













SEPTEMBER 2024 - Community Connections

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>GROUP CLOSED FOR LABOUR DAY</p> 	<p>3</p> <p>CLIENT MEETING 10:00am - 11:00am <i>FAMILY & FRIENDS EVENT - VIRTUALLY</i></p> <p>PAINT BY NUMBER 11:00am - 12:00 pm</p> <p>LUNCH @ GROUP (Group DROP-IN) Meal: Pasta & Salad \$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>4</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL TRIVA 1:30pm - 2:30pm (Jeopardy)</p>	<p>5</p> <p>THEME THURSDAY <i>Labour Day Discussion</i></p>  <p>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</p> <p>DROP IN 2:00pm—3:00pm</p>	<p>6</p> <p>CREATIVE EXPRESSION <i>Contemporary Circle Art</i></p> <p>10:00am - 12:00pm</p>  <p>NIAGARA GROUP 1:00pm - 3:00pm (Fall trivia & Art)</p> <p>VIRTUAL FRIDAY NIGHT <i>Guess the Object from the Shadow</i></p> <p>6:00pm—7:00pm</p> 
<p>9</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Stories of true friendship – who do YOU count on?</i></p>  <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: Back to School Discussion</i></p> <p>*Create Your Own Pencil Case</p> 	<p>10</p> <p>BOWLING @ MOUNTAIN LANES (335 Upper Wentworth—Meet Group At Bowling) 10:30am—11:30am \$10.00 for bowling & shoes</p>  <p>LUNCH @ GROUP (Group DROP-IN) Meal: Chicken Caesar Salad \$5.00 12:00pm - 1:00pm</p> <p>CLIENT PRESENTATION 1:00pm- 2:00pm <i>Magic Show</i></p> <p>History of Magic 2:00 pm - 3:00pm</p>	<p>11</p> <p>Community Connections - Join us for trivia with community ABI services</p> <p>1:00 pm - 3:00 pm</p> 	<p>12</p> <p>THEME THURSDAY <i>Baking Challenge</i></p>  <p>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</p> <p>DROP IN 2:00pm—3:00pm</p>	<p>13</p> <p>CREATIVE EXPRESSION <i>Neon Sign Painting</i></p> <p>10:00am - 12:00pm</p>  <p>BRANT GROUP 1:00pm - 3:00pm (Fall Trivia & Art) <i>Speak with Group Staff to Sign up!</i></p> <p>VIRTUAL FRIDAY NIGHT <i>Power of Positive Thinking</i></p> <p>6:00pm—7:00pm</p> 

For Information, Contact a GROUP STAFF

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CALENDAR LEGEND

COMMUNITY PROGRAM

VIRTUAL PROGRAM















Both Virtual & In-PERSON



BRANT PROGRAM

NIAGARA GROUP

SEPTEMBER 2024 - Community Connections

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Healthy Breakfast Day</i></p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: Music & Relaxation</i> *Practice Meditation & Vote on Feelings based on Music</p>  	<p>17</p> <p>BRAIN WORKOUT 10:00am—11:00am</p> <p>LUNCH @ GROUP (Group DROP-IN) Meal: Chicken stir-fry \$5.00 12:00pm - 1:00pm</p> <p>COMMUNITY BUILT CONNECTIONS A group to bring HAC and HIRO clients together to build community connections</p> <p>1:00pm - 2:00pm DROP-IN 2:00pm - 3:00pm</p>  	<p>18</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL TRIVIA 1:30pm - 2:30pm (Jeopardy)</p>	<p>19</p> <p>THEME THURSDAY Travel Experience 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00 - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC 1:30pm - 2:00 pm (Karaoke)</p> <p>DROP-IN 2:00pm - 3:00pm</p> 	<p>20</p> <p>CREATIVE EXPRESSION Fall Art 10:00am - 12:00pm</p>  <p>NIAGARA GROUP 1:00pm - 3:00pm (Baking Brownies)</p> <p>VIRTUAL FRIDAY NIGHT National Day of Truth & Reconciliation 6:00pm—7:00pm</p> 
<p>23</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Your Hamilton Go To's – favourite spots to eat, get a hair cut, shop, relax</i></p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: Identifying What's Important</i> *Create a Personal Picture Frame</p>  	<p>24</p> <p>MUSIC THERAPY & NATURE WALK @MCQUESTEN PARK (1199 Upper Wentworth St) 11:00am - 2:00pm</p> <p><u>Meet Group at 10:00am to take the bus</u> 11:00am (Obstacle Course Game) 11:30am (Nature Themed Trivia) 12:00pm (Pizza Lunch)</p> <p>COST:\$5.00 1:00pm (Music Therapy)</p>	<p>25</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL DISCUSSION 1:30pm - 2:30pm (Getting Ready for the Fall)</p>	<p>26</p> <p>THEME THURSDAY National Day for Truth & Reconciliation 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00 - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC 1:30pm - 2:00 pm (Name that Tune)</p> <p>DROP-IN 2:00pm - 3:00pm</p> 	<p>27</p> <p>CREATIVE EXPRESSION Dot—Pixel Art 10:00am - 12:00pm</p> <p>BRANT GROUP 1:00pm - 3:00pm (Baking Brownies) <i>Speak with Group Staff to Sign up!</i></p> <p>CARNIVAL NIGHT @ GROUP 5:00pm—7:00pm Carnival Themed Food for Dinner (\$5.00) <i>Come and enjoy a night of</i></p> 
<p>30</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Back To Cool—preparing your clothing and your home for fall</i></p> <p>WOMEN2WOMEN 1:00pm - 2:30pm <i>Focus: National Day for Truth & Reconciliation</i> *Create Indigenous Art</p>  	<div style="text-align: center;">  <p>Head Injury Rehabilitation Ontario</p> <p><i>A Promise of Hope After ABI</i></p> </div> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> <p>Chase Plant-Huntley Recreation Therapist (Cell Phone: 905-546-6198) cplanthuntley@hiro.ca</p> </div> <div style="text-align: center;"> <p>Jeff Peters Case Facilitator (Cell Phone: 905-977-9550) jpeters@hiro.ca</p> </div> </div> <p style="text-align: center; margin-top: 20px;">All Programming Listed on the Group Calendar is for Registered Clients of Head Injury Rehabilitation Ontario.</p> <p style="text-align: center;">Please Contact a GROUP Staff Listed below for more information.</p>			