








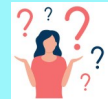





NOVEMBER 2022—Science & Exploration

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>NOVEMBER HIGHLIGHTS:</u></p> <p>GROUP CLOSED for Remembrance Day</p> <p>Triple C Farms, Goat Pet Therapy Tuesday November 15</p> <p>Hamilton Bulldogs Game Wednesday November 16</p> <p>Music Therapy @ Group Tuesday November 22</p>	<p>1 CLIENT MEETING  10:00am - 11:00am FAMILY & FRIENDS EVENT - VIRTUALLY</p> <p>BRAIN WORK-OUT & DROP-IN 11:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 12:30pm</p> <p style="background-color: yellow;">LIMERIDGE MALL SCAVENGER HUNT (1199 Upper Wentworth—leave at 12:30 to take the bus) 1:30pm - 3:00pm Scavenger Hunt and Walk</p>	<p>2</p> <p style="text-align: center;"><u>VIRTUAL GET MOVING</u> 10:00am - 10:30am (Seated Dance)</p> <p style="text-align: center;"><u>VIRTUAL CHECK IN & CHAT</u> 10:30am - 11:00am</p> <p style="text-align: center;"><u>VIRTUAL BOARD GAME</u> 11:00 pm—2:00 pm (Join us to play a virtual Board game with peers.)</p>	<p>3 THEME THURSDAY</p> <p><i>Space Exploration</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC - Karaoke 1:30pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p style="background-color: #e0e0ff;">CASE COORDINATION (Jessica Bagu) 1:00pm -3:00pm</p>	<p>4</p> <p>CREATIVE EXPRESSION <i>PROJECT: Galaxy Jars</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS <i>Euchre Tournament</i> 1:00pm - 3:00pm</p> <p style="background-color: #e0ffff;">VIRTUAL FRIDAY NIGHT <i>Roll and Cover Game</i> 6:00pm—7:00pm</p> 
<p>7</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>WOMEN2WOMEN 1:00pm -2:30pm (Open Discussion)</p> <p style="background-color: yellow;">BULLDOGS VOLUNTEERING 1:30pm - 2:30pm (Meet at 101 York St.) MUST SIGN UP WITH STAFF</p>	<p>8</p> <p>SCIENCE 101 10:00am - 11:00am</p> <p>BRAIN WORK-OUT & DROP-IN 11:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 12:30pm</p> <p style="background-color: yellow;">BOWLING @ MOUNTAIN LANES (335 Upper Wentworth—Leave with Group at 12:30 to take the bus) 1:30pm - 2:30pm \$9.00 for bowling & shoes </p>	<p>9</p> <p style="text-align: center;"><u>VIRTUAL GET MOVING</u> 10:00am - 10:30am (Seated Yoga)</p> <p style="text-align: center;"><u>VIRTUAL CLINIC WEDNESDAY</u> 10:30am - 11:00am <i>NURSING: Accessing Emergency Services</i></p> <p style="text-align: center;">FAMILY & FRIENDS EVENT</p> <p style="text-align: center;"><u>VIRTUAL DOCUMENTARIES & DISCUSSION</u> 1:00pm - 2:00pm (Remembrance Day Discussion)</p>	<p>10</p> <p>THEME THURSDAY <i>Remembrance Day Reflection</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC - Name That Tune 1:30pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p style="background-color: #e0e0ff;">CASE COORDINATION (Jessica Bagu) 1:00pm -3:00pm</p>	<p>11</p> <p>GROUP CLOSED FOR REMEMBRANCE DAY</p> 
<p>14</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>WOMEN2WOMEN 1:00pm -2:30pm (Life Passions) </p> <p style="background-color: yellow;">BULLDOGS VOLUNTEERING 1:30pm - 2:30pm (Meet at 101 York St.) MUST SIGN UP WITH STAFF</p>	<p>15</p> <p>SCIENCE 101 10:00am - 11:00am</p> <p>BRAIN WORK-OUT & DROP-IN 11:00am - 12:00pm</p> <p>PIZZA LUNCH @ GROUP \$5.00 12:00pm - 1:00pm (Pizza, Drink & Chips)</p> <p>PET THERAPY @ GROUP  1:00pm - 2:00pm <i>Triple C Farms will be bringing a group of baby goats to the group room to interact and visit with.</i></p> <p>DROP IN TO FOLLOW 2:00pm - 3:00pm</p>	<p>16</p> <p style="text-align: center;"><u>HAMILTON BULLDOGS GAME</u></p> <p style="text-align: center;">10:30am - 1:00pm</p> <div style="text-align: center; background-color: yellow; padding: 5px;"></div> <p style="text-align: center;">MUST BE SIGNED up to attend as tickets are limited.</p> <p style="text-align: center;">Speak with Beth to book your Spot.</p> <p style="text-align: center;"><i>Meet Group Staff at the Box office Doors @10:00 or walk with staff from group at 9:30</i></p>	<p>17</p> <p>THEME THURSDAY <i>Life Experiment</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC - Karaoke 1:30pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p style="background-color: #e0e0ff;">CASE COORDINATION (Jessica Bagu) 1:00pm -3:00pm</p>	<p>18</p> <p>CREATIVE EXPRESSION <i>PROJECT: Salt Water Science</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS <i>BINGO</i> 1:00pm - 3:00pm</p> <p style="background-color: #e0ffff;">VIRTUAL FRIDAY NIGHT <i>Science Myth Busters</i> 6:00pm—7:00pm</p> 

