









NOVEMBER 2023—REFLECTION & REMEMBRANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
	 <p>HOLIDAY PARTY Information Coming Soon...</p> <p>SAVE THE DATE: December 4, 2023</p>	<p>1</p> <p>NIAGARA GROUP 10:00am - 11:30am Location: Ravenda</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL MUSIC PROGRAM (Music Trivia and Name That Tune) 1:30pm - 2:30pm</p>	<p>2</p> <p>JEOPARDY 10:00am - 11:00am</p> <p>BRAIN WORK OUT 11:00am - 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 - KARAOKE 1:30pm - 2:30pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>3</p> <p>CREATIVE EXPRESSION PROJECT: Word Expression 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Shut the Box)</p> <p>BRANT GROUP 1:00pm - 3:00pm (Gratitude Trees)</p> <p>VIRTUAL FRIDAY NIGHT Scattergories 6:00pm—7:00pm</p> 			
<p>6</p> <p>MEN2MEN 10:30am - 12:00pm Join us for a group for men to discuss, share and learn with each other.</p>  <p>WOMEN2WOMEN 1:00pm - 3:00pm Focus: Building Quality Connections</p> 	<p>7</p> <p>CLIENT MEETING 10:00am - 11:00am FAMILY & FRIENDS EVENT - VIRTUALLY</p>  <p>PAINT BY NUMBER 11:00am - 12:00 pm</p> <p>LUNCH @ GROUP (Group DROP-IN) Meal: Mac & Cheese with Salad (\$5.00) 12:00pm - 1:00pm</p> <p>BINGO @ GROUP 1:00pm—2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p> 	<p>8</p> <p>NIAGARA GROUP 10:00am - 11:30am Location: Kenny</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Dance)</p> <p>VIRTUAL DOCUMENTARIES & DISCUSSION (Remembrance Day Discussion) 1:30pm - 2:30pm</p>	<p>9</p> <p>THERAPEUTIC THURSDAY Remembrance Day Discussion 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 - NAME THAT TUNE 1:30pm - 2:30pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>10</p> <p>CREATIVE EXPRESSION PROJECT: Poppies & Remembrance 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Events Reflection)</p> <p>NIAGARA GROUP 1:00pm - 3:00pm (300 Bunting Rd.)</p> <p>VIRTUAL FRIDAY NIGHT Wellness & Coping 6:00pm—7:00pm</p> 			
<p>For Information, Contact a GROUP STAFF</p>			<p>CALENDAR LEGEND</p>				
<p>Beth Astles Recreation Therapist (Cell Phone: 905-977-7589) bastles@hiro.ca</p>	<p>Chase Plant-Huntley Recreation Therapist (Cell Phone: 905-546-6198) cplanthuntley@hiro.ca</p>	<p>Jeff Peters Case Facilitator (Cell Phone: 905-977-9550) jpeters@hiro.ca</p>	<p>COMMUNITY PROGRAM</p>	<p>VIRTUAL PROGRAM</p>	<p>Both Virtual & In-PERSON</p> 	<p>BRANT PROGRAM</p>	<p>NIAGARA GROUP</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13</p> <p style="text-align: center;">GROUP CLOSED FOR REMEMBRANCE DAY</p> <div style="text-align: center;">  </div>	<p>14</p> <p>BOWLING @ MOUNTAIN LANES <i>(335 Upper Wentworth—Meet Group At Bowling)</i></p> <p>10:30am—11:30am</p> <p>\$10.00 for bowling & shoes</p> <div style="text-align: center;">  </div> <p>LUNCH & MOVIE AFTERNOON</p> <p>12:00pm - 3:00pm</p> <p><i>*Bring Your Own Lunch - Movie Chosen by Popular Vote*</i></p>	<p>15</p> <div style="background-color: #90EE90; padding: 5px; text-align: center;"> <p>NIAGARA GROUP 10:00am - 11:30am</p> <p>Location: CH and CWP</p> </div> <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Yoga)</i></p> </div> <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> <p>VIRTUAL CREATIVE EXPRESSIONS 1:30pm - 2:30pm <i>(Abstract Art)</i></p> </div>	<p>16</p> <div style="background-color: #FFFF00; padding: 5px;"> <p>WARPLANE HERITAGE MUSEUM 11:30am - 12:30pm</p> <p>Tour the Museum, COST: \$5.00</p> <p><i>Meet Group at 10:00 to take the Bus</i></p> </div> <div style="text-align: center;">  </div> <div style="background-color: #FFFF00; padding: 5px;"> <p>LUNCH @ RUNWAY CAFE 12:30pm - 2:00pm</p> <p><i>COST: Based on meal choice (Approx. \$10.00 - \$15.00)</i></p> </div>	<p>17</p> <p>CREATIVE EXPRESSION PROJECT: <i>Custom Key Chains</i></p> <p>10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (<i>Connect 3 Board Game</i>)</p> <div style="background-color: #D8BFD8; padding: 5px;"> <p>BRANT GROUP 1:00pm - 3:00pm (Music Trivia & Chat)</p> </div> <div style="background-color: #ADD8E6; padding: 5px;"> <p>VIRTUAL FRIDAY NIGHT 6:00pm—7:00pm <i>Science Myths</i></p> <div style="text-align: right;">  </div> </div>
