

# January 2025 - New Beginnings / Keeping Motivated

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Head Injury Rehabilitation Ontario

All Group Programming is for Registered Clients of Head Injury Rehabilitation Ontario.

Please Contact a **GROUP** Staff Listed below for more information.

Activity	Brant	Niagara
Baking: Oatmeal Raisin Cookies	January 3, 2025	January 10, 2025
Coffee & Tea Social	January 17, 2025	January 24, 2025
Baking: Cheddar Biscuits	January 31, 2025	—

**1**

**GROUP CLOSED FOR THE DAY**

**2**

**THEME THURSDAY**  
New Beginnings- 2025 Group Wishlist  
10:00am - 12:00pm

**BRING YOUR OWN LUNCH @ GROUP**  
12:00pm - 1:00pm

**GET MOVING**  
1:00pm - 1:30pm

**FEEL THE MUSIC**  
1:30pm - 2:00 pm (Name that tune)

**DROP - IN**  
2:00pm - 3:00pm

**3**

**CREATIVE EXPRESSION**  
Motivational Quotes Banner  
10:00am - 12:00pm

**BRING YOUR OWN LUNCH @ GROUP**  
12:00pm - 1:00pm

**FUN FRIDAYS - BOCCE BALL TOURNAMENT**  
1:00pm - 2:00pm

**DROP—IN**  
2:00pm - 3:00pm

**VIRTUAL FRIDAY NIGHT**  
Taking a closer look: The Water Cycle  
6:00pm - 7:00pm

**6**

**MEN2MEN**  
10:00am - 11:30am  
Focus: Post-Holiday Catch-up/Looking forward to 2025

**WOMEN2WOMEN**  
1:00pm - 2:30pm  
Focus: New Beginnings- 2025 Group Wishlist

**7**

**Client Meeting**  
10:00am - 11:00am

**LUNCH @ GROUP (DROP-IN)**  
Meal: Chicken Pot Pie & salad \$5.00  
12:00pm - 1:00pm

**BINGO**  
1:00pm - 2:00pm

**DROP-IN**  
2:00pm - 3:00pm

**8**

**VIRTUAL GET MOVING**  
1:00pm - 1:30pm  
(Seated Yoga)

**VIRTUAL TOUR**  
1:30pm - 2:30pm  
(Kenya)

**9**

**THEME THURSDAY**  
New Beginnings- Vision Boards  
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

**10**

**CREATIVE EXPRESSION**  
Memory Mason Jars  
10:00am - 12:00pm

**BRING YOUR OWN LUNCH @ GROUP**  
12:00pm - 1:00pm

**FUN FRIDAYS - TEAM CHALLENGE**  
1:00pm - 2:00pm

**DROP—IN**  
2:00pm - 3:00pm

**VIRTUAL FRIDAY NIGHT**  
Taking a closer look: Music in Review  
6:00pm - 7:00pm

**For Information, Contact a GROUP STAFF**

**Casey Danton**  
Recreation Therapist  
(Cell Phone: 905-327-9939)  
[cdanton@hiro.ca](mailto:cdanton@hiro.ca)










**Chase Plant-Huntley**  
Recreation Therapist  
(Cell Phone: 905-546-6198)  
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**Jeff Peters**  
Case Facilitator  
(Cell Phone: 905-977-9550)  
[jpeters@hiro.ca](mailto:jpeters@hiro.ca)

