

November 2024 - Remembrance and Reflection

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



HOLIDAY PARTY
INFORMATION COMING SOON...

SAVE THE DATE:

DECEMBER 2, 2024




Head Injury
 Rehabilitation
 Ontario

*All Programming Listed on the Group Calendar is for
 Registered Clients of
 Head Injury Rehabilitation Ontario.
 Please Contact a GROUP Staff Listed
 below for more information*

1
CREATIVE EXPRESSION
Inner Super Hero art
 10:00am - 12:00pm
BRING YOUR OWN LUNCH @ GROUP
 12:00pm - 1:00pm
Fun Fridays
 1:00pm - 3:00pm
NIAGARA GROUP
 1:00pm - 3:00pm - Sugar Cookies
VIRTUAL FRIDAY NIGHT
 Stress Awareness Day Discussion
 6:00pm—7:00pm




4
MEN2MEN
 10:00am - 11:30am
Focus: Laughter is the Best Medicine



5
FALL COMMUNITY WALK
 10:00am - 11:30 am
**Meet Group to go for a Community Walk downtown.*

LUNCH @ GROUP 12:00
 Meal: *Taco Bowls* \$5.00
Movie @Group
 1:00-3:00pm



WOMEN2WOMEN
 1:00pm -2:30pm
Focus: Gratitude and Thankfulness

6
VIRTUAL GET MOVING
 1:00pm - 1:30pm
(Seated Yoga)
VIRTUAL DISCUSSION
 1:30pm - 2:30pm
(Remembrance Day)

7
THEME THURSDAY
 Remembrance Day Discussion and Brain Workout
 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 (Karaoke)
DROP IN
 2:00pm—3:00pm

8
CREATIVE EXPRESSION
Remembrance Day Art
 10:00am - 12:00pm
BRING YOUR OWN LUNCH @ GROUP
 12:00pm - 1:00pm
Fun Fridays
 1:00pm - 3:00pm
BRANT GROUP
 1:00pm - 3:00pm - (Sugar Cookies)
VIRTUAL FRIDAY NIGHT
 Heroism and Poppies discussion
 6:00pm—7:00pm




For Information, Contact a GROUP STAFF

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


Jeff Peters
 Case Facilitator
 (Cell Phone: 905-977-9550)
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CALENDAR LEGEND

COMMUNITY PROGRAM

VIRTUAL PROGRAM




Both Virtual & In-PERSON



BRANT PROGRAM

NIAGARA GROUP

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11</p> <p>GROUP CLOSED FOR Remembrance Day</p> 	<p>12</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 12:00 Meal: <i>Pita Pizza</i> \$5.00</p> <p>Bingo @Group 1:00-2:00 pm</p>  <p>Drop-in 2:00 pm - 3:00pm</p>	<p>13</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL TRIVIA 1:30pm - 2:30pm (November Jeopardy)</p>	<p>14</p> <p>THEME THURSDAY Gratitude discussion 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>15</p> <p>CREATIVE EXPRESSION <i>Magazine Collage</i> 10:00am - 12:00pm BRING YOUR OWN LUNCH @GROUP 12:00pm - 1:00pm</p>  <p>Fun Fridays 1:00pm - 3:00 pm</p> <p>NIAGARA GROUP 1:00pm - 3:00pm (Board Game Day)</p> <p>VIRTUAL FRIDAY NIGHT <i>World Kindness Day</i> 6:00pm—7:00pm</p>
<p>18</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Canadian History Week : Lets discuss Canadian HEROS!</i></p>  <p>WOMEN2WOMEN 1:00pm –2:30pm <i>Focus: Mental Health and Self Care</i></p> 	<p>19</p> <p>L'ARCHE CAFE 10:30am - 11:30 am (Approximately \$5.00 for Coffee & Cookie) <i>*Leave with Group at 10:00am to take the bus or meet at Bernie Morelli Recreation Centre (876 Cannon St. E) at 10:30am</i></p> <p>LUNCH @ GROUP 12:00 Meal: <i>Chicken Fingers and Salad</i> \$5.00</p> <p>Music Therapy @Group 1:00-2:00 pm</p> <p>Drop-in 2:00 pm - 3:00pm</p>	<p>20</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL DISCUSSION 1:30pm - 2:30pm (Canada History Week)</p>	<p>21</p> <p>THEME THURSDAY Holiday Party Workshop 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>22</p> <p>CREATIVE EXPRESSION <i>Pop Art</i> 10:00am - 12:00pm</p>  <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>Fun Fridays 1:00pm - 3:00 pm</p> <p>BRANT GROUP 1:00pm - 3:00pm - (Board Game Day)</p> <p>VIRTUAL FRIDAY NIGHT Meditation and Mindfulness 6:00pm—7:00pm</p>
<p>25</p> <p>MEN2MEN 10:00am - 11:30am <i>Focus: Bah Humbug! Chasing away the holiday blues.</i></p>  <p>WOMEN2WOMEN 1:00pm –2:30pm <i>Focus: Positive Thinking</i></p> 	<p>26</p> <p>PAINT BY NUMBER 10:00am - 11:30am</p> <p>LUNCH @ GROUP 12:00 Meal: <i>Chilli and Chips</i> \$5.00</p> <p>Trivia 1:00-2:00 pm</p> <p>Drop-in 2:00 pm - 3:00pm</p>	<p>27</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL MUSIC PROGRAM 1:30pm - 2:30pm (Music Trivia)</p>	<p>28</p> <p>THEME THURSDAY Autumn Discussion and Art 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>30</p> <p>CREATIVE EXPRESSION <i>Mosaic Art</i> 10:00am - 12:00pm</p>  <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>Fun Fridays 1:00pm - 3:00 pm</p> <p>NIAGARA GROUP 1:00pm - 3:00pm (Pumpkin bars)</p> <p>IN-PERSON FRIDAY NIGHT - <i>Pasta and Garlic Bread —Pi's and Board Game Night with cookies and hot chocolate \$5.00</i> 5:00pm—7:00pm</p>