<p>20</p> <div style="display: flex; align-items: center;">  <div> <p>MEN2MEN 10:30am - 12:00pm</p> <p><i>Join us for a group for men to discuss, share and learn with each other.</i></p> </div> </div> <div style="display: flex; align-items: center; margin-top: 10px;"> <p>WOMEN2WOMEN</p>  </div> <p>1:00pm - 3:00pm</p> <p><i>Focus: Preparing for Winter— No Sew Scarves</i></p>	<p>21</p> <div style="background-color: #FFFF00; padding: 5px;"> <p>L'ARCHE CAFÉ 10:30am - 11:30 am <i>Coffee Social & Cards</i> <i>(Approximately \$5.00 for Coffee & Cookie)</i></p> </div> <div style="text-align: center;">  </div> <p>Walking Track 11:30am - 12:00pm</p> <p><i>*Leave with Group at 10:00am to take the bus or meet at Bernie Morelli Recreation Centre (876 Cannon St. E) For 10:30</i></p> <p>MUSIC THERAPY @ GROUP 1:00pm—2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>22</p> <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Dance)</i></p> </div> <div style="background-color: #ADD8E6; padding: 5px; text-align: center; margin-top: 10px;"> <p>VIRTUAL TRIVIA 1:30pm - 2:30pm <i>(November Jeopardy)</i></p> </div>	<p>23</p> <div style="display: flex; align-items: center;">  <div> <p>HOLIDAY PARTY CENTERPEICE WORKSHOP 10:00am - 12:00pm</p> <p><i>Join us to help create and prepare for our Holiday Party</i></p> </div> </div> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>NURSING PRESENTATION with Sonia Topic: <i>RSV, Flu or Cold?</i> 1:00pm - 2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>24</p> <p>CREATIVE EXPRESSION PROJECT: <i>Pop Art</i></p> <p>10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (<i>Skip-Bo</i>)</p> <div style="background-color: #90EE90; padding: 5px;"> <p>NIAGARA GROUP 1:00pm - 3:00pm (<i>300 Bunting Rd.</i>)</p> </div> <div style="background-color: #ADD8E6; padding: 5px;"> <p>VIRTUAL FRIDAY NIGHT <i>Price is Right</i></p> <div style="text-align: right;">  </div> </div> <p>6:00pm—7:00pm</p>
<p>27</p> <p style="font-size: 1.2em;">GROUP CLOSED FOR THE MORNING</p>	<p>28</p> <div style="background-color: #FFFF00; padding: 5px;"> <p>EASTGATE MALL SCAVENGER HUNT 11:00am - 12:00pm</p> <p><i>Meet group staff at 10:00 to take the bus to the mall</i></p> </div> <div style="text-align: center;">  </div> <p>FOODCOURT LUNCH 12:00pm- 1:00pm (<i>Cost based on meal</i>)</p> <p><i>*Take the Bus Back to group with Staff *</i></p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>29</p> <div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Dance)</i></p> </div> <div style="background-color: #ADD8E6; padding: 5px; text-align: center; margin-top: 10px;"> <p>VIRTUAL BOARD GAME 1:30pm - 2:30pm <i>(Join us to play Virtual Board Games)</i></p> </div>	<p>30</p> <div style="background-color: #90EE90; padding: 5px;"> <p>THERAPEUTIC SPA & WELLNESS DAY 10:00am - 12:00pm</p> </div> <p>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 - 2:30pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<div style="display: flex; align-items: center; justify-content: center;">  <div> <p>Head Injury Rehabilitation Ontario</p> <p style="color: #E67E22; font-weight: bold; font-size: 1.1em;"><i>A Promise of Hope After ABI</i></p> </div> </div>