardy)</i></p> | <p>7</p> <p>GET MOVING 10:00am - 11:00am</p> <p>DROP-IN 11:00am - 12:00pm</p> <p>THERAPEUTIC THURSDAY <i>Open Discussion - World Health</i> 1:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p> | <p>8</p> <p>CREATIVE EXPRESSION PROJECT: <i>Swing Art</i> 10:00am - 11:30am</p> <p>FUN FRIDAYS <i>Gazenbond</i> 1:00pm - 2:30pm</p> <p>FRIDAY NIGHT @GROUP <i>Walk on the Wild Side</i> 5:30—7:00</p> |
| <p>11</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>(Easter Memories)</i></p>  | <p>12</p> <p>FOOD & KITCHEN SAFETY  10:00am - 11:00am <i>Presentation by a Peer</i></p> <p>BRAIN WORK-OUT 11:00am - 12:00pm</p> <p>BULLDOGS VOLUNTEERING 1:00pm - 3:00pm (101 York Blvd) *MUST RSVP with Group Staff*</p> | <p>13</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Yoga)</i></p> <p>VIRTUAL CHECK IN & CHAT 11:00am - 11:30am</p> <p>VIRTUAL EASTER CELEBRATION 1:00pm - 2:00pm <i>(Art, Games and Trivia)</i></p> | <p>14</p> <p>GET MOVING 10:00am - 11:00am</p> <p>DROP-IN 11:00am - 12:00pm</p> <p>THEME THURSDAY <i>Easter Celebration</i> 1:00pm - 3:00pm</p> <p>CASE COORDINATION with Jess 1:00pm - 3:00pm</p> | <p>CLOSED FOR EASTER</p>  |

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|--|--|---|--|---|
| <p>18</p> <p style="text-align: center;">CLOSED FOR EASTER</p> <div style="text-align: center;">  </div> | <p>19</p> <p><u>FOOD & KITCHEN SAFETY</u>  10:00am - 11:00am <i>Presentation by a Peer</i></p> <p><u>BRAIN WORK-OUT</u> 11:00am - 12:00pm</p> <div style="background-color: yellow; padding: 5px;"> <p><u>BOWLING @ MOUNTAIN LANES</u> <i>(335 Upper Wentworth)</i> 1:00pm - 3:00pm \$9.00 for bowling & Shoes</p> </div> | <p>20</p> <div style="background-color: #e0f7fa; padding: 5px;"> <p><u>VIRTUAL GET MOVING</u> 10:00am - 10:30am <i>(Seated Dance)</i></p> <p><u>VIRTUAL CLINIC WEDNESDAY</u> 11:00am - 11:30am SOCIAL WORK: <i>Social Determinants of Health</i> FAMILY & FRIENDS EVENT</p> <p><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm <i>(Money & Greed)</i></p> </div> | <p>21</p> <p><u>GET MOVING</u> 10:00am - 11:00am</p> <p><u>DROP-IN</u> 11:00am - 12:00pm</p> <p><u>THERAPEUTIC THURSDAY</u> <i>Earth Day Discussion & Jeopardy</i> 1:00pm - 3:00pm</p> <p><u>CASE COORDINATION with Jess</u> 1:00pm - 3:00pm</p> | <p>22</p> <p><u>CREATIVE EXPRESSION @GROUP</u> <i>PROJECT: Recycled Art</i> 10:00am - 11:30am</p> <p><u>FUN FRIDAYS</u> 1:00pm - 2:30pm Endangered Species Game</p> <p><u>FRIDAY NIGHT @ GROUP</u>  Music Therapy Concert with Kristen 5:30—7:00</p> |
| <p>25</p> <p><u>SHORT STORY REFLECTION</u> 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p><u>WOMEN2WOMEN</u>  1:00pm - 2:30pm <i>(Emotional First Aid Kit)</i></p> | <p>26</p> <p><u>FOOD & KITCHEN SAFETY</u>  10:00am - 11:00am <i>Presentation by a Peer</i></p> <p><u>BRAIN WORK-OUT</u> 11:00am - 12:00pm</p> <div style="background-color: yellow; padding: 5px;"> <p><u>MCQUESTEN PARK WALK</u> <i>(999 Upper Wentworth—meet at Old Navy Doors)</i> 1:00pm - 3:00pm Walk & Scavenger Hunt</p> </div> | <p>27</p> <div style="background-color: #e0f7fa; padding: 5px;"> <p><u>VIRTUAL GET MOVING</u> 10:00am - 10:30am <i>(Seated Yoga)</i></p> <p><u>VIRTUAL CHECK IN & CHAT</u> 11:00am - 11:30am</p> <p><u>VIRTUAL CREATIVE EXPRESSIONS</u> 1:00pm - 2:00pm <i>(Ripped Paper Art)</i></p> </div> | <p>28</p> <p><u>GET MOVING</u> 10:00am - 11:00am</p> <p><u>DROP-IN</u> 11:00am - 12:00pm</p> <p><u>THEME THURSDAY</u> <i>Fresh Start Activity</i> 1:00pm - 3:00pm</p> <p><u>CASE COORDINATION with Jess</u> 1:00pm - 3:00pm</p> | <p>29</p> <p><u>CREATIVE EXPRESSION @GROUP</u> <i>PROJECT: Puzzle Art</i> 10:00am - 11:30am</p> <p><u>FUN FRIDAYS</u> <i>Euchre</i> 1:00pm - 2:30pm</p> <div style="background-color: yellow; padding: 5px;"> <p><u>BRANTFORD GROUP</u> 1:30pm - 2:30pm Theme: Let's Get Creative! Brantwood Community Services *MUST sign up to ATTEND*</p> </div> <p><u>FRIDAY NIGHT @ GROUP</u> 5:30—7:00 Bingo @ Group (\$1.00 Per Card)</p> |

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