








February 2025 - Self Love

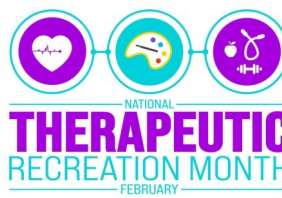
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>MEN2MEN 10:00am - 11:30am Focus: Memory Strategies: What are you using?</p>  <p>WOMEN2WOMEN 1:00pm - 2:30pm Focus: Self-Care Discussion and Spa Day</p> 	<p>4</p> <p>CLIENT MEETING 10:00am - 11:00am</p> <p>LUNCH @ GROUP (DROP-IN) \$5 12:00pm - 1:00pm Meal: Oat pancakes, eggs, fruit</p>  <p>WHAT IS RECREATION THERAPY? 1:00pm - 2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p>	<p>5</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL DISCUSSION 1:30pm - 2:30pm (Moral Dilemmas)</p>	<p>6</p> <p>THEME THURSDAY Recreation Therapy Scavenger Hunt 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC: Black Voices Edition 1:30pm - 2:00 pm (Name that tune)</p> <p>DROP IN 2:00pm - 3:00pm</p>	<p>7</p> <p>CREATIVE EXPRESSION DIY Self Love Booklet 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY- WORD PLAY 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT The importance of leisure 6:00pm - 7:00pm</p> 
<p>10</p> <p>MEN2MEN 10:00am - 11:30am Focus: Perfect Gentlemen: Rules of Etiquette</p>  <p>WOMEN2WOMEN 1:00pm - 2:30pm Focus: Share and Tell</p> 	<p>11</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 (DROP-IN) \$5 12:00pm - 1:00pm Meal: Chicken salad sandwich & salad</p>  <p>MINDFULNESS AND MEDITATION 1:00pm-2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p>	<p>12</p> <p>VIRTUAL GET MOVING 1:00pm - 1:30pm (Seated Yoga)</p> <p>VIRTUAL DISCUSSION 1:30pm - 2:30pm (Fact or Fiction Stories)</p>	<p>13</p> <p>THEME THURSDAY Leisure and Self-Love 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC 1:30pm - 2:00pm (Karaoke)</p> <p>DROP IN 2:00pm - 3:00pm</p>	<p>14</p> <p>CREATIVE EXPRESSION Self Portraits 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY - BAKING SUGAR COOKIES 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT Things we love 6:00pm - 7:00pm</p>



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	Niagara Group 1-3pm	Brant Group 1-3pm
BAKE BLUEBERRY	Feb 7, 2025	Feb 14, 2025 Group Cancelled
MUFFINS	Feb 21, 2025 Group Cancelled	February 28, 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</p> <p>GROUP CLOSED FOR</p> 	<p>18</p> <p>BINGO 10:00am - 12:00 pm</p>  <p>LUNCH @ GROUP (DROP-IN) \$5 Meal: Chicken Skewers, rice and salad 12:00pm - 1:00pm</p>  <p>MUSIC THERAPY @ GROUP WITH KRISTEN 1-2pm</p>  <p>DROP-IN 2:00 pm - 3:00pm</p>	<p>19</p> <p>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</p>	<p>20</p> <p>THEME THURSDAY CANCELLED Group opens at 12pm today</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC: Black Voices Edition 1:30pm - 2:00pm (Name that tune)</p> <p>DROP - IN 2:00pm - 3:00pm</p>	<p>21</p> <p>CREATIVE EXPRESSION CANCELLED Group opens at 12pm today</p> <p>BRING YOUR OWN LUNCH @GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAYS - MOVIE AND POPCORN 1:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT Taking Care Of You 6:00pm—7:00pm</p>
<p>24</p> <p>MEN2MEN</p> <p>CANCELLED</p>  <p>WOMEN2WOMEN 1:00pm - 2:30pm Focus: Self Affirmation Jars</p> 	<p>25</p> <p>DESIGN YOUR OWN PINK SHIRT 10:00am - 12:00pm Registration required—Contact Group staff</p>  <p>LUNCH @ GROUP (DROP-IN) \$5 Meal: Vegetable lasagna and salad 12:00pm - 1:00pm</p>  <p>ANTI-BULLYING/DIVERSITY DISCUSSION 1:00pm - 2:00 pm</p> <p>DROP-IN 2:00 pm - 3:00pm</p>	<p>26</p> <p>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</p>	<p>27</p> <p>THEME THURSDAY Personality Inventory 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING 1:00pm - 1:30pm</p> <p>FEEL THE MUSIC 1:30pm - 2:00pm (Karaoke)</p> <p>DROP - IN 2:00pm - 3:00pm</p> <p>SOUNDSCAPES OF BLACK CANADA@HPL (Hamilton Central Library 55 York Blvd) 4-5pm—Pizza @ Group \$5 5:45pm— Meet @ library York Blvd doors 7pm—Group ends @ library Registration required—contact Group staff</p>	<p>28</p> <p>CREATIVE EXPRESSION Name Acrostic 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY- WINTER OLYMPICS CHALLENGE 1:00pm - 2:00pm</p> <p>DROP—IN 2:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT Healthy Hearts 6:00pm—7:00pm</p> 

Meet the Recreation Therapy Team:



Casey Danton
Recreation
Therapist



Chase Plant-Huntley
Recreation Therapist



Danielle Catterall
Relief Facilitator

CALENDAR LEGEND

COMMUNITY PROGRAM

VIRTUAL PROGRAM

Both Virtual & In-PERSON



BRANT PROGRAM

NIAGARA GROUP