









May 2025—Discover

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Head Injury Rehabilitation Ontario</p> <p>All Group Programming is for <u>Registered Clients of</u> Head Injury Rehabilitation Ontario.</p> <div style="text-align: center;"> <p>May 25—31, 2025</p>  <p>AccessAbility Week</p> </div> <div style="text-align: center;"> <p>EASTER SEALS</p>  <p>Red Shirt Day™ Wear red to show your support for individuals living with disabilities</p> <p>Thursday, May 29, 2025</p> </div>			<p>1 ART GALLERY OF HAMILTON </p> <p>(123 King Street W Meet Group @ street level entry) 11am—12pm FREE</p> <p>BRING YOUR OWN LUNCH @ GROUP 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p>	<p>2 CREATIVE EXPRESSION My Happy Place 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY— LUAU PARTY 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p> <div style="border: 2px solid purple; padding: 5px;"> <p>VIRTUAL FRIDAY NIGHT </p> <p>Discover: How Honey Is Made 6:00pm-7:00pm </p> </div>
<p>5 MEN2MEN Tell Us 5 Things About You 10:00am - 11:30am</p> <p>WOMEN2WOMEN My Happy Place 1:00pm - 2:30pm</p> <div style="text-align: center;">  <p>In-person or Virtual</p> </div>	<p>6 CLIENT MEETING 10:00am-11:00am</p> <p>LUNCH @ GROUP \$5 <u>Meal:</u> Perogies and Salad 12:00pm - 1:00pm</p> <p>JEOPARDY 1:00pm-2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p>	<p>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</p>	<p>8 THEME THURSDAY </p> <p>Discover: Hamilton Public Library 10:30am-11:30am</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING/NAME THAT TUNE 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p>	<p>9 CREATIVE EXPRESSION Virtual Print Making @ Group with Art Gallery Hamilton 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY- COMMUNITY SCAVENGER HUNT 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p> <div style="border: 2px solid purple; padding: 5px;"> <p>IN-PERSON FRIDAY \$10</p> <p>Karaoke <u>Meal:</u> Swiss Chalet 5:00pm-7:00pm Advance Registration and Payment required</p> </div>

MEET THE GROUP TEAM:



Casey Danton
Recreation Therapist
905-327-9939



Danielle Catterall
Relief Facilitator



Jeff Peters
Case Facilitator
905-977-9550

CALENDAR LEGEND:

COMMUNITY OUTTING









SOCIAL PROGRAM

PHYSICAL PROGRAM

COGNITIVE/ EDUCATIONAL PROGRAM

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12</p> <p>MEN2MEN Grilling & Chilling: Burgers and Cards 10:00am - 11:30am</p> <p>WOMEN2WOMEN Leisure Discussion & Pastel Art 1:00pm - 2:30pm</p> <p> In-person or Virtual</p>	<p>13</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 \$5 Meal: Chicken Salad Panini with Soup 12:00pm - 1:00pm</p> <p>COMMUNITY WALK 1:00pm—2:00pm</p> <p>DROP IN 2:00 pm - 3:00pm</p>	<p>14</p> <p>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</p>	<p>15</p> <p>GET MOVING/KARAOKE 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>TRIVIA WITH THE HALDIMAND ABILITIES CENTRE 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p>	<p>16</p> <p>CREATIVE EXPRESSION Spring Pastel Art 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>MUSIC IN THE PARK WITH KRISTEN Meet group @ TB McQuesten Park 1:00pm - 2:00pm</p> <p>VIRTUAL FRIDAY NIGHT Virtual Jeopardy 6:00pm - 7:00pm</p> <p> Virtual</p>
<p>19</p> <p>GROUP CLOSED FOR VICTORIA DAY HOLIDAY</p> 	<p>20</p> <p>BINGO 10:00am-12:00pm</p> <p>LUNCH @ GROUP \$5 Meal: Waffles with Eggs and Fruit 12:00pm - 1:00pm</p> <p>MUSIC THERAPY WITH KRISTEN 1:00pm - 2:00 pm</p> <p>DROP IN</p>	<p>21</p> <p>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</p>	<p>22</p> <p>THEME THURSDAY Unmasking Mental Health with Erynne 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>GET MOVING/NAME THAT TUNE 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p>	<p>23</p> <p>CREATIVE EXPRESSION Tie Dye 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY— BLIND TASTE TESTS 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT Discover: Greece 6:00pm - 7:00pm</p> <p> Virtual</p>
<p>26</p> <p>MEN2MEN Conflict Resolution Skills 10:00am - 11:30am</p> <p>WOMEN2WOMEN Benefits of Sensory Experiences with Walk 1:00pm - 2:30pm</p> <p> In-person or Virtual</p>	<p>27</p> <p>ADAPTIVE BIKES @ GAGE PARK (Meet group at the brightly coloured "Adaptive Bike Hub" in the parking lot. 42 Lawrence Rd) 10:00am-11:30am</p> <p>LUNCH @ GROUP \$5 Meal: Pasta Bolognese with Salad 12:00pm - 1:00pm</p> <p>JEOPARDY 1:00pm - 2:00 pm</p> <p>DROP IN 2:00 pm - 3:00pm</p>	<p>28</p> <p>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</p>	<p>29</p> <p> </p> <p>Outing to OPERATION WILD. Advance payment and registration required. Speak to CF or Group Staff.</p>	<p>30</p> <p>CREATIVE EXPRESSION Blank Canvas 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY— NAME THAT HOBBY 1:00pm - 2:00pm</p> <p>DROP—IN 2:00pm - 3:00pm</p> <p>IN-PERSON FRIDAY Meet group @ Relay Coffee Roasters (27 King William St.) 5:00pm-7:00pm Approx. \$8 for coffee and pastry Registration required</p> <p> Virtual</p>