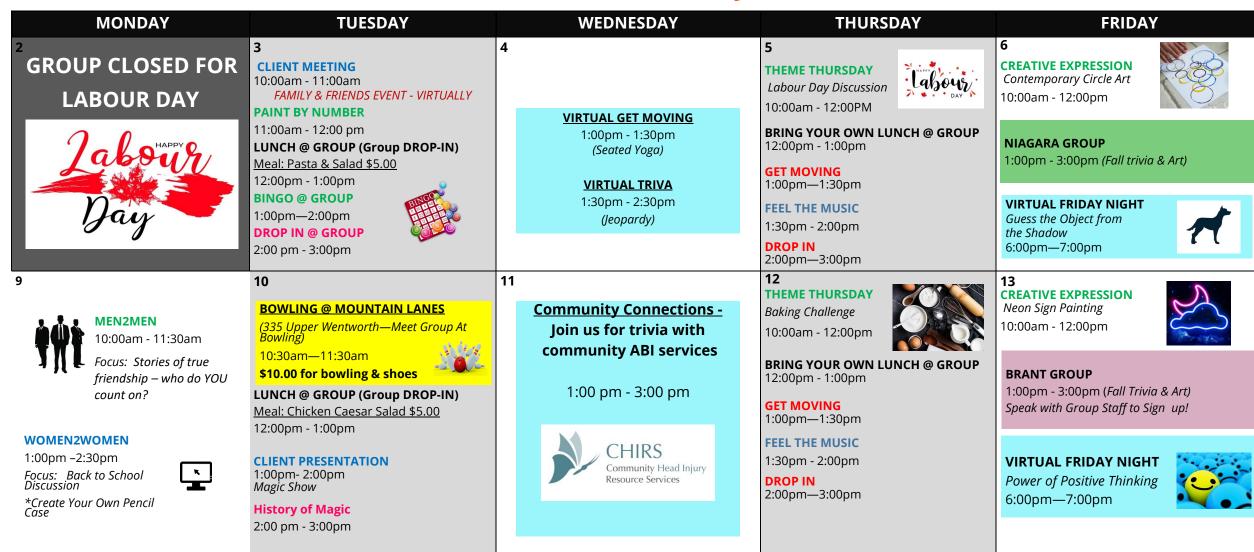
SEPTEMBER 2024 - Community Connections



For Information, Contact a GROUP STAFF

Chase Plant-Huntley

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<u>**Ieff Peters**</u>

Case Facilitator (*Cell Phone: 905-977–9550*) <u>ipeters@hiro.ca</u>

CALENDAR LEGEND

COMMUNITY PROGRAM

VIRTUAL PROGRAM

Both Virtual & In-PERSON

BRANT PROGRAM NIAGARA GROUP **SEPTEMBER 2024 - Community Connections**

THURSDAY MONDAY TUESDAY WEDNESDAY **FRIDAY** 17 18 16 20 THEME THURSDAY **BRAIN WORKOUT MEN2MEN** 10:00am - 11:30am 10:00am—11:00am Travel Experience **CREATIVE EXPRESSION** 10:00am - 12:00pm **VIRTUAL GET MOVING** Fall Art Focus: Healthy Breakfast **LUNCH @ GROUP (Group DROP-IN)** 10:00am - 12:00pm 1:00pm - 1:30pm **BRING YOUR OWN LUNCH @ GROUP** Meal: Chicken stir-fry \$5.00 (Seated Yoga) 12:00pm - 1:00pm 12:00 - 1:00pm **NIAGARA GROUP** COMMUNITY BUILT CONNECTIONS. **GET MOVING** 1:00pm - 3:00pm (Baking Brownies) **VIRTUAL TRIVIA** 1:00pm - 1:30pm A group to bring HAC and HIRO clients 1:30pm - 2:30pm **WOMEN2WOMEN** together to build community connections **FEEL THE MUSIC** (Jeopardy) 1:00pm -2:30pm 1:30pm -2:00 pm (Karaoke) 1:00pm - 2:00pm VIRTUAL FRIDAY NIGHT Focus: Music & Relaxation **DROP-IN** DROP—IN National Day of Truth & *Practice Meditation & Vote on Feelings based on Music 2:00pm - 3:00pm Reconciliation 2:00pm - 3:00pm NATIONAL DAY FOR TRUTH AND RECONCILIATION 6:00pm—7:00pm 25 **26** THEME THURSDAY 27 23 **MEN2MEN** CREATIVE EXPRESSION MUSIC THERAPY & NATURE WALK @MCQUESTEN PARK 10:00am - 11:30am Dot—Pixel Art National Day for Truth **VIRTUAL GET MOVING** 10:00am - 12:00pm Focus: Your Hamilton Go (1199 Upper Wentworth St) & Reconciliation 1:00pm - 1:30pm **BRANT GROUP** To's – favourite spots to 11:00am - 2:00pm 10:00am - 12:00pm (Seated Yoga) 1:00pm - 3:00pm (Baking Brownies) eat, get a hair cut, shop, Meet Group at 10:00am to take the bus **BRING YOUR OWN LUNCH @ GROUP** Speak with Group Staff to Sign up! relax 11:00am (Obstacle Course Game) **VIRTUAL DISCUSSION** 12:00 - 1:00pm 11:30am (Nature Themed Trivia) 1:30pm - 2:30pm **CARNIVAL NIGHT @** GET MOVING WOMEN2WOMEN (Getting Ready for the Fall) 12:00pm (Pizza Lunch) **GROUP** 1:00pm -2:30pm 1:00pm - 1:30pm 5:00pm—7:00pm COST:\$5.00 Focus: Identifying What's Important **FEEL THE MUSIC Carnival Themed Food** 1:00pm (Music Therapy) *Create4 a Personal Picture Frame 1:30pm –2:00 pm (Name that Tune) for Dinner (\$5.00) Come and enjoy a night of DROP—IN 2:00pm - 3:00pm

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MEN2MEN



10:00am - 11:30am

Focus: Back To Cool preparing your clothing and your home for fall



WOMEN2WOMEN

1:00pm -2:30pm

Focus: National Day for Truth & Reconciliation

*Create Indigenous Art



Head Injury Rehabilitation Ontario

A Promise of Hope After ABI

Chase Plant-Huntley

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All Programming Listed on the Group Calendar is for <u>Registered Clients</u> of Head Injury Rehabilitation Ontario.

Please Contact a GROUP Staff Listed below for more infor-

Jeff Peters

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