






# April 2025—Environmental Awareness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>31</b></p> <p><b>MEN2MEN</b> Share and Tell 10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b> Share and Tell 1:00pm - 2:30pm</p> <p> In-person or Virtual</p>	<p><b>1</b></p> <p><b>CLIENT MEETING</b> 10:00am - 11:00am</p> <p><b>LUNCH @ GROUP \$5</b> Meal: Crispy Chicken, Mashed Potatoes, Mixed Vegetables 12:00pm - 1:00pm</p> <p><b>BOARDGAME CAFE</b> 1:00pm - 2:00pm</p> <p><b>DROP-IN</b> 2:00pm - 3:00pm</p>	<p><b>2</b></p> <p><b>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</b></p>	<p><b>3</b></p> <p><b>THEME THURSDAY</b> World Health Day Discussion 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>GET MOVING/FEEL THE MUSIC</b> 1:00pm - 2:00pm</p> <p><b>DROP IN</b> 2:00pm - 3:00pm</p>	<p><b>4</b></p> <p><b>CREATIVE EXPRESSION</b> Imagination Workout 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAY—COMMUNITY WALK WITH HEALTHYSNACKS</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  Virtual</p>
<p><b>7</b></p> <p><b>MEN2MEN</b> What are you afraid of (Fears Discussion) 10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b> World Health Day Discussion 1:00pm - 2:30pm</p> <p> In-person or Virtual</p>	<p><b>8</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 \$5</b> Meal: Hummus, Pico de Gallo, Naan Bread 12:00pm - 1:00pm</p> <p><b>JEOPARDY</b> 1:00pm-2:00pm</p> <p><b>DROP-IN</b></p>	<p><b>9</b></p> <p><b>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</b></p>	<p><b>10</b></p> <p><b>THEME THURSDAY</b>  Deforestation in Canada 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>GET MOVING/FEEL THE MUSIC</b> 1:00pm - 2:00pm</p> <p><b>DROP IN</b> 2:00pm - 3:00pm</p>	<p><b>11</b></p> <p><b>CREATIVE EXPRESSION</b> Kindness Rocks 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>FUN FRIDAY—SPRING WORD GAMES</b> 1:00pm - 2:00pm</p> <p><b>DROP IN</b> 2:00pm - 3:00pm</p> <p><b>VIRTUAL FRIDAY NIGHT</b> Taking a Closer Look: Caring for our Earth 6:00pm - 7:00pm  Virtual</p>
















Head Injury Rehabilitation Ontario

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



**PLEASE NOTE: NIAGARA AND BRANT GROUPS WILL NOT RUN AS OF MARCH 2025. UPDATES WILL BE SENT WHEN AVAILABLE. CONTACT GROUP STAFF FOR MORE DETAILS.**

# April 2025—Environmental Awareness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>14</b> <b>MEN2MEN</b> Emotions: Positive and Negative Ways to Let It Out 10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b> Deforestation in Canada 1:00pm - 2:30pm</p>   <p><b>In-person or Virtual</b></p>	<p><b>15</b> <b>EARTH DAY BINGO</b> 10:00am - 12:00 pm</p> <p><b>LUNCH @ GROUP \$5</b> <u>Meal:</u> French Toast, Eggs, Fruit 12:00pm - 1:00pm</p> <p><b>MUSIC THERAPY @ GROUP WITH KRISTEN</b> 1:00pm—2:00pm</p> <p><b>DROP-IN</b> 2:00 pm - 3:00pm</p>	<p><b>16</b></p> <p><b>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</b></p>	<p><b>17</b> <b>THEME THURSDAY</b>  How to Decrease Your Carbon Footprint 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>GET MOVING/FEEL THE MUSIC</b> 1:00pm - 2:00pm</p> <p><b>DROP - IN</b> 2:00pm - 3:00pm</p>	<p><b>18</b></p> <p><b>GROUP CLOSED FOR</b></p> 
<p><b>21</b></p> <p><b>GROUP CLOSED FOR</b></p> <p><b>Easter Monday</b></p> 	<p><b>22</b> <b>Earth Day 2025</b> 10:00am - 12:00pm</p> <p><b>LUNCH @ GROUP \$5</b> <u>Meal:</u> Flatbread Pizzas 12:00pm - 1:00pm</p> <p><b>COMMUNITY WALK</b>  1:00pm - 2:00 pm</p> <p><b>DROP-IN</b> 2:00 pm - 3:00pm</p>	<p><b>23</b></p> <p><b>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</b></p>	<p><b>24</b> <b>THEME THURSDAY</b>  Gardening for the Environment 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH @ GROUP</b> 12:00pm - 1:00pm</p> <p><b>GET MOVING/FEEL THE MUSIC</b> 1:00pm - 2:00pm</p> <p><b>DROP - IN</b> 2:00pm - 3:00pm</p>	<p><b>25</b> <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—SPRING BINGO</b> 1:00pm - 2:00pm</p> <p><b>DROP—IN</b> 2:00pm - 3:00pm</p> <div style="border: 2px solid purple; padding: 5px;"> <p><b>IN-PERSON FRIDAY \$5</b> <u>Meal:</u> Burgers and Fries with salad 5:00pm-7:00pm Registration required</p> </div>
<p><b>28</b> <b>MEN2MEN</b> Ways To Eat Fun But Still Healthy 10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b> Gardening for the Environment 1:00pm - 2:30pm</p>   <p><b>In-person or Virtual</b></p>	<p><b>29</b> <b>Gage Park Greenhouse</b>  Meet group @ Greenhouse 10:00am-11:30am</p> <p><b>\$5 Coffee and Doughnut - registration required</b></p> <p><b>LUNCH @ GROUP \$5</b> <u>Meal:</u> Taco Bowls 12:00pm - 1:00pm</p> <p><b>BRAIN WORKOUT</b> 1:00pm - 2:00 pm</p> <p><b>DROP-IN</b> 2:00 pm - 3:00pm</p>	<p><b>30</b></p> <p><b>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</b></p>	<p><b>MEET THE GROUP TEAM:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Casey Danton</b> Recreation Therapist 905-327-9939</p> </div> <div style="text-align: center;">  <p><b>Danielle Catterall</b> Relief Facilitator</p> </div> <div style="text-align: center;">  <p><b>Jeff Peters</b> Case Facilitator 905-977-9550</p> </div> </div> <p><b>CALENDAR LEGEND:</b></p> <div style="display: flex; justify-content: space-around; text-align: center;"> <div style="border: 2px solid green; padding: 5px;">COMMUNITY OUTTING</div> <div style="border: 2px solid purple; padding: 5px;">SOCIAL PROGRAM</div> <div style="border: 2px solid blue; padding: 5px;">PHYSICAL PROGRAM</div> <div style="border: 2px solid yellow; padding: 5px;">COGNITIVE/ EDUCATIONAL PROGRAM</div> </div>	