











# JANUARY 2023—OPPOSITES ATTRACT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>GROUP CLOSED FOR NEW YEARS</div> <div></div>	<div>3</div> <div>CLIENT MEETING 10:00am - 11:00am</div> <div></div> <div>FAMILY &amp; FRIENDS EVENT - VIRTUALLY</div> <div>BRAIN WORK-OUT &amp; DROP-IN 11:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 12:30pm</div> <div>COMMUNITY WALK (1:30pm - 2:00pm) Join Group for a New Year Walk in the Community to ring in the new year</div> <div>NEW YEAR RESOLUTION DISCUSSION 2:00pm—3:00pm</div>	<div>4</div> <div>VIRTUAL GET MOVING 10:00am - 10:30am (Seated Yoga)</div> <div>VIRTUAL CHECK IN &amp; CHAT 10:30am - 11:00am</div> <div>VIRTUAL TRIVIA 1:00pm - 2:00pm (January Jeopardy)</div>	<div>5</div> <div>THEME THURSDAY 2022 Year in Review 10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>GET MOVING 1:00pm - 1:30pm</div> <div>FEEL THE MUSIC - Karaoke 1:30pm - 2:00pm</div> <div>DROP-IN 2:00pm - 3:00pm</div>	<div>6</div> <div>CREATIVE EXPRESSION PROJECT: Matching Art 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>FUN FRIDAYS Shut the Box 1:00pm - 3:00pm</div> <div>VIRTUAL FRIDAY NIGHT Guess the Opposite 6:00pm—7:00pm</div> <div></div>
	<div>9</div> <div>SHORT STORY REFLECTION 10:00am - 12:00pm Drop-In to follow Story</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>WOMEN2WOMEN 1:00pm -2:30pm Focus: Open Discussion</div> <div>BULLDOGS VOLUNTEERING 1:30pm - 2:30pm (Meet at 101 York St.) MUST SIGN UP WITH STAFF</div>	<div>10</div> <div>BRAIN WORK-OUT &amp; DROP-IN 10:00am - 10:30am</div> <div>BAKING @ GROUP 10:30am—12:00pm</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 12:30pm</div> <div>STEAM &amp; TECHNOLOGY MUSEUM (900 Woodward Ave, - Leave at 12:30 to take the bus with group or meet there) 1:30pm - 2:30pm \$9.00 for Museum Admission</div>	<div>11</div> <div>VIRTUAL GET MOVING 10:00am - 10:30am (Seated Dance)</div> <div>VIRTUAL CLINIC WEDNESDAY Nursing: Open Discussion 10:30am - 11:00am</div> <div>VIRTUAL DOCUMENTARIES &amp; DISCUSSION 1:00pm - 2:00pm (Goal Setting)</div>	<div>12</div> <div>THEME THURSDAY Pamper/ Spa Day 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>GET MOVING 1:00pm - 1:30pm</div> <div>FEEL THE MUSIC—Name That Tune 1:30pm - 2:00pm</div> <div>DROP-IN 2:00pm - 3:00pm</div> <div>CASE COORDINATION (Jessica Bagu) 1:00pm -3:00pm</div>
<div>For Information, Contact a GROUP STAFF</div> <div><div><div>Beth Astles Recreation Therapist (Cell Phone: 905-977-7589) bastles@hiro.ca</div><div>Jeff Peters Case Facilitator (Cell Phone: 905-977-9550) jpeters@hiro.ca</div><div>Ashley Everets Recreation Therapist (Cell Phone: 905-973-1906) aeverets@hiro.ca</div></div><div><div>CALENDAR LEGEND</div><div><div>COMMUNITY PROGRAM</div><div>VIRTUAL PROGRAM</div><div>CASE COORDINATION</div><div>Both Virtual &amp; In-PERSON</div></div></div></div>				