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>(Groceries on a Budget)</i></p>  <p>BULLDOGS VOLUNTEERING 1:30pm - 2:30pm <i>(Meet at 101 York St.)</i> MUST SIGN UP WITH STAFF</p>	<p>22</p> <p>SCIENCE 101 10:00am - 11:00am</p> <p>BRAIN WORK-OUT & DROP-IN 11:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>MUSIC THERAPY @ GROUP <i>With Kristen Anderson</i></p>  <p>DROP IN 2:00pm—3:00pm</p>	<p>23</p> <p>VIRTUAL GET MOVING 10:00am - 10:30am <i>(Seated Dance)</i></p> <p>VIRTUAL CHECK IN & CHAT 10:30am - 11:00am</p> <p>VIRTUAL MUSIC PROGRAM 1:00pm - 2:00pm <i>(Name that Tune and Music Trivia)</i></p>	<p>24</p> <p>THEME THURSDAY <i>Holiday Centrepiece Creation</i> <i>(Join us to help with Holiday Party Preparations)</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC - Music Trivia 1:30pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p>CASE COORDINATION (Jessica Bagu) 1:00pm - 3:00pm</p>	<p>25</p> <p>CREATIVE EXPRESSION <i>PROJECT: Wax Melting Art</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS <i>Shut the Box</i></p> <p>BRANTFORD GROUP 1:30pm - 2:30pm or 2:30pm - 3:30pm Theme: Let's Get Creative Brantwood Community Services *MUST sign up to ATTEND*</p> <p>VIRTUAL FRIDAY NIGHT <i>What am I?</i></p>  <p>6:00pm—7:00pm</p>
<p>28</p> <p>SHORT STORY REFLECTION 10:00am - 12:00pm <i>Drop-In to follow Story</i></p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>(Let's Get Creative)</i></p>  <p>BULLDOGS VOLUNTEERING 1:30pm - 2:30pm <i>(Meet at 101 York St.)</i> MUST SIGN UP WITH STAFF</p>	<p>29</p> <p>SCIENCE 101 10:00am - 11:00am</p> <p>BRAIN WORK-OUT & DROP-IN 11:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>AFTERNOON MOVIE @ GROUP 1:00pm - 2:30pm</p> 	<p>30</p> <p>PROGRAMMING CANCELLED FOR THE MORNING</p> <p>VIRTUAL TRIVIA 1:00pm - 2:00pm <i>(November Jeopardy)</i></p>	<p>The Multi-Sensory Room is Back!</p> <p>Group will be booking spots to attend and experience the Sensory Room at Mohawk College.</p> <p>All appointments must be booked through Group. Currently these will take place on Monday Mornings between 9:00am and 11:00am.</p> <p>Speak with Beth to book</p>	<p>OCULUS Appointments at Group</p> <p>Book a 30 minute session at Group Services to try out Virtual Reality Relaxation Experience.</p> <p>Offered on: Thursdays Fridays</p> 

For Information, Contact a GROUP STAFF

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CALENDAR LEGEND

COMMUNITY PROGRAM

VIRTUAL PROGRAM

CASE COORDINATION

Both Virtual & In-PERSON




Head Injury Rehabilitation Ontario

A Promise of Hope After ABI