

















AUGUST 2024 - The Great Outdoors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
 <p>Head Injury Rehabilitation Ontario</p> <p><i>A Promise of Hope After ABI</i></p> <p>All Programming Listed on the Group Calendar is for <u>Registered Clients of Head Injury Rehabilitation Ontario.</u></p> <p>Please Contact a GROUP Staff Listed below for more information</p>			<p>1</p> <p>THEME THURSDAY Travel on a Jungle Safari 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 1:30pm - 2:00pm (Karaoke)</p> <p>DROP IN 2:00pm—3:00pm</p>	<p>2</p> <p>CREATIVE EXPRESSION Rock Painting 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS Planet Earth Documentary & Discussion 1:00pm - 3:00pm</p> <p>BRANT GROUP 1:00pm - 3:00pm (Scenic Art) Speak with Group Staff to Sign up!</p> <p>VIRTUAL FRIDAY NIGHT Virtual Nature Walk 6:00pm—7:00pm </p>								
<p>5</p> <p>GROUP CLOSED FOR THE CIVIC HOLIDAY</p> 	<p>6</p> <p>CLIENT MEETING 10:00am - 11:00am</p> <p>WALK & PICNIC @ PEIR 8 (47 Discovery Drive) 12:00pm-2:00pm</p> <p><u>Meet Group at 10:00am to take the bus</u> 12:00pm (Picnic) Cost: \$5.00 (Ice Cream available for \$4—\$8) 1:00pm (Walk Along the Waterfront) 1:30pm (Art in the Park)</p> 	<p>7</p> <p>NIAGARA GROUP 10:00am - 11:00am Theme: <i>The Outdoors</i> Location: Ravenda</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL DISCUSSION 1:30pm - 2:00pm (Importance of Nature)</p>	<p>8</p> <p>THEME THURSDAY Luau Party 10:00am - 12:00am </p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm—1:30pm</p> <p>FEEL THE MUSIC 1:30pm - 2:00pm (Name that Tune)</p> <p>DROP IN 2:00pm—3:00pm</p>	<p>9</p> <p>CREATIVE EXPRESSION Leaf Printing Art 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS Community Scavenger Hunt  1:00pm - 3:00pm</p> <p>NIAGARA GROUP 12:30pm - 2:30pm (Scenic Art)</p> <p>VIRTUAL FRIDAY NIGHT The Great Outdoors– Canadian Edition  6:00pm—7:00pm</p>								
<p>For Information, Contact a GROUP STAFF</p> <table border="0"> <tr> <td data-bbox="147 1339 443 1485"> <p>Beth Astles Recreation Therapist (Cell Phone: 905-977-7589) bastles@hiro.ca</p> </td> <td data-bbox="497 1339 792 1485"> <p>Chase Plant-Huntley Recreation Therapist (Cell Phone: 905-546-6198) cplanthuntley@hiro.ca</p> </td> <td data-bbox="833 1339 1128 1485"> <p>Jeff Peters Case Facilitator (Cell Phone: 905-977-9550) jpeters@hiro.ca</p> </td> </tr> </table>			<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>CALENDAR LEGEND</p> <table border="0"> <tr> <td data-bbox="1169 1339 1357 1469">COMMUNITY PROGRAM</td> <td data-bbox="1384 1339 1572 1469">VIRTUAL PROGRAM</td> <td data-bbox="1585 1339 1814 1469">Both Virtual & In-PERSON </td> <td data-bbox="1841 1339 2029 1469">BRANT PROGRAM</td> </tr> </table>		COMMUNITY PROGRAM	VIRTUAL PROGRAM	Both Virtual & In-PERSON 	BRANT PROGRAM	 <p>Head Injury Rehabilitation Ontario</p> <p><i>A Promise of Hope After ABI</i></p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Hamilton—Free Tourism right in Our Own Backyard</i></p>  <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: Outdoor Activities Enjoy a Tea Social</i></p> 	<p>13</p> <p>ACCESSIBLE BIKE RIDE @GAGE PARK (1000 Main St. - Meet in the Parking Lot off of Lawrence rd.) 11:00am—2:00pm <u>Meet Group at 10:00am to take the bus</u> 11:00am (Greenhouse Tour) 11:30am (Walk in the Park) 12:00pm (Picnic Lunch) COST:\$5.00 12:30pm (Trivia and Games) 1:00pm (Accessible Bikes)  *FREE*</p>	<p>14</p> <p>NIAGARA GROUP 10:00am - 11:00am Theme: <i>The Outdoors</i> Location: Kenny House</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL DISCUSSION 1:30pm - 2:00pm (Exploring Seasons)</p>	<p>15</p> <p>THEME THURSDAY <i>Exploring Wildlife</i> <i>Animals in the World</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00 - 1:00pm GET MOVING 1:00pm - 1:30pm FEEL THE MUSIC 1:30pm - 2:00 pm (Karaoke) DROP—IN 2:00pm - 3:00pm</p> 	<p>16</p> <p>CREATIVE EXPRESSION <i>Sand Art</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS <i>Nature Themed Jeopardy</i> 1:00pm - 3:00pm BRANT GROUP 1:00pm - 3:00pm (<i>Baking Banana Bread</i>) <i>Speak with Group Staff to Sign up!</i></p> <p>VIRTUAL FRIDAY NIGHT <i>Mediation & Relaxation</i> 6:00pm—7:00pm</p> 
<p>19</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Positive Ways to Deal With Conflict</i></p>  <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: Gardening Plant Your Own Gardening Pot</i></p> 	<p>20</p> <p>BOWLING @ MOUNTAIN LANES (335 Upper Wentworth—Meet Group At Bowling) 10:30am—11:30am \$10.00 for bowling & shoes LUNCH @ GROUP (Group DROP-IN) Meal: Chicken & Pasta Salad \$5.00 12:00 - 1:00pm NATURE BINGO @ GROUP 1:00pm—2:00pm DROP IN @ GROUP 2:00 pm - 3:00pm</p> 	<p>21</p> <p>VIRTUAL GET MOVING 2:00pm - 2:30pm (Seated Yoga)</p> <p>VIRTUAL TOUR 2:30pm - 3:00pm (Exploring New Zealand)</p>	<p>22</p> <p>THEME THURSDAY <i>Nature Appreciation</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00 - 1:00pm GET MOVING 1:00pm - 1:30pm FEEL THE MUSIC 1:30pm - 2:00 pm (Name that Tune) DROP—IN 2:00pm - 3:00pm</p> 	<p>23</p> <p>CREATIVE EXPRESSION <i>Nature Collage</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS <i>Scategories Game</i> 1:00pm—3:00pm NIAGARA GROUP 12:30pm - 2:30pm (<i>Baking Banana Bread</i>)</p> <p>VIRTUAL FRIDAY NIGHT <i>(Guess the Year Trivia)</i> 6:00pm—7:00pm</p>  
<p>26</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Let's Go Downtown—Community Outing Walk Down King Street</i></p>  <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: Benefits of Nature Discussion Leaf Stamp Art</i></p> 	<p>27</p> <p>MUSIC THERAPY & NATURE WALK @MCQUESTEN PARK (1199 Upper Wentworth St) 11:00am - 2:00pm <u>Meet Group at 10:00am to take the bus</u> 11:00am (Obstacle Course Game) 11:30am (Nature Themed Trivia) 12:00pm (Hotdog Lunch) COST:\$5.00 1:00pm (Music Therapy)</p> 	<p>28</p> <p>NIAGARA GROUP 10:00am - 11:00am Theme: <i>The Outdoors</i> Location: CH</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Dance)</p> <p>VIRTUAL TOUR 1:30pm - 2:00pm (Exploring Switzerland)</p>	<p>29</p> <p>THEME THURSDAY <i>Brain Workout</i> 10:00am - 12:00pm</p>  <p>GROUP CLOSED FOR THE AFTERNOON</p>	<p>30</p> <p>CREATIVE EXPRESSION <i>Create a Windchime</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAYS <i>Tai Chi</i> 1:00pm - 3:00pm BRANT GROUP 1:00pm - 3:00pm (<i>Sensory Creations</i>) <i>Speak with Group Staff to Sign up!</i></p> <p>PIZZA, WINGS & KAREOKE NIGHT 5:00pm—7:00pm Pizza & Wings for Dinner \$10.00 <i>Come and enjoy pizza and wings with your peers, Karaoke to follow after Dinner!</i></p> 