






















# July 2024 - Sensory Experience

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>GROUP CLOSED FOR CANADA DAY</b></p> 	<p><b>2</b></p> <p><b>CLIENT MEETING</b> 10:00am - 11:00am</p> <p><b>FAMILY &amp; FRIENDS EVENT (Virtual)</b></p> <p><b>PAINT BY NUMBER</b> 11:00 pm - 12:00pm</p> <p><b>LUNCH @ GROUP (Group DROP-IN)</b> Meal: Lasagna &amp; Salad <b>\$5.00</b> 12:00pm - 1:00pm</p> <p><b>ALL CANADIAN DOCUMENTARY</b> 1:00 pm - 2:00pm</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p> 	<p><b>3</b></p> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm (Seated Yoga)</p> <p><b>VIRTUAL VACATIONS</b> 1:30pm - 2:00pm ( Celebrate Ottawa)</p>	<p><b>4</b></p> <p><b>THEME THURSDAY</b> Canada Proud 10:00am - 12:00pm</p>  <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00 - 1:00pm</p> <p><b>GET MOVING</b> 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>	<p><b>5</b></p> <p><b>CREATIVE EXPRESSION</b> Canadian Themed Art PROJECT: 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 ( Sorry Challenge)</p> <p><b>NIAGARA GROUP</b> 12:30pm - 2:30pm ( Baking Blueberry Muffins)</p> <p><b>VIRTUAL FRIDAY NIGHT</b> Canada Day Trivia 6:00pm—7:00pm</p> 
<p><b>8</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: Community Resource Sharing</p>  <p><b>WOMEN2WOMEN</b> 1:00pm -3:00pm Focus: All Things Canadian *Create a Personalized Canada Flag</p> 	<p><b>9</b></p> <p><b>WALK, &amp; LUNCH @ HUTCH'S</b> 280 Van Wagner's Beach Rd. 11:30am - 2:00pm</p>  <p><b>LUNCH @ HUTCHES</b></p> <p><b>Cost:</b> Price based on Meal (Approx. \$12- \$15 for a meal)</p> <p><u>Meet Group at Hutch's for 11:30am or leave with group at 10:00 am from the office.</u></p> <p>*Walk Following Lunch on the Beach Strip</p> <p><b>FAMILY &amp; FRIENDS EVENT</b></p>	<p><b>10</b></p> <p><b>NIAGARA GROUP</b> 10:00am - 11:00am Theme: Sensory Experiences Location: Ravenda</p> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm (Seated Dance)</p> <p><b>VIRTUAL TRIVIA</b> 1:30pm - 2:00pm ( July Jeopardy)</p>	<p><b>11</b></p> <p><b>THEME THURSDAY</b> MLB Discussion &amp; Activity 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00 - 1:00pm</p> <p><b>GET MOVING</b> 1:00pm - 1:30pm</p> <p><b>FEEL THE MUSIC</b> 1:30pm -2:00 pm (Name that Tune)</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p>	<p><b>12</b></p> <p><b>CREATIVE EXPRESSION</b> PROJECT: Create a Sensory Board 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 ( Measuring Up)</p> <p><b>BRANT GROUP</b> 1:00pm - 3:00pm ( Baking Blueberry Muffins)</p> <p><b>VIRTUAL FRIDAY NIGHT</b> Sensory Vacation Tour 6:00pm—7:00pm</p> 
<p><b>15</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: Importance of Breakfast (Pancake Breakfast to follow discussion)</p>  <p><b>WOMEN2WOMEN</b> 1:00pm -3:00pm Focus:: Healthy Summer Snacking *Make a Personalized Pasta Salad*</p> 	<p><b>16</b></p> <p><b>SENSORY EXPERIENCE @ MOHAWK COLLEGE</b> (135 Fennell Ave. W) 11:00am - 2:00pm</p> <p>*Sensory spots open for the day. <u>Meet Group at 10:00am to take the bus</u></p> <p>11:00am (Sensory Art) 12:00pm (Picnic Lunch) <b>COST: \$5.00 lunch</b> 12:30pm (Walking Tour) 1:00 pm (Trivia &amp; Games )</p> 	<p><b>17</b></p> <p><b>NIAGARA GROUP</b> 10:00am - 11:00am Theme: Sensory Experiences Location: Kenny House</p> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm (Seated Dance)</p> <p><b>VIRTUAL MUSIC</b> 1:30pm - 2:00pm ( Name that Tune)</p>	<p><b>18</b></p> <p><b>THEME THURSDAY</b> Summer Olympics 2024 10:00am - 12:00pm</p>  <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 12:30pm</p> <p><b>SUMMER PROMENADE at GORE PARK</b> 1:00pm - 2:30pm</p> <p>Join Group for FREE Live Music and Games at the Gore Park Summer Promenade</p>	<p><b>19</b></p> <p><b>CREATIVE EXPRESSION</b> PROJECT: Olympic Torch Art 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 ( Guess that Sense)</p> <p><b>NIAGARA GROUP</b> 12:30pm - 2:30pm ( Name That Tune)</p> <p><b>VIRTUAL FRIDAY NIGHT</b> Family Feud 6:00pm—7:00pm</p> 