# JANUARY 2023—OPPOSITES ATTRACT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b> <b>SHORT STORY REFLECTION</b> 10:00am - 12:00pm <i>Drop-In to follow Story</i> <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm <b>WOMEN2WOMEN</b> 1:00pm - 2:30pm <i>Focus: Self Care</i>  <b>BULLDOGS VOLUNTEERING</b> 1:30pm - 2:30pm (Meet at 101 York St.) <b>MUST SIGN UP WITH STAFF</b>	<b>17</b> <b>BOWLING @ MOUNTAIN LANES</b> <i>(335 Upper Wentworth—Meet Group At Bowling)</i> 10:30am - 11:30am <b>\$9.00 for bowling &amp; shoes</b>  <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 12:30pm <b>POOL/FOOSBALL TOURNAMENT</b> 1:00pm - 3:00pm <i>*Drop In to Follow*</i>	<b>18</b> <b>VIRTUAL GET MOVING</b> 10:00am - 10:30am <i>(Seated Yoga)</i> <b>VIRTUAL CHECK IN &amp; CHAT</b> 10:30am - 11:00am <b>VIRTUAL VACATIONS</b> 1:00pm - 2:00pm <i>(New York)</i>	<b>19</b> <b>THEME THURSDAY</b> Chinese New Year Celebration 10:00am - 12:00pm <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm <b>GET MOVING</b> 1:00pm - 1:30pm <b>FEEL THE MUSIC - Karaoke</b> 1:30pm - 2:00pm <b>DROP-IN</b> 2:00pm - 3:00pm <b>CASE COORDINATION (Jessica Bagu)</b> 1:00pm - 3:00pm	<b>20</b> <b>CREATIVE EXPRESSION</b> <i>PROJECT: Winter Vinyl</i> 10:00am - 12:00pm <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm <b>FUN FRIDAYS</b> <i>Skip Bo</i> 1:00pm - 3:00pm <b>VIRTUAL FRIDAY NIGHT</b> <i>Travelogue</i> 6:00pm—7:00pm
<b>23</b> <b>SHORT STORY REFLECTION</b> 10:00am - 12:00pm <i>Drop-In to follow</i> <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm <b>WOMEN2WOMEN</b> 1:00pm - 2:30pm <i>Focus: Humour</i>  <b>BULLDOGS VOLUNTEERING</b> 1:30pm - 2:30pm (Meet at 101 York St.) <b>MUST SIGN UP WITH STAFF</b>	<b>24</b> <b>WINTER FEST @ GROUP</b> <i>Games, Art and Social</i> 10:00am - 12:00am <b>PIZZA LUNCH @ GROUP \$5.00</b> 12:00pm - 1:00pm <b>MUSIC THERAPY @ GROUP</b> <i>Kristen Anderson</i>  1:00pm - 2:00pm <b>DROP IN</b> 2:00pm—3:00pm	<b>25</b> <b>VIRTUAL CREATIVE EXPRESSIONS</b> 1:00pm - 2:00pm <i>(Retro Swirl Art)</i>	<b>26</b> <b>THEME THURSDAY</b> January Jeopardy 10:00am - 12:00pm <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm <b>BINGO @ GROUP</b> 1:00pm - 2:00pm <b>DROP-IN</b> 2:00pm - 3:00pm <b>CASE COORDINATION (Jessica Bagu)</b> 1:00pm - 3:00pm	<b>27</b> <b>CREATIVE EXPRESSION</b> <i>PROJECT: Succulent Planters</i> 10:00am - 12:00pm <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm <b>FUN FRIDAYS</b> 1:00pm - 3:00pm <b>BRANTFORD GROUP</b> 1:30pm - 2:30pm or 2:30pm - 3:30pm <b>Theme: Oculus Trial</b> Brantwood Community Services <b>*MUST sign up to ATTEND*</b> <b>VIRTUAL FRIDAY NIGHT</b> <i>New Vs. Old Trivia</i> 6:00pm—7:00pm
<b>30</b> <b>SHORT STORY REFLECTION</b> 10:00am - 12:00pm <i>Drop-In to follow</i> <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm <b>WOMEN2WOMEN</b> 1:00pm - 2:30pm <i>Focus: Let's Get Creative</i>  <b>BULLDOGS VOLUNTEERING</b> 1:30pm - 2:30pm (Meet at 101 York St.) <b>MUST SIGN UP WITH STAFF</b>	<b>31</b> <b>BRAIN WORK-OUT &amp; DROP-IN</b> 10:00am - 10:30am <b>PAINT BY NUMBER</b> 10:30am—12:00pm <b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 12:30pm <b>LIMERIDGE MALL SCAVENGER HUNT</b> <i>(999 Upper Wentworth St—leave at 12:30 to take the bus)</i> 1:30pm - 3:00pm Meet Group at the Old Navy Doors	 <div>             Head Injury              Rehabilitation              Ontario           </div> <p><i>A Promise of Hope After ABI</i></p>		