









OCTOBER 2024 - Fall Festivities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLIENT MEETING 10:00am - 11:00am  <i>FAMILY & FRIENDS EVENT - VIRTUALLY</i> ACCESSIBLE BIKE RIDE @GAGE PARK <i>(1000 Main St. - Meet in the Parking Lot off of Lawrence Rd.)</i> 12:00pm—2:00pm Meet Group at 11:00am to take the bus 12:00pm - 12:30pm - (Picnic Lunch - Sandwich and egg salad) Cost: \$5.00 12:30pm - 1:30pm - (Accessible Bikes) (Free) 1:30pm - 2:00pm - (Trivia)	2 <div style="background-color: #e0f7fa; padding: 5px; margin: 5px 0;"> VIRTUAL GET MOVING 1:00pm - 1:30pm <i>(Seated Yoga)</i> </div> <div style="background-color: #e0f7fa; padding: 5px; margin: 5px 0;"> VIRTUAL DISCUSSION 1:30pm - 2:30pm <i>(Fall Discussion and Trivia)</i> </div>	3 THEME THURSDAY Brain Workout- Fall themed 10:00am - 12:00PM BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm GET MOVING 1:00pm—1:30pm FEEL THE MUSIC 1:30pm - 2:00pm (Karaoke) DROP IN 2:00pm—3:00pm	4 CREATIVE EXPRESSION <i>Thanksgiving Art</i>  10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm Fun Fridays 1:00pm - 3:00 pm <div style="background-color: #c8e6c9; padding: 5px; margin: 5px 0;"> NIAGARA GROUP 1:00pm - 3:00pm (Cinnamon muffins) </div> <div style="background-color: #e0f7fa; padding: 5px; margin: 5px 0;"> VIRTUAL FRIDAY NIGHT <i>Virtual Nature Walk</i>  6:00pm—7:00pm </div>
	7  MEN2MEN 10:00am - 11:30am <i>Focus: Saving Money</i> WOMEN2WOMEN 1:00pm -2:30pm  <i>Focus: Celebration of Fall Discussion with Latte's and Pie</i>	8 BOWLING @ MOUNTAIN LANES <i>(335 Upper Wentworth—Meet Group At Bowling)</i> 10:30am—11:30am  \$10.00 for bowling & shoes LUNCH @ GROUP (Group DROP-IN) Meal: Chicken stir-fry \$5.00 Hamilton Police Service Presentation - Scam Prevention & Safety 1:00-2:00 pm Open Forum Discussion  2:00 pm - 3:00pm	9 <div style="background-color: #e0f7fa; padding: 5px; margin: 5px 0;"> VIRTUAL GET MOVING 2:00pm - 2:30pm <i>(Seated Yoga)</i> </div> <div style="background-color: #e0f7fa; padding: 5px; margin: 5px 0;"> VIRTUAL DISCUSSION 2:30pm - 3:30pm <i>(Fall Leisure)</i> </div>	10 THEME THURSDAY Thanksgiving Discussion and Card workshop 10:00am - 12:00am BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm GET MOVING 1:00pm—1:30pm FEEL THE MUSIC 1:30pm - 2:00pm (Name that Tune) DROP IN 2:00pm—3:00pm

For Information, Contact a GROUP STAFF

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CALENDAR LEGEND

COMMUNITY PROGRAM






VIRTUAL PROGRAM

Both Virtual & In-PERSON 

BRANT PROGRAM

NIAGARA GROUP

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14</p> <p>GROUP CLOSED FOR THANKSGIVING</p> 	<p>15</p> <p>McQuesten Park—ART & MUSIC THERAPY (1199 Upper Wentworth St)- Leave with Group at 10:00 to take the bus)</p> <p>11:00am—2:00pm</p> <p>Art in the Gazebo 11:30—12:30 LUNCH @12:30—Chicken Cesar wrap & soup Cost: \$5.00 Music Therapy 1:00pm - 2:00pm</p>	<p>16</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL DISCUSSION 1:30pm - 2:30pm (Fall Cuisine)</p>	<p>17</p> <p>THEME THURSDAY Think Positive Thursday 10:00am - 12:00pm 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>18</p> <p>CREATIVE EXPRESSION Fall Pastel Art 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>Fun Fridays 1:00pm - 3:00 pm</p> <p>VIRTUAL FRIDAY NIGHT Best Halloween movie's and movie characters</p>  
<p>21</p> <p>MEN2MEN 10:00am - 11:30am Focus: Haunted Hamilton (local legends)</p> <p>WOMEN2WOMEN 1:00pm - 2:30pm Focus: Fall leisure discussions—create a wreath</p> 	<p>22</p> <p>GROUP CLOSED FOR THE DAY</p>	<p>23</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL Trivia 1:30pm - 2:30pm (Halloween Memories)</p>	<p>24</p> <p>THEME THURSDAY Baking Challenge 10:00am - 12:00pm 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>25</p> <p>CREATIVE EXPRESSION Halloween Art 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>Fun Fridays 1:00pm - 3:00 pm</p> <p>HALLOWEEN PARTY @ GROUP 5:00pm—7:00pm *Costumes Encouraged * COST: \$8.00 - Pizza Dinner & Dessert</p>  
<p>28</p> <p>MEN2MEN 10:00am - 11:30am Focus: What Would YOU Do?</p> <p>WOMEN2WOMEN 1:00pm - 2:30pm Focus: Halloween Party *Costumes encouraged*</p>  	<p>29</p> <p>PAINT BY NUMBER 10:00am - 11:30am</p> <p>LIMERIDGE MALL LUNCH & WALK *Take the Bus with Staff to the mall or meet Group by Old Navy (999 Upper Wentworth St., Hamilton—Leave with group at 11:30am) 12:30pm—2:00pm</p> <p>FOODCOURT LUNCH or Bag Lunch 12:30pm- 1:30pm (Cost varies based on meal)</p> <p>MALL WALK 1:30pm - 2:00pm</p>	<p>30</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL TOUR 1:30pm - 2:30pm (Halloween Trivia)</p>	<p>31</p> <p>HALLOWEEN CELEBRATION 10:00am - 3:00pm Join Group for a Halloween Themed Celebration *Costumes Encouraged* Halloween Scavenger Hunt 10:00am - 12:00pm LUNCH @ GROUP Meal: Spaghetti & "Eyeballs" with Salad COST: \$5.00 12:00pm - 1:00pm Movie at Group 1:00pm—3:00pm</p>	 <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 Registered Clients of Head Injury Rehabilitation Ontario.</p>