November 2024 - Remembrance and Reflection

WEDNESDAY

MONDAY

HOLIDAY PARTY

INFORMATION COMING SOON...

SAVE THE DATE:

DECEMBER 2, 2024

6



Head Injury Rehabilitation Ontario

All Programming Listed on the Group Calendar is for

THURSDAY

Registered Clients of

Head Injury Rehabilitation Ontario.

Please Contact a GROUP Staff Listed below for more information

CREATIVE EXPRESSION Inner Super Hero art

10:00am - 12:00pm

BRING YOUR OWN LUNCH @ GROUP

FRIDAY

12:00pm - 1:00pm

Fun Fridays

1:00pm - 3:00pm

NIAGARA GROUP

1:00pm - 3:00pm - Sugar Cookies

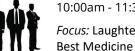
VIRTUAL FRIDAY NIGHT

Stress Awareness Day Discussion 6:00pm—7:00pm



shutterstrick:

MEN2MEN



WOMEN2WOMEN

Focus: Gratitude and

1:00pm -2:30pm

Thankfulness

10:00am - 11:30am Focus: Laughter is the

FALL COMMUNITY WALK

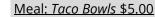
10:00am - 11:30 am

5

*Meet Group to go for a Community Walk downtown.

TUESDAY

LUNCH @ GROUP 12:00



Movie @Group

1:00-3:00pm

VIRTUAL GET MOVING

1:00pm - 1:30pm (Seated Yoga)

VIRTUAL DISCUSSION

1:30pm - 2:30pm (Remembrance Day)

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

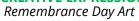
FEEL THE MUSIC

1:30pm - 2:00pm (Karaoke)

DROP IN

2:00pm—3:00pm

CREATIVE EXPRESSION



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) ipeters@hiro.ca

CALENDAR LEGEND

COMMUNITY PROGRAM

VIRTUAL PROGRAM **Both Virtual &** In-PERSON (



BRANT PROGRAM **NIAGARA GROUP**

November 2024 - Remembrance and Reflection

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
GROUP CLOSED FOR Remembrance Day	BOWLING @ MOUNTAIN LANES (335 Upper Wentworth—Meet Group At Bowling) 10:30am—11:30am \$10.00 for bowling & shoes LUNCH @ GROUP 12:00 Meal: Pita Pizza \$5.00 Bingo @Group 1:00-2:00 pm Drop-in 2:00 pm - 3:00pm	13	VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga) VIRTUAL TRIVIA 1:30pm - 2:30pm (November Jeopardy)	14 THEME THURSDAY Gratitude discussion 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	15 CREATIVE EXPRESSION Magazine Collage 10:00am - 12:00pm BRING YOUR OWNLUNCH @GROUP 12:00pm - 1:00pm Fun Fridays 1:00pm - 3:00 pm NIAGARA GROUP 1:00pm - 3:00pm (Board Game Day) VIRTUAL FRIDAY NIGHT World Kindness Day 6:00pm—7:00pm
MEN2MEN 10:00am - 11:30am Focus: Canadian History Week: Lets discuss Canadian HEROS! WOMEN2WOMEN 1:00pm -2:30pm Focus: Mental Health and Self Care	L'ARCHE CAFE 10:30am - 11:30 am (Approximately \$5.00 for Coffee & Cookie) *Leave with Group at 10:00am to take the bus or meet at Bernie Morelli Recreation Centre (876 Cannon St. E) at 10:30am LUNCH @ GROUP 12:00 Meal: Chicken Fingers and Salad \$5.00 Music Therapy @Group 1:00-2:00 pm Drop-in 2:00 pm - 3:00pm	20	VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga) VIRTUAL DISCUSSION 1:30pm - 2:30pm (Canada History Week)	21 THEME THURSDAY Holiday Part y Workshop 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	CREATIVE EXPRESSION Pop Art 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm Fun Fridays 1:00pm - 3:00 pm BRANT GROUP 1:00pm - 3:00pm - (Board Game Day) VIRTUAL FRIDAY NIGHT Meditation and Mindfulness 6:00pm—7:00pm
MEN2MEN 10:00am - 11:30am Focus: Bah Humbug! Chasing away the holiday blues. WOMEN2WOMEN 1:00pm -2:30pm Focus: Positive Thinking	26 PAINT BY NUMBER 10:00am - 11:30am LUNCH @ GROUP 12:00 Meal: Chilli and Chips \$5.00 Trivia 1:00-2:00 pm Drop-in 2:00 pm - 3:00pm	27	VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga) VIRTUAL MUSIC PROGRAM 1:30pm - 2:30pm (Music Trivia)	THEME THURSDAY Autumn Discussion and Art 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	CREATIVE EXPRESSION Mosaic Art 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm Fun Fridays 1:00pm - 3:00 pm NIAGARA GROUP 1:00pm - 3:00pm (Pumpkin bars) IN-PERSON FRIDAY NIGHT - Pasta and Garlic Bread — Pi's and Board Game Night with cookies and hot chocolate \$5.00 5:00pm—7:00pm