







# March 2025 - Sustainability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: Music Appreciation</p>  <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm Focus: International Women's Day Discussion</p> 	<p><b>4</b></p> <p><b>CLIENT MEETING</b> 10:00am - 11:00am</p> <p><b>LUNCH @ GROUP \$5</b> 12:00pm - 1:00pm Meal: Hummus, Pico de Gallo, Naan</p>  <p><b>BOARDGAME CAFE</b> 1:00pm - 2:00pm</p> <p><b>DROP-IN</b> 2:00pm - 3:00pm</p>	<p><b>5</b></p> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm Seated Yoga</p> <p><b>VIRTUAL DISCUSSION</b> 1:30pm - 2:30pm Brain 101</p>	<p><b>6</b></p> <p><b>THEME THURSDAY</b> International Women's Day Discussion 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 - 2:00 pm (Name that tune)</p> <p><b>DROP-IN</b> 2:00pm - 3:00pm</p>	<p><b>7</b></p> <p><b>CREATIVE EXPRESSION</b> Make Your Own Magnet 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAY—BINGO</b> 1:00pm - 2:00pm</p> <p><b>DROP-IN</b> 2:00pm - 3:00pm</p> <p><b>VIRTUAL FRIDAY NIGHT</b> Virtual Jeopardy 6:00pm - 7:00pm</p>
<p><b>10</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: Why Men's Hygiene Is Important</p>  <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm Focus: Self-Affirmation Jars</p> 	<p><b>11</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) \$5</b> 12:00pm - 1:00pm Meal: Tomato and Pesto Panini with Soup</p>  <p><b>JEOPARDY</b> 1:00pm-2:00pm</p> <p><b>DROP-IN</b> 2:00pm - 3:00pm</p>	<p><b>12</b></p> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm Seated Yoga</p> <p><b>VIRTUAL DISCUSSION</b> 1:30pm - 2:30pm Self-Esteem</p>	<p><b>13</b></p> <p><b>THEME THURSDAY</b> World Water Day Discussion 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>14</b></p> <p><b>CREATIVE EXPRESSION</b> Blank Canvas 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAY—ST. PATTY'S WORD GAMES</b> 1:00pm - 2:00pm</p> <p><b>DROP-IN</b> 2:00pm - 3:00pm</p> <p><b>VIRTUAL FRIDAY NIGHT</b> What is Earth Hour/World Water Day? 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.



PLEASE NOTE: NIAGARA AND BRANT GROUPS  
WILL NOT RUN IN MARCH. UPDATES WILL BE  
SENT WHEN AVAILABLE. CONTACT GROUP  
STAFF FOR MORE DETAILS.

# March 2025—Sustainability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>17</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: St. Patrick's Day Pancakes</p>  <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm Focus: Spring Discussion and Art</p> 	<p><b>18</b></p> <p><b>BRAIN WORKOUT</b> 10:00am - 12:00 pm</p> <p><b>LUNCH @ GROUP (DROP-IN) \$5</b> <u>Meal:</u> Vegetarian Spaghetti Bolognese 12:00pm - 1:00pm</p> <p><b>MUSIC THERAPY @ GROUP WITH KRISTEN</b> 1:00-2:00pm</p>  <p><b>DROP-IN</b> 2:00 pm - 3:00pm</p>	<p><b>19</b></p> <div style="background-color: black; color: white; text-align: center; padding: 20px;"> <p><b>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</b></p> </div>	<p><b>20</b></p> <p><b>THEME THURSDAY</b> Welcome Spring! Discussion 10:00am- 12:00pm</p> <div style="background-color: black; color: white; text-align: center; padding: 20px;"> <p><b>GROUP CLOSED AT 12PM (MORNING PROGRAM ONLY)</b></p> </div>	<p><b>21</b></p> <p><b>CREATIVE EXPRESSION</b> Mason Jar Lanterns 10:00am-12:0pm</p> <p><b>BRING YOUR OWN LUNCH @GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAY— SCAVENGER HUNT</b> 1:00pm - 3:00pm</p> <div style="background-color: #e0f7fa; padding: 5px;"> <p><b>VIRTUAL FRIDAY NIGHT</b> 20 Questions: Get ready to share fun things about yourself! 6:00pm—7:00pm</p> </div>
<p><b>24</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am Focus: What Bugs You? Pet Peeves/Bothers Discussion</p>  <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm Focus: Personality Inventory</p> 	<p><b>25</b></p> <div style="background-color: yellow; padding: 5px;"> <p><b>L'ARCHE CAFE</b> (located inside Bernie Morelli Recreation Centre) 876 Cannon St. East—Meet group there 10am-11am (Approx. \$5.00 for Coffee &amp; Doughnut)</p> </div> <p><b>LUNCH @ GROUP (DROP-IN) \$5</b> <u>Meal:</u> Vegetable Stir Fry with Rice</p>  <p>12:00pm - 1:00pm</p> <p><b>BINGO</b> 1:00pm - 2:00 pm</p>  <p><b>DROP-IN</b> 2:00 pm - 3:00pm</p>	<p><b>26</b></p> <div style="background-color: #e0f7fa; padding: 10px;"> <p><b>VIRTUAL GET MOVING</b> 1:00pm - 1:30pm Seated Yoga</p> <p><b>VIRTUAL DISCUSSION</b> 1:30pm - 2:30pm Managing Conflict</p> </div>	<p><b>27</b></p> <p><b>THEME THURSDAY</b> Low Waste Leisure Discussion 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>28</b></p> <p><b>CREATIVE EXPRESSION</b> Scrap Paper Mosaic</p>  <p>10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAY— WOULD YOU RATHER?</b> 1:00pm - 2:00pm</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p> <div style="background-color: #00bcd4; padding: 5px;"> <p><b>IN-PERSON FRIDAY NIGHT @ GROUP</b> MOVIE NIGHT <u>Meal:</u> Chickpea Chili with Rice 5-7pm</p>  </div>

**For information, contact Group Staff:**



**Casey Danton**  
Recreation Therapist  
905-327-9939



**Jeff Peters**  
Case Facilitator  
905-977-9550



**Danielle Catterall**  
Relief Facilitator

## CALENDAR LEGEND

**COMMUNITY PROGRAM**

**VIRTUAL PROGRAM**

**Both Virtual & In-PERSON**



**BRANT PROGRAM**

**NIAGARA GROUP**