







# AUGUST 2022 "Colour Your World"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>CLOSED FOR THE CIVIC HOLIDAY</b>	<b>2</b> <b>CLIENT MEETING</b> 10:00am - 11:00am <b>FAMILY &amp; FRIENDS EVENT - VIRTUALLY</b> <b>BRAIN WORK-OUT &amp; DROP-IN</b> 11:00am - 12:00pm <b>MCQUESTEN PARK WALK</b> <i>(1199 Upper Wentworth—leave at 12:15 to take the bus)</i> 1:30pm - 3:00pm <u>Walk &amp; Games in the Park</u>	<b>3</b> <b>VIRTUAL GET MOVING</b> 10:00am - 10:30am <i>(Seated Dance)</i> <b>VIRTUAL CHECK IN &amp; CHAT</b> 11:00am - 11:30am <b>VIRTUAL VACATIONS</b> 1:00pm - 2:00pm <i>(London, England)</i>	<b>4</b> <b>THERAPEUTIC THURSDAY</b> <i>True Colours Personality Test</i> 10:00am - 12:00pm <b>GET MOVING</b> 1:00pm - 2:00pm <b>DROP-IN &amp; ABSTRACT ART</b> 2:00pm - 3:00pm	<b>5</b> <b>CREATIVE EXPRESSION</b> <i>PROJECT: Friendship Bracelets</i> 10:00am - 12:00pm <b>FUN FRIDAYS</b> <i>Rummoli</i> 1:00pm - 3:00pm <b>VIRTUAL FRIDAY NIGHT</b> <i>Telestrations Game</i> 6:00pm—7:00pm
<b>8</b> <b>SHORT STORY REFLECTION</b> 10:00am - 12:00pm <i>Drop-In to follow Story</i> <b>WOMEN2WOMEN</b> 1:00pm - 2:30pm <i>(Open Discussion in the Park)</i> McQuesten Park— 1199 Upper Wentworth (Pavilion) <b>NO VIRTUAL OPTION</b>	<b>9</b> <b>BOWLING @ MOUNTAIN LANES</b> <i>(335 Upper Wentworth—Meet at Bowling)</i> 10:30am - 11:30am <u>\$9.00 for bowling &amp; Shoes</u> <b>BRAIN WORK-OUT &amp; DROP-IN</b> 1:00pm - 2:00pm <b>HIGH-TECH VOLLEYBALL</b> <i>(Bump)</i> 2:00pm - 3:00pm	<b>10</b> <b>VIRTUAL GET MOVING</b> 10:00am - 10:30am <i>(Seated Yoga)</i> <b>VIRTUAL CLINIC WEDNESDAY</b> 11:00am - 11:30am <i>NURSING: Healthy Skin</i> <b>FAMILY &amp; FRIENDS EVENT</b> <b>VIRTUAL TRIVIA</b> 2:00pm - 3:00pm <i>(August Jeopardy)</i>	<b>11</b> <b>THEME THURSDAY</b> <i>August Jeopardy</i> <b>GET MOVING</b> 1:00pm - 2:00pm <b>DROP-IN</b> 2:00pm - 3:00pm <b>CASE COORDINATION with Jessica Bagu</b> 1:00pm - 3:00pm	<b>12</b> <b>CREATIVE EXPRESSION</b> <i>PROJECT: Colourful Favourites</i> 10:00am - 12:00pm <b>FUN FRIDAYS</b> <i>Colour Matching</i> 1:00pm - 3:00pm <b>VIRTUAL FRIDAY NIGHT</b> <i>True Colours</i> 6:00pm—7:00pm
<b>15</b> <b>SHORT STORY REFLECTION</b> 10:00am - 12:00pm <i>Drop-In to follow Story</i> <b>WOMEN2WOMEN</b> 1:00pm - 2:30pm <i>(Summer Memories)</i> 	<b>16</b> <b>BRAIN WORK-OUT &amp; DROP-IN</b> 10:00am - 11:00am <b>HIGH-TECH VOLLEYBALL</b> <i>(Set)</i> 11:00am - 12:00pm <b>GAGE PARK—MUSIC THERAPY</b> <i>(1000 Main St. East—off Lawrence Rd. Parking Lot)</i> <i>Leave from group at 12:30 to take the bus</i> 1:30pm - 3:00pm	<b>17</b> <b>VIRTUAL GET MOVING</b> 10:00am - 10:30am <i>(Seated Fitness)</i> <b>VIRTUAL CHECK IN &amp; CHAT</b> 11:00am - 11:30am <b>SHORT STORY REFLECTION</b> 1:00pm - 2:00pm	<b>18</b> <b>THEME THURSDAY</b> <i>Paint by Number</i> 10:00am - 12:00pm <b>GET MOVING</b> 1:00pm - 2:00pm <b>DROP-IN</b> 2:00pm - 3:00pm <b>CASE COORDINATION with Jessica Bagu</b> 1:00pm - 3:00pm	<b>19</b> <b>CREATIVE EXPRESSION</b> <i>PROJECT: Sensory Mandela's</i> 10:00am - 12:00pm <b>FUN FRIDAYS</b> <i>Game Extravaganza</i> 1:00pm - 3:00pm <b>VIRTUAL FRIDAY NIGHT</b> <i>Picture This</i> 6:00pm—7:00pm

