















APRIL 2024—New Beginnings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>GROUP CLOSED FOR EASTER</p> 	<p>2</p> <p>WJ McCALLION PLANETARIUM <i>*Must sign up with Group Staff*</i> 11:30am - 12:30pm Leave with Group at 10:00 to take the bus with staff or meet at the Planetarium. Picnic lunch to follow on campus Cost: \$5.00 for lunch Located at McMaster University</p>	<p>3</p> <p>NIAGARA GROUP 10:00am - 11:30am Theme: Animal Encounters Location: Ravenda</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Dance)</p> <p>VIRTUAL CREATIVE EXPRESSIONS 1:30pm - 2:00pm</p>	<p>4</p> <p>THEME THURSDAY World Health 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>GLOBAL GROOVES - REC AROUND THE WORLD 1:30pm - 2:30pm</p>	<p>5</p> <p>CREATIVE EXPRESSION PROJECT: Spring Wreaths 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Pass the Ace)</p> <p>BRANT GROUP 1:00pm - 3:00pm (Music Art)</p> <p>VIRTUAL FRIDAY NIGHT National Month of Hope Discussion 6:00pm—7:00pm</p> 
<p>8</p> <p>MEN2MEN 10:00am - 11:30am Focus: Self Esteem: Feeling Good About Yourself</p> <p>WOMEN2WOMEN 12:00pm -2:00pm Focus: Meal Prep BYO Lunch Social and Discussion (Virtual Component to start at 1:00)</p> 	<p>9</p> <p>CLIENT MEETING 10:00am - 11:00am FAMILY & FRIENDS EVENT - VIRTUALLY</p> <p>PAINT BY NUMBER 11:00am - 12:00pm</p> <p>LUNCH @ GROUP Meal: Chicken Burgers & Fries \$5.00 12:00pm - 1:00 pm</p> <p>SPRING CLEANING @ GROUP 1:00pm - 3:00pm Come to group to help with cleaning and organizing of the group space</p> 	<p>10</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL TRIVIA 1:30pm - 2:00pm (April Jeopardy)</p>	<p>11</p> <p>NHL PLAY OFF 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>FEEL THE MUSIC - Karaoke 1:30pm - 2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>12</p> <p>CREATIVE EXPRESSION PROJECT: Pour it Out Canvas 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Trivia)</p> <p>NIAGARA GROUP 12:30pm - 2:30pm (Music Art)</p> <p>VIRTUAL FRIDAY NIGHT Short Story Reflection 6:00pm—7:00pm</p> 
<p>15</p> <p>MEN2MEN 10:00am - 11:30am Focus: Spring Cleaning: Clean Out The Negative Thoughts</p> <p>WOMEN2WOMEN 1:00pm -3:00pm Focus: Community Building Create a Personalized Shirt</p> 	<p>16</p> <p>L'ARCHE CAFÉ—Live Rock Music (876 Cannon St. E) 11:00am -12:00 pm</p> <p>Leave with Group at 10:00 to take the bus. Return back to group with staff. Cost: Bring Money for a Coffee/Snack if you choose (Approx. \$5.00)</p> <p>JEOPARDY 1:00pm - 2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>17</p> <p>NIAGARA GROUP 10:00am - 11:30am Theme: Animal Encounters Location: Kenny</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Dance)</p> <p>VIRTUAL VACATIONS 1:30pm - 2:00pm (Travel to Italy)</p>	<p>18</p> <p>THEME THURSDAY Pamper and Self Care at Group 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:30pm - 1:00pm</p> <p>NURSING PRESENTATION with SONIA 1:00pm—2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>19</p> <p>CREATIVE EXPRESSION PROJECT: Air Dry Clay Mosaics 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Community Walk)</p> <p>BRANT GROUP 1:00pm - 3:00pm (Poetry Art)</p> <p>VIRTUAL FRIDAY NIGHT NBA Discussion 6:00pm—7:00pm</p> 




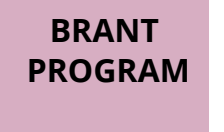

APRIL 2024—New Beginnings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p> <p>GROUP CLOSED FOR THE DAY</p>	<p>23</p> <p>EARTH DAY CELEBRATION </p> <p>10:00am - 12:00pm (Earth Day Art, Trivia and Games)</p> <p>LUNCH @ GROUP (Group DROP-IN) Meal: Pasta, Garlic Bread & Salad \$5.00 12:00pm - 1:00pm</p> <p>MUSIC THERAPY </p> <p>Join Kristen Anderson for live music 1:00pm—2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>24</p> <p>NIAGARA GROUP 10:00am - 11:30am Theme: Animal Encounters Location: CWP & CH</p> <p>VIRTUAL GET MOVING 2:00pm - 2:30pm (Seated Yoga)</p> <p>VIRTUAL MUSIC 2:30pm - 3:00pm (Name That Tune)</p>	<p>25</p> <p>THEME THURSDAY Stress Awareness 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>FEEL THE MUSIC - Karaoke 1:30pm - 2:00pm</p> <p>DROP IN @ GROUP 2:00 pm - 3:00pm</p>	<p>26</p> <p>CREATIVE EXPRESSION PROJECT: Arbour Day Tree Painting 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS 1:00pm - 3:00pm (Name that Tree)</p> <p>NIAGARA GROUP 12:30pm - 2:30pm (Poetry Art)</p> <p>PLANTING & PIZZA - In Person @ Group 5:00pm—7:00pm Cost: \$10.00 Come to group to enjoy dinner with peers and create a one of a kinds potted Plant to take home. </p>
<p>29</p> <p>MEN2MEN </p> <p>10:00am - 11:30am Focus: What's Your Favourite _____?</p> <p>WOMEN2WOMEN </p> <p>1:00pm -3:00pm Focus: Earth Day (Make your own Seed Bombs)</p>	<p>30</p> <p>BOWLING @ MOUNTAIN LANES </p> <p>(335 Upper Wentworth—Meet Group At Bowling) 10:30am—11:30am \$10.00 for bowling & shoes</p> <p>LUNCH @ GROUP (Group DROP-IN) Meal: Soup & Sandwich \$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>All Programming Listed on the Group Calendar is for <u>Registered Clients</u> of</p> <p>Head Injury Rehabilitation Ontario.</p> <p>Please Contact a GROUP Staff Listed below for more information</p> <p> Head Injury Rehabilitation Ontario</p> <p>A Promise of Hope After ABI</p>		

For Information, Contact a GROUP STAFF

<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>
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CALENDAR LEGEND

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