# July 2024—Sensory Experience

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>22</p>  <p><b>MEN2MEN</b> 10:00am - 11:30am <i>Focus: The Cost of Eating Out</i></p> <p><b>WOMEN2WOMEN</b> 1:00pm - 3:00pm <i>Focus: Your Brain and The Senses</i> *Create a Personal Lava Lamp *</p>	<p>23</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>PIZZA LUNCH @ GROUP</b> 12:00pm —1:00pm \$5.00 </p> <p><b>PET THERAPY GOATS</b> 1:00pm —2:00pm <i>*Enjoy petting, and socializing with the animals at group.</i> </p> <p><b>MEMORY PICTURE FRAMES</b> 2:00pm—3:00pm <i>*create a unique frame to add a picture of your visit*</i></p>	<p>24</p> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm <i>(Seated Yoga)</i></p> <p><b>VIRTUAL SELF CARE</b> 1:30pm - 2:00pm <i>( Benefits of Self Care &amp; Meditation)</i></p>	<p>25</p> <p><b>THEME THURSDAY</b> <i>Christmas In July</i> </p> <p>10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:30pm - 1:00pm</p> <p><b>GET MOVING</b> 1:00pm - 1:30pm</p> <p><b>FEEL THE MUSIC</b> 1:30pm -2:00 pm (Concert Experiences)</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p>	<p>26</p> <p><b>CREATIVE EXPRESSION</b> <i>PROJECT: Slime and Stress Balls</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 (<i>Spot the Difference</i>)</p> <p><b>BRANT GROUP</b> 1:00pm - 3:00pm (Name That Tune)</p> <p><b>BINGO NIGHT</b> 5:00pm - 7:00pm </p> <p><b>WAFFLES for Dinner \$5.00</b> <b>Bingo Cards \$1.00 each</b> <i>Come and Play Bingo with Peers while Enjoying a Breakfast/Waffle Bar!</i></p>
<p>29</p> <p><b>GROUP CLOSED FOR THE DAY</b></p>	<p>30</p> <p><b>WALK, GAMES &amp; MUSIC THERAPY @ GAGE PARK</b> <i>1000 Main St. - Meet in the Parking Lot off of Lawrence rd.</i> 11:00pm - 12:00pm (Walk &amp; Games) 12:00pm—12:30pm (Lunch) 12:30pm—1:00pm (Art)  1:00pm—2:00pm—Music Therapy <b>Cost: \$5.00 Picnic Lunch</b> <i>Meet Group at the Park for 11:00am or leave with group at 10:00 am</i></p>	<p>31</p> <p><b>NIAGARA GROUP</b> 10:00am - 11:00am Theme: <i>Sensory Experiences</i> Location: CH</p> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm <i>(Seated Dance)</i></p> <p><b>VIRTUAL LEARNING</b> 1:30pm - 2:00pm <i>( Exploring the Senses)</i></p>	 <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> <b>Please Contact a GROUP Staff Listed below for more information</b></p>	


**For Information, Contact a GROUP STAFF**

**CALENDAR LEGEND**

**Beth Astles**  
Recreation Therapist  
(Cell Phone: 905-977-7589)  
bastles@hiro.ca

**Chase Plant-Huntley**  
Recreation Therapist  
(Cell Phone: 905-546-6198)  
cplanthuntley@hiro.ca

**Jeff Peters**  
Case Facilitator  
(Cell Phone: 905-977-9550)  
jpeters@hiro.ca

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