

# JUNE 2024—ABI AWARENESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Head Injury Rehabilitation Ontario</p> <p><i>A Promise of Hope After ABI</i></p> <p><b>All Programming Listed on the Group Calendar is for Registered Clients of Head Injury Rehabilitation Ontario.</b></p> <p><b>Please Contact a GROUP Staff Listed below for more information</b></p>		 <div data-bbox="1478 207 2486 630" style="border: 2px solid pink; padding: 10px; text-align: center;"> <h2 style="margin: 0;">DAY OF HIROS</h2> <p style="margin: 0;"><b>WEDNESDAY JUNE 26TH, 2023</b></p> <p style="margin: 0;"><b>11:00AM - 2:00PM</b> BATTLEFIELD PARK</p> <p style="margin: 0;"><i>*ASK STAFF FOR FURTHER DETAILS*</i></p> </div>		
<p><b>3</b></p>  <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: Brain 101</p> <p><b>WOMEN2WOMEN</b> 1:00pm - 3:00pm Focus: Opposites Attract <i>*Create a Right/Left Brain Piece of Art</i></p> 	<p><b>4</b></p> <p><b>CLIENT MEETING</b> 10:00am - 11:00am</p>  <p><b>FAMILY &amp; FRIENDS EVENT (Virtual)</b></p> <p><b>ACCESSIBLE BIKING @ GAGE PARK</b> <i>(Meet by the Lawrence Rd Parking Lot)</i> 12:00pm—2:30pm <i>*Leave with Group at 11:00*</i> <b>\$5.00 - Picnic Lunch @12:00</b> Come and Try out an Accessible Bike - FREE <b>*HELMETS PROVIDED*</b></p> 	<p><b>5</b></p> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm <i>(Seated Yoga)</i></p> <p><b>VIRTUAL TRIVIA</b> 1:30pm - 2:00pm <i>(June Jeopardy)</i></p>	<p><b>6</b></p> <p><b>THEME THURSDAY</b> <i>Past to Present - ABI Discussion</i> 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00 - 1:00pm</p> <p><b>GET MOVING</b> - Brain &amp; Body 1:00pm - 1:30pm</p> <p><b>FEEL THE MUSIC</b> 1:30pm - 2:00 pm (Karaoke)</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p>	<div data-bbox="2102 685 2532 922" style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>GROUP CLOSED FOR THE DAY</b></p> <p><i>Join for Virtual Friday Night</i></p> </div> <p><b>VIRTUAL FRIDAY NIGHT</b> <i>Sports &amp; Concussions</i> 6:00pm—7:00pm</p> 
<p><b>10</b></p>  <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: Indigenous Learning <i>*Learn to make homemade Bannock Bread*</i></p> <p><b>WOMEN2WOMEN</b> 1:00pm - 3:00pm Focus: Staying Active &amp; Hydrated <i>*Personalized Water Bottles*</i></p> 	<p><b>11</b></p> <p><b>BOWLING @ MOUNTAIN LANES</b> <i>(335 Upper Wentworth—Meet Group At Bowling)</i> 10:30am—11:30am <b>\$10.00 for bowling &amp; shoes</b></p>  <p><b>LUNCH @ GROUP (Group DROP-IN)</b> Meal: Chicken Stir Fry <b>\$5.00</b> 12:00pm - 1:00pm</p> <p><b>ABI AWARENESS CANVAS BAG WORKSHOP</b> 1:00pm—3:00pm <i>*Must RSVP to ensure supplies*</i></p> 	<p><b>12</b></p> <p><b>VIRTUAL GET MOVING</b> 2:00pm - 2:30pm <i>(Seated Yoga)</i></p> <p><b>VIRTUAL MUSIC</b> 2:30pm - 3:00pm <i>(Name that Tune)</i></p>	<p><b>13</b></p> <p><b>THEME THURSDAY</b> <i>ABI Tips &amp; Tricks/Collaborative Art</i> 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:30pm - 1:00pm</p> <p><b>CREATE A BRAIN COOKIE</b> 12:30pm — 1:00pm</p> <p><b>GET MOVING</b> - Brain &amp; Body 1:00pm - 2:00pm</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p> 	<p><b>14</b></p> <p><b>CREATIVE EXPRESSION</b> <i>PROJECT: Bits &amp; Bolt Art</i> 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS</b> 1:00pm - 3:00pm ( Brain Matching)</p> <p><b>NIAGARA GROUP</b> 12:30pm - 2:30pm ( Fathers Day Theme Art)</p> <p><b>VIRTUAL FRIDAY NIGHT</b> <i>Optical Illusions &amp; Tricking the Brain</i> 6:00pm—7:00pm</p> 

