









June 2025—Brain Injury Awareness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>MEN2MEN Brain Injury Awareness Discussion 10:00am - 11:30am</p> <p>WOMEN2WOMEN Your Memory Tools & DIY Key Bowl 1:00pm - 2:30pm</p> <p>  In-person or Virtual</p>	<p>3</p> <p>CLIENT MEETING 10:00am-11:00am</p> <p>LUNCH @ GROUP \$5 <u>Meal:</u> Tuna Melt with Salad 12:00pm - 1:00pm</p> <p>TRIVIA CHALLENGE 1:00pm-2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p></p>	<p>4</p> <p>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</p>	<p>5</p> <p>Outing to OPERATION WILD. Advance registration required. Speak to CF or Group Staff.</p>	<p>6</p> <p>CREATIVE EXPRESSION Brain Illustrations 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY - GIANT BRAIN CONCENTRATION 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p> <p>VIRTUAL FRIDAY NIGHT Your Favourite Songs/Musicians 6:00pm-7:00pm</p> <p>  Virtual</p>
<p>9</p> <p>MEN2MEN Brain Games 10:00am - 11:30am</p> <p>WOMEN2WOMEN Self-Care & Spa Day 1:00pm - 2:30pm</p> <p>  In-person or Virtual</p>	<p>10</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 <u>Meal:</u> Tomato and bean salad, guacamole, naan bread 12:00pm - 1:00pm</p> <p>BINGO 1:00pm-2:00pm</p> <p>DROP-IN 2:00pm - 3:00pm</p> <p></p>	<p>11</p> <p>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</p>	<p>12</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>PICNIC LUNCH @ GAGE PARK \$5 12:00pm - 1:00pm</p> <p>GET MOVING @ GAGE PARK 1:00pm - 2:00pm</p>	<p>13</p> <p>CREATIVE EXPRESSION Guest Artist: Weaving with Rivers & Meadows 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</p> <p>FUN FRIDAY- BRAIN OBSTACLE COURSE 1:00pm - 2:00pm</p> <p>DROP IN 2:00pm - 3:00pm</p> <p>IN-PERSON FRIDAY \$10 Movie Night <u>Meal:</u> Chinese Food 5:00pm-7:00pm Advance Registration and Payment required</p> <p></p>

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
ARE CLOSED. UPDATES WILL BE SENT WHEN
AVAILABLE. CONTACT GROUP STAFF FOR
MORE DETAILS.

June 2025— Brain Injury Awareness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>16</div> <div>MEN2MEN Celebrate YOU! 10:00am - 11:30am</div> <div>WOMEN2WOMEN Summer Social 1:00pm - 2:30pm</div> <div> In-person or Virtual</div>	<div>17</div> <div>BRAIN WORKOUT 10:00am—12:00pm</div> <div></div> <div>LUNCH @ GROUP \$5 <u>Meal:</u> Vegetarian Chilli with Cornbread 12:00pm - 1:00pm</div> <div>GROUP CLOSED @ 1PM</div>	<div>18</div> <div>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</div>	<div>19</div> <div>THEME THURSDAY HIRO Counsellor Presents: Identity and Acceptance 10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>GET MOVING/KARAOKE 1:00pm - 2:00pm</div> <div>DROP IN 2:00pm - 3:00pm</div>	<div>20</div> <div>CREATIVE EXPRESSION Clay Art: Sculpt a Brain 10:00am - 12:00pm</div> <div></div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>FUN FRIDAY— FOOD TO FUEL YOUR BRAIN 1:00pm - 2:00pm</div> <div>DROP IN 2:00pm - 3:00pm</div> <div>VIRTUAL FRIDAY NIGHT Summer Leisure Discussion 6:00pm - 7:00pm</div> <div> Virtual</div>
<div>23</div> <div>MEN2MEN How do YOU do it? 10:00am - 11:30am</div> <div>WOMEN2WOMEN Share and Tell 1:00pm - 2:30pm</div> <div> In-person or Virtual</div>	<div>24</div> <div>DAY OF HIROS @ BATTLEFIELD PARK **REGISTRATION REQUIRED**</div> <div></div>	<div>25</div> <div>GROUP CLOSED FOR THE DAY (NO VIRTUAL)</div>	<div>26</div> <div>THEME THURSDAY Multiculturalism Day 10:00am - 12:00pm</div> <div>LUNCH @ GROUP \$5 <u>Meal:</u> Tastes of the World 12:00pm - 1:00pm</div> <div>INDIGENOUS LEARNING 1:00pm - 2:00pm</div> <div>DROP IN 2:00pm - 3:00pm</div>	<div>27</div> <div>CREATIVE EXPRESSION Canada Day Craft 10:00am - 12:00pm</div> <div>LUNCH @ GROUP \$5 <u>Meal:</u> Pizza with salad 12:00pm - 1:00pm</div> <div>FUN FRIDAY— TRIPLE C FARM @ GROUP 1:00pm - 2:00pm</div> <div>IN-PERSON FRIDAY \$10 MEET GROUP @ MANCALA MONK BOARDGAME CAFE (1229 Cannon St. East) 5pm-7pm</div>
<div>30</div> <div>MEN2MEN Songs That Inspire and Motivate You 10:00am - 11:30am</div> <div>WOMEN2WOMEN Canada Day Discussion and Craft 1:00pm - 2:30pm</div> <div> In-person or Virtual</div>	<div> Brain Injury Awareness Month</div> <div></div> <div> CANADIAN MULTICULTURALISM DAY JUNE 27</div> <div> NATIONAL INDIGENOUS HISTORY MONTH</div>			