











July 2025— Let's Move



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 July 19, 2025	1 GROUP CLOSED 	2 PRE-REGISTERED PROGRAMS	3 ADAPTED YOGA WITH CERTIFIED INSTRUCTOR 10:30am—11:30am  BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm ADAPTED TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm - 2:00pm  MINDFUL MEDITATION 2:00pm - 3:00pm	4 CREATIVE EXPRESSION Junkanoo Festival Craft 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAY - BINGO 1:00pm - 2:00pm DROP IN 2:00pm - 3:00pm <div>VIRTUAL FRIDAY NIGHT Canadian Trivia 6:00pm-7:00pm </div>
7 MEN2MEN The Power of Friendship 10:00am - 11:30am WOMEN2WOMEN The Power of Gratitude 1:00pm - 2:30pm  In-person or Virtual	8 Hutch's On The Beach Meet group at 280 Van Wagners Beach Rd \$10-15/person for lunch 10:30am—Client Meeting @ beach 11am—Lunch and Beach Games 1pm-2pm — Boardwalk Stroll 	9 PRE-REGISTERED PROGRAMS	10 ADAPTED YOGA WITH CERTIFIED INSTRUCTOR 10:30am—11:30am  BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm TAI CHI WITH CERTIFIED ADAPTED INSTRUCTOR 1:00pm - 2:00pm  MINDFUL MEDITATION 2:00pm - 3:00pm	11 CREATIVE EXPRESSION Guest Artist: Creative Journaling with Rivers & Meadows 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm  FUN FRIDAY- CANADIAN PARKS OBSTACLE COURSE 1:00pm - 2:00pm <div>IN-PERSON FRIDAY \$5 O'Canada Meal: Chicken poutine, salad and Butter Tarts 5:00pm-7:00pm Advance Registration</div>

MEET THE GROUP TEAM:



Casey Danton
Recreation
Therapist
905-327-9939



Danielle Catterall
Program
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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 MEN2MEN Pancakes & Pool Tournament 10:00am - 11:30am WOMEN2WOMEN Canadian Trivia and Treats 1:00pm - 2:30pm  In-person or Virtual	15 <div> BOWLING @ MOUNTAIN LANES (335 Upper Wentworth - Meet Group At Bowling) 10:30am—11:30am \$10.00 for bowling & shoes  </div> LUNCH @ GROUP \$5 Meal: Montreal Smoked Meat Sandwich and Salad 12:00pm - 1:00pm MUSIC THERAPY WITH KRISTEN 1:00pm - 2:00pm DROP IN 2:00pm - 3:00pm	16 <div> PRE-REGISTERED PROGRAMS </div>	17 ADAPTED YOGA WITH CERTIFIED INSTRUCTOR 10:30am—11:30am  BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm ADAPTED TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm - 2:00pm  MINDFUL MEDITATION 2:00pm - 3:00pm	18 CREATIVE EXPRESSION Sun Prints 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAY— “PLAY TO WIN” NINTENDO 1:00pm - 2:00pm DROP IN 2:00pm - 3:00pm <div> VIRTUAL FRIDAY NIGHT All things for a Canadian summer  Virtual </div>
21 MEN2MEN Teach Us: Share your Experience 10:00am - 11:30am WOMEN2WOMEN The importance of hydration with DIY water bottle 1:00pm - 2:30pm  In-person or Virtual	22 <div> BRAIN WORKOUT @ GAGE PARK 10:00am—12:00pm PICNIC LUNCH @ GAGE PARK \$5 12:00pm - 1:00pm ADAPTIVE BIKES @ GAGE PARK (Meet group at the brightly coloured “Adaptive Bike Hub” in the parking lot. 42 Lawrence Rd) 1:00pm—2:30pm  </div>	23 <div> PRE-REGISTERED PROGRAMS </div>	24 ADAPTED YOGA WITH CERTIFIED INSTRUCTOR 10:30am—11:30am  BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm ADAPTED TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm - 2:00pm  MINDFUL MEDITATION 2:00pm - 3:00pm	25 CREATIVE EXPRESSION Blank Canvas 10:00am - 12:00pm BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm FUN FRIDAY— CANADIAN CHARADES 1:00pm - 2:00pm DROP IN 2:00pm - 3:00pm <div> IN-PERSON FRIDAY \$10-\$15/PERSON Meet group @ Burnt Tongue (182 Locke St. South) 5-7pm </div>
28 MEN2MEN Sports Heroes 10:00am - 11:30am WOMEN2WOMEN Summer memories discussion with DIY canvas bag 1:00pm - 2:30pm  In-person or Virtual	29 <div>  EXCURSION: ROYAL BOTANICAL GARDENS (PRE-REGISTRATION) </div>	30 <div> PRE-REGISTERED PROGRAMS </div>	31 ADAPTED YOGA WITH CERTIFIED INSTRUCTOR 10:30am—11:30am  BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm ADAPTED TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm - 2:00pm  MINDFUL MEDITATION 2:00pm - 3:00pm	 Head Injury Rehabilitation Ontario <i>All Group Programming is for Registered Clients of Head Injury Rehabilitation Ontario.</i>