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>22</b></p> <p><b>SHORT STORY REFLECTION</b> 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm ( Interior Design on a Budget)</p> 	<p><b>23</b></p> <p><b>BRAIN WORK-OUT &amp; DROP-IN</b> 10:00am - 11:00am</p> <p><b>HIGH-TECH VOLLEYBALL</b> <i>(Spike)</i> 11:00am - 12:00pm</p> <p><b>BATTLEFIELD &amp; ART in the PARK</b> (77 King St. W- Leave with Group at 12:15 to take the bus) 1:30pm - 3:00pm <u>Art in the Gazebo</u></p>	<p><b>24</b></p> <p><b>VIRTUAL GET MOVING</b> 10:00am - 10:30am (Seated Dance)</p> <p><b>VIRTUAL CLINIC WEDNESDAY</b> 11:00am - 11:30am HAND HYGIENE CHAMPION Client Presentation <b>FAMILY &amp; FRIENDS EVENT</b></p> <p><b>VIRTUAL DOCUMENTARIES &amp; DISCUSSION</b> 1:00pm - 2:00pm (Colours in Sight)</p>	<p><b>25</b></p> <p><b>THEME THURSDAY</b> <i>Tye Dye Bandanas</i> 10:00am - 12:00pm</p> <p><b>GET MOVING</b> 1:00pm - 2:00pm</p> <p><b>DROP-IN</b> 2:00pm - 3:00pm</p> <p><b>CASE COORDINATION with Jessica Bagu</b> 1:00pm - 3:00pm</p>	<p><b>26</b></p> <p><b>CREATIVE EXPRESSION</b> <i>PROJECT: Abstract Art</i> 10:00am - 12:00pm</p> <p><b>FUN FRIDAYS</b> <i>Shuffle Board</i> 1:00pm - 3:00pm</p> <p><b>VIRTUAL FRIDAY NIGHT</b> Colourful Art 6:00pm—7:00pm</p> 
<p><b>29</b></p> <p><b>SHORT STORY REFLECTION</b> 10:00am - 11:00am <i>Drop-In to follow Story</i></p> <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm ( Let's Get Creative)</p> 	<p><b>30</b></p> <p><b>BRAIN WORK-OUT</b> 10:00am - 11:00am</p> <p><b>DROP-IN</b> 11:00am - 12:00pm</p> <p><b>COPPS PIER - SPORTS &amp; WALK</b> (47 Discovery Dr. - Leave with Group at 12:30 to take the bus) 1:30pm - 3:00pm <u>Take a tour of the new Copps Pier and practise your volleyball skills</u></p> <p><b>HIGH-TECH VOLLEYBALL</b> <i>(Match)</i> 2:00pm - 2:30 pm</p>	<p><b>31</b></p> <p><b>VIRTUAL GET MOVING</b> 10:00am - 10:30am (Seated Yoga)</p> <p><b>VIRTUAL CHECK IN &amp; CHAT</b> 11:00am - 11:30am</p> <p><b>VIRTUAL CREATIVE EXPRESSIONS</b> 1:00pm - 2:00pm (Sensory Mandela's)</p>	<p><b><u>Have you heard of the Oculus?</u></b></p> <p>Oculus is a <b>virtual reality headset</b> that offers a 1:1 experience while safely seated. Group will be offering <b>1:1 sessions</b>.</p> <p><i>Please speak with a Group staff to Book an appointment for a 30 minute Virtual Reality Meditation experience.</i></p> 	
<p><b><u>For Information, Contact a GROUP STAFF</u></b></p> <p><b>Beth Astles</b> Recreation Therapist (Cell Phone: 905-977-7589) <a href="mailto:bastles@hiro.ca">bastles@hiro.ca</a></p> <p><b>Ashley Everets</b> Recreation Therapist (Cell Phone: 905-973-1906) <a href="mailto:aeverets@hiro.ca">aeverets@hiro.ca</a></p>		<p><b><u>CALENDAR LEGEND</u></b></p> <p><b>COMMUNITY PROGRAM</b> <b>VIRTUAL PROGRAM</b> <b>CASE COORDINATION</b> <b>Both Virtual &amp; In-PERSON</b> </p>		 <p>Head Injury Rehabilitation Ontario</p> <p><i>A Promise of Hope After ABI</i></p>