# JUNE 2024— ABI AWARENESS MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>17</b></p> <div style="display: flex; align-items: center;"> <div> <p><b>MEN2MEN</b> 10:00am - 11:30am</p> <p><i>Focus: You Are The HERO In HIRO's Story (celebrate your recovery successes)</i></p> </div> </div> <div style="margin-top: 20px;"> <p><b>WOMEN2WOMEN</b> 1:00pm -3:00pm</p> <p><i>Focus Nursing Presentation</i> TOPIC: BRAIN HEALTH <i>*Brain Games to follow*</i></p> </div> <div style="text-align: right; margin-top: 10px;"> </div>	<p><b>18</b></p> <p><b>McQUESTEN PARK: Walk, Art, Lunch &amp; Music Therapy (</b> <i>(1100 Upper Wentworth St.)</i></p> <p>11:00am - 11:30am <i>(Walk)</i> 12:00pm - 12:30pm <i>(Lunch)</i> 12:30 - 1:00pm <i>(Art)</i> 1:00—2:00pm <i>(Music Therapy)</i></p> <p><b>Cost: \$5.00 Hotdog Lunch</b></p> <p><u>Meet Group at the Park for 11:00 or leave with group at 10:00 am</u></p> <p><i>*Please arrange for pick up from McQuesten Park</i></p> <p style="text-align: center; color: red;"><b>FAMILY &amp; FRIENDS EVENT</b></p>	<p><b>19</b></p> <div style="background-color: #90EE90; padding: 10px; margin-bottom: 10px;"> <p><b>NIAGARA GROUP</b> 10:00am - 11:00am Theme: ABI Celebration Location: CH/CWP Field</p> <p style="text-align: center;"><i>Outdoor Games, Brain Challenges &amp; Snacks!</i></p> </div> <div style="background-color: #ADD8E6; padding: 10px;"> <p><b>VIRTUAL GET MOVING</b> 2:00pm - 2:30pm <i>(Seated Dance)</i></p> <p><b>VIRTUAL LEARNING</b> 2:30pm - 3:00pm <i>(National Indigenous Persons Day)</i></p> </div>	<p><b>20</b></p> <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> <p><b>THEME THURSDAY</b> <i>1st Day of Summer Celebration</i></p> <p>10:00am - 12:00pm</p> </div> </div> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:30pm - 1:00pm</p> <p><b>GET MOVING</b> - Brain &amp; Body 1:00pm - 2:00pm</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p>	<p><b>21</b></p> <p><b>CREATIVE EXPRESSION</b> PROJECT: <i>Personal Silhouettes</i></p> <p>10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS</b> 1:00pm - 3:00pm <i>(Cranium)</i></p> <div style="background-color: #D8BFD8; padding: 5px; margin-bottom: 5px;"> <p><b>BRANT GROUP</b> 1:00pm - 3:00pm <i>(Paint &amp; Plant)</i></p> </div> <div style="background-color: #ADD8E6; padding: 5px;"> <p><b>VIRTUAL FRIDAY NIGHT</b> <i>ABI Representation in Movies</i></p> <p>6:00pm—7:00pm</p> </div>
<p><b>24</b></p> <div style="display: flex; align-items: center;"> <div> <p><b>MEN2MEN</b> 10:00am - 11:30am</p> <p><i>Focus: Community Walk and Breakfast/Coffee Outing (Bring money for breakfast or coffee)</i></p> </div> </div> <div style="margin-top: 20px;"> <p><b>WOMEN2WOMEN</b> 1:00pm -3:00pm</p> <p><i>Focus:: Share Your Story Discussion</i> <i>*Strawberry Social to follow*</i></p> </div> <div style="text-align: right; margin-top: 10px;"> </div>	<p><b>25</b></p> <p><b>BRAIN BINGO</b> 10:00pm - 12:00pm <i>*Create your own Brain themed Card and then play to win prizes</i></p> <p><b>LUNCH @ GROUP (Group DROP-IN)</b> Fish Tacos &amp; Sweet Potato Fries <b>\$5.00</b> 12:00pm - 1:00pm</p> <p><b>COMMUNITY BUILT CONNECTIONS</b></p> <p><i>A group to bring HAC and HIRO clients together to build community</i></p> <p><u>Brain Awareness Theme</u></p> <p>1:00pm - 2:00pm</p>	<p><b>26</b></p> <div style="text-align: center; padding: 20px;"> <p><b>DAY OF HIROS</b> <b>11:00am - 2:00pm</b> <b>Battlefield Park</b> <i>Must Register by June 14th</i> <b>FAMILY &amp; FRIENDS EVENT</b></p> </div>	<p><b>27</b></p> <div style="display: flex; align-items: center;"> <div style="margin-right: 10px;"> <p><b>THEME THURSDAY</b> <i>Pride Celebration</i></p> <p>10:00am - 12:00pm</p> </div> </div> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:30pm - 1:00pm</p> <p><b>GET MOVING</b> - Brain &amp; Body 1:00pm - 2:00pm</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p>	<p><b>28</b></p> <p><b>CREATIVE EXPRESSION</b> PROJECT: <i>Create a Brain</i></p> <p>10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS</b> 1:00pm - 3:00pm <i>( Catch Phrase)</i></p> <div style="background-color: #90EE90; padding: 5px; margin-bottom: 5px;"> <p><b>NIAGARA GROUP</b> 12:30pm - 2:30pm <i>( Paint &amp; Plant)</i></p> </div> <div style="background-color: #D3D3D3; padding: 5px;"> <p><b>CELEBRATE YOU &amp; Your ABI</b> 5:00pm - 7:00pm <b>FISH &amp; CHIPS Dinner \$15.00</b> <i>Celebration Dessert Included</i> <i>*Must Pre-Pay to Attend</i></p> </div>

**For Information, Contact a GROUP STAFF**

**CALENDAR LEGEND**

<p><b>Beth Astles</b> Recreation Therapist <i>(Cell Phone: 905-977-7589)</i> <a href="mailto:bastles@hiro.ca">bastles@hiro.ca</a></p>	<p><b>Chase Plant-Huntley</b> Recreation Therapist <i>(Cell Phone: 905-546-6198)</i> <a href="mailto:cplanthuntley@hiro.ca">cplanthuntley@hiro.ca</a></p>	<p><b>Jeff Peters</b> Case Facilitator <i>(Cell Phone: 905-977-9550)</i> <a href="mailto:jpeters@hiro.ca">jpeters@hiro.ca</a></p>
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**COMMUNITY PROGRAM**

**VIRTUAL PROGRAM**

Both Virtual & In-PERSON

**BRANT PROGRAM**

**NIAGARA GROUP**