**CALENDAR LEGEND**

<b>COMMUNITY PROGRAM</b>	<b>VIRTUAL PROGRAM</b>	<b>Both Virtual &amp; In-PERSON</b>	<b>BRANT PROGRAM</b>	<b>NIAGARA GROUP</b>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>13</b></p>  <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: Tell us about yourself</p> <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm Focus: New Beginnings: Vision Boards</p> 	<p><b>14</b></p> <p><b>BOWLING @ MOUNTAIN LANES</b> (335 Upper Wentworth - Meet Group At Bowling) 10:30am—11:30am <b>\$10.00 for bowling &amp; shoes</b></p> <p><b>LUNCH @ GROUP (DROP-IN)</b> Meal: Spaghetti &amp; Meatballs with salad <u>\$5.00</u> 12:00pm - 1:00pm</p> <p><b>MUSIC THERAPY @ GROUP WITH KRISTEN</b> 1:00 - 2:00 pm</p>  <p><b>DROP-IN</b> 2:00 pm - 3:00pm</p>	<p><b>15</b></p> <div style="background-color: black; color: white; text-align: center; padding: 20px;"> <p><b>GROUP CLOSED FOR THE DAY</b></p> </div>	<p><b>16</b></p> <p><b>THEME THURSDAY</b> New Beginnings: Letters to Self 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>GET MOVING</b> 1:00pm - 1:30pm</p> <p><b>FEEL THE MUSIC</b> 1:30pm - 2:00pm (Name that tune)</p> <p><b>DROP - IN</b> 2:00pm - 3:00pm</p>	<p><b>17</b></p> <p><b>CREATIVE EXPRESSION</b> Personal Goal Boards 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS—RING TOSS</b> 1:00pm - 2:00pm</p> <p><b>DROP - IN</b> 2:00pm - 3:00pm</p> <div style="background-color: #e0ffff; padding: 5px;"> <p><b>VIRTUAL FRIDAY NIGHT</b> Taking a closer look: How coffee is made 6:00pm—7:00pm</p> </div>
<p><b>20</b></p>  <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: What's wrong with this picture?</p> <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm Focus: New Beginnings- Letters to Self</p> 	<p><b>21</b></p> <p><b>BRAIN WORKOUT</b> 10:00am - 12:00pm</p> <p><b>LUNCH @ GROUP (DROP-IN)</b> Meal: Chicken Teriyaki <u>\$5.00</u> 12:00pm - 1:00pm</p> <p><b>JANUARY JEOPARDY</b> 1:00pm - 2:00 pm</p>  <p><b>DROP-IN</b> 2:00 pm - 3:00pm</p>	<p><b>22</b></p> <div style="background-color: #e0ffff; padding: 10px;"> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm (Seated Yoga)</p> <p><b>VIRTUAL TOUR</b> 1:30pm - 2:30pm (Phillipines)</p> </div>	<p><b>23</b></p> <p><b>THEME THURSDAY</b> New Beginnings- January Check-in 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>GET MOVING</b> 1:00pm - 1:30pm</p> <p><b>FEEL THE MUSIC</b> 1:30pm - 2:00pm (Karaoke)</p> <p><b>DROP - IN</b> 2:00pm - 3:00pm</p>	<p><b>24</b></p> <p><b>CREATIVE EXPRESSION</b> Make Your Own Key Bowl 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS - SCAVENGER HUNT</b> 1:00pm - 2:00pm</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p> <div style="background-color: #e0ffff; padding: 5px;"> <p><b>VIRTUAL FRIDAY NIGHT</b> Taking a closer look: Benefits of sleep 6:00pm - 7:00pm</p> </div>
<p><b>27</b></p>  <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: Health/ relationship questions you might be afraid to ask</p> <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm Focus: New Beginnings- January Check-in</p> 	<p><b>28</b></p> <p><b>Gage Park Greenhouse</b> Meet group @ Greenhouse 10:00am-11:30am <b>\$5 Coffee and Doughnut</b></p> <p><b>LUNCH @ GROUP (DROP-IN)</b> Meal: Pancakes, eggs, fruit <u>\$5.00</u> 12:00pm - 1:00pm</p> <p><b>BOARDGAME CAFÉ</b> 1:00 - 2:00 pm</p>  <p><b>DROP-IN</b> 2:00 pm - 3:00pm</p>	<p><b>29</b></p> <div style="background-color: #e0ffff; padding: 10px;"> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm (Seated Yoga)</p> <p><b>VIRTUAL TOUR</b> 1:30pm - 2:30pm (Finland)</p> </div>	<p><b>30</b></p> <p><b>THEME THURSDAY</b> Group Space Refresh 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>GET MOVING</b> 1:00pm - 1:30pm</p> <p><b>FEEL THE MUSIC</b> 1:30pm - 2:00pm (Name that tune)</p> <p><b>DROP - IN</b> 2:00pm - 3:00pm</p>	<p><b>31</b></p> <p><b>CREATIVE EXPRESSION</b> Identity Books 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAYS - TABLETOP SNOWBALL FIGHT</b> 1:00pm - 2:00 pm</p> <p><b>DROP - IN</b> 2:00pm - 3:00pm</p> <div style="background-color: #00b0f0; color: white; padding: 5px;"> <p><b>In-person Friday Night-Minute2WinIt</b> Meal: Beef Stew, rice and carrots \$5 5:00 - 7:00pm</p> </div>