







MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Head Injury Rehabilitation Ontario</p> <p><i>A Promise of Hope After ABI</i></p>			<p>1</p> <p>CREATIVE EXPRESSION PROJECT: Staff Appreciation Cards 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Crokinole)</p> <p>BRANT GROUP 1:00pm - 3:00pm (World Wildlife Day)</p> <p>VIRTUAL FRIDAY NIGHT International Day of Happiness 6:00pm—7:00pm</p> 	
<p>4</p> <p>MEN2MEN 10:00am - 11:30am Focus: Positive & Healthy Relationships</p>  <p>WOMEN2WOMEN 1:00pm - 3:00pm Focus: International Women's Day</p> 	<p>5</p> <p>GROUP CLOSED FOR THE DAY</p>	<p>6</p> <p>NIAGARA GROUP 10:00am - 11:30am Theme: Spring has Sprung Location: Ravenda</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Dance)</p> <p>VIRTUAL VACATIONS 1:30pm - 2:00pm (Ireland)</p>	<p>7</p> <p>MOVIE @ GROUP 10:00am - 12:00pm</p> <p>LUNCH @ GROUP (Group DROP-IN) Meal: Chili Cheese Dogs & Fries \$5.00 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>GLOBAL GROOVES - REC AROUND THE WORLD 1:30pm - 2:30pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>8</p> <p>CREATIVE EXPRESSION PROJECT: Stamp Pattern Art 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Table Curling)</p> <p>NIAGARA GROUP 12:30pm - 2:30pm (CD Painting)</p> <p>VIRTUAL FRIDAY NIGHT Family Feud—Spring Edition 6:00pm—7:00pm</p> 
<p>11</p> <p>MEN2MEN 10:00am - 11:30am Focus: Who are You? *Learn about You and Your Peers*</p>  <p>WOMEN2WOMEN 1:00pm - 3:00pm Focus: Self Expression *Use Art as a tool to express Emotions *</p> 	<p>12</p> <p>CLIENT MEETING 10:00am - 11:00am</p> <p><i>FAMILY & FRIENDS EVENT - VIRTUALLY</i></p> <p>BRUNCH @ GROUP Meal: French Toast & Sausage \$5.00 11:00am - 12:00 pm</p> <p>SPRING TIDE BULB SHOW (Gage Park Green House—Parking Lot off of Lawrence Rd.) 1:30pm—2:30 pm</p> <p>FREE TOUR *Leave with Group at 12:30 to take the bus*</p>	<p>13</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL TRIVIA 1:30pm - 2:00pm (Jeopardy)</p>	<p>14</p> <p>SPRING THEME DISCUSSION 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:30pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>GLOBAL GROOVES - REC AROUND THE WORLD 1:30pm - 2:30pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>15</p> <p>CREATIVE EXPRESSION PROJECT: St. Patrick's Day Lucky Art 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Skip Bo)</p> <p>BRANT GROUP 1:00pm - 3:00pm (St. Patrick's Day Painting)</p> <p>VIRTUAL FRIDAY NIGHT St. Patrick's Day Discussion 6:00pm—7:00pm</p> 


MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>18</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Stretch a Dollar— Grocery Shopping Saving Tips</i></p>  </div> <div style="width: 45%; text-align: right;">  </div> </div> <p>WOMEN2WOMEN 1:00pm - 3:00pm <i>Focus: Spring Cleaning</i> *Create a Homemade, Natural Cleaner</p>	<p>19</p> <div style="background-color: yellow; padding: 5px; margin-bottom: 10px;"> <p>BOWLING @ MOUNTAIN LANES <i>(335 Upper Wentworth—Meet Group At Bowling)</i> 10:30am—11:30am \$10.00 for bowling & shoes</p>  </div> <p>LUNCH @ GROUP (Group DROP-IN) Meal: Soup & Sandwich \$5.00 12:00pm - 1:00pm</p> <p>BAKING CHALLENGE 1:00pm - 3:00pm</p>	<p>20</p> <div style="background-color: cyan; padding: 5px; margin-bottom: 10px;"> <p>VIRTUAL GET MOVING 2:00pm - 2:30pm <i>(Seated Yoga)</i></p> </div> <div style="background-color: cyan; padding: 5px;"> <p>VIRTUAL CREATIVE EXPRESSIONS 2:30pm - 3:00pm <i>(Shamrock Art)</i></p> </div>	<p>21</p> <p>SPRING BIRD FEEDERS <i>Join in to discuss different birds and make a spring bird feeder</i> 10:00am - 11:30pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:30pm - 1:00pm</p> <p>NURSING PRESENTATION with SONIA 1:00pm—1:30pm</p> <p>GLOBAL GROOVES - REC AROUND THE WORLD 1:30pm - 2:30pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>22</p> <p>CREATIVE EXPRESSION <i>PROJECT: Sentimental Sun Catchers</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm <i>(Nintendo Switch)</i></p> <div style="background-color: #90EE90; padding: 5px; margin-bottom: 5px;"> <p>NIAGARA GROUP 12:30pm - 2:30pm <i>(St. Patrick's Day)</i></p> </div> <div style="background-color: cyan; padding: 5px;"> <p>VIRTUAL FRIDAY NIGHT <i>March Madness—Basketball Discussion</i> </p> <p>6:00pm—7:00pm</p> </div>
<p>25</p> <div style="background-color: gray; color: white; padding: 10px; text-align: center; margin-bottom: 10px;"> <p>GROUP CLOSED FOR THE MORNING</p> </div> <p>WOMEN2WOMEN 1:00pm - 3:00pm <i>Focus: Easter & Spring Memories</i> *Make & Take Easter Chocolate Bark*</p> 	<p>26</p> <p>EASTER CELEBRATION 10:00am - 12:00pm <i>*Art, Trivia & Fun with an Easter Theme*</i></p> <p>EASTER LUNCH @ GROUP Meal: Chicken & Vegetables \$5.00 12:00pm - 1:00pm</p> <p>MUSIC THERAPY  <i>Join Kristen Anderson for live music</i> 1:00pm—2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>27</p> <div style="background-color: #90EE90; padding: 5px; margin-bottom: 10px;"> <p>NIAGARA GROUP 10:00am - 11:30am Theme: Spring has Sprung Location: CWP & CH</p> </div> <div style="background-color: cyan; padding: 5px;"> <p>VIRTUAL GET MOVING 2:00pm - 2:30pm <i>(Seated Yoga)</i></p> </div> <div style="background-color: cyan; padding: 5px;"> <p>VIRTUAL DOCUMENTARIES 1:30pm - 2:00pm <i>(What is Luck?)</i></p> </div>	<p>28</p> <p>BASEBALL OPENING DAY CELEBRATION <i>Join in for baseball themed fun</i> 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:30pm - 1:00pm</p> <p>GET MOVING 1:00pm—1:30pm</p> <p>GLOBAL GROOVES - REC AROUND THE WORLD 1:30pm - 2:30pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>29</p> <div style="background-color: black; color: white; padding: 20px; text-align: center;"> <p>GROUP CLOSED FOR GOOD FRIDAY</p> </div>

For Information, Contact a GROUP STAFF

<p>Beth Astles Recreation Therapist <i>(Cell Phone: 905-977-7589)</i> bastles@hiro.ca</p>	<p>Chase Plant-Huntley Recreation Therapist <i>(Cell Phone: 905-546-6198)</i> cplanthuntley@hiro.ca</p>	<p>Jeff Peters Case Facilitator <i>(Cell Phone: 905-977-9550)</i> jpeters@hiro.ca</p>
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CALENDAR LEGEND

COMMUNITY PROGRAM	VIRTUAL PROGRAM	Both Virtual & In-PERSON 	BRANT PROGRAM	NIAGARA GROUP
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