







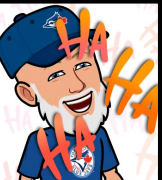


August 2025— Social Inclusion



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div>Head Injury Rehabilitation Ontario</div><p>All Group Programming is for <u>Registered Clients of</u> Head Injury Rehabilitation Ontario.</p></div> <div></div> <div></div>				<div>1</div> <div><div>OUTING TO HAMILTON PUBLIC LIBRARY</div><div>10:00am Group meets @ HPL Central</div><div>10:15-11:15am Make Your Own Sticker</div><div>11:15am-12:00pm Bring your own lunch (no microwave)</div><div>12:00pm Music Performance by Lyla Miklos and Juanita Maldonado</div><div>1:00pm Your choice—Nintendo Switch or Archive Tour</div><div>2:00pm Group departs HPL</div></div> <div><div></div><div>VIRTUAL FRIDAY NIGHT The Pride Movement 6:00pm-7:00pm</div><div></div></div>
<div>4</div> <div>GROUP CLOSED FOR CIVIC HOLIDAY</div> <div></div>	<div>5</div> <div>CLIENT MEETING</div> <div>10:00am-11:00am</div> <div>LUNCH @ GROUP \$5</div> <div>Meal: Taco Bowls</div> <div>12:00pm - 1:00pm</div> <div>COMMUNITY WALK</div> <div>1:00pm-2:00pm</div> <div>DROP-IN</div> <div>2:00pm - 3:00pm</div>	<div>6</div> <div>PRE-REGISTERED PROGRAMS</div>	<div>7</div> <div>ADAPTED YOGA WITH CERTIFIED INSTRUCTOR</div> <div>10:30am—11:30am</div> <div>BRING YOUR OWN LUNCH @ GROUP</div> <div>12:00pm - 1:00pm</div> <div>TAI CHI WITH CERTIFIED ADAPTED INSTRUCTOR</div> <div>1:00pm - 2:00pm</div> <div>MINDFUL MEDITATION</div> <div>2:00pm - 3:00pm</div>	<div>8</div> <div>CREATIVE EXPRESSION</div> <div>Creative Journaling with Rivers & Meadows</div> <div>10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH @ GROUP</div> <div>12:00pm - 1:00pm</div> <div>NEUROLOGIC MUSIC THERAPY WITH JESSE</div> <div>1:00pm - 2:00pm</div> <div>IN-PERSON FRIDAY</div> <div>Pride @ The Pier 5-7pm</div> <div>Meet Group @ Pier4 Park Under Pride Welcome Tent</div> <div>Advance Registration</div> <div>Virtual</div>
<div>MEET THE GROUP TEAM:</div> <div><div><div>Casey Danton Recreation Therapist 905-327-9939</div></div><div><div>Danielle Catterall Program Facilitator</div></div><div><div>Jeff Peters Case Facilitator 905-977-9550</div></div></div>				<div>CALENDAR LEGEND:</div> <div><div>COMMUNITY OUTTING</div><div>SOCIAL PROGRAM</div><div>PHYSICAL PROGRAM</div><div>COGNITIVE/ EDUCATIONAL PROGRAM</div></div> <div>PLEASE NOTE: NIAGARA AND BRANT GROUPS ARE CLOSED. UPDATES WILL BE SENT WHEN AVAILABLE. CONTACT GROUP STAFF FOR MORE DETAILS.</div>

August 2025— Social Inclusion

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>11</div> <div>MEN2MEN Self Esteem – Change The Way you Feel About YOU 10:00am - 11:30am</div> <div>WOMEN2WOMEN Mood and Music 1:00pm - 2:30pm</div> <div> In-person or Virtual</div>	<div>12</div> <div>BOWLING @ MOUNTAIN LANES (335 Upper Wentworth - Meet Group At Bowling) 10:30am—11:30am \$10.00 for bowling & shoes</div> <div>LUNCH @ GROUP \$5 <u>Meal:</u> Mediterranean Chicken & Orzo Salad with Garlic Bread 12:00pm - 1:00pm</div> <div>NAME THAT SOUND 1:00pm—1:30pm</div> <div>CREATE YOUR OWN SUNDAE 1:30—2:00pm</div> <div>DROP IN 2:00pm - 3:00pm</div>	<div>13</div> <div>PRE-REGISTERED PROGRAMS</div>	<div>14</div> <div>ADAPTED YOGA WITH CERTIFIED INSTRUCTOR 10:30am—11:30am</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>ADAPTED TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm - 2:00pm</div> <div>MINDFUL MEDITATION 2:00pm - 3:00pm</div>	<div>15</div> <div>NEVER GIVE UP DAY 10:00am— Welcome 10:30am— Resilience Stories 11:00am— Guest Speaker</div> <div>LUNCH @ GROUP <u>Meal:</u> HIRO Chefs Present: Italian Comforts</div> <div>“NEVER GIVE UP” REFLECTION ACTIVITY 2:00pm - 3:00pm</div> <div>VIRTUAL FRIDAY NIGHT What is Social Inclusion? 6:00pm - 7:00pm</div> <div> Virtual</div>
<div>18</div> <div>GROUP CLOSED</div>	<div>19</div> <div>OUTING TO ART GALLERY HAMILTON (Meet Group @ 123 King St West)</div> <div>GALLERY TOUR 11:00am—12:00pm</div> <div>FREE LUNCH @ ART GALLERY 12:00pm - 1:00pm</div> <div>STUDIO ART ACTIVITY 1:00pm—2:00pm</div> <div></div>	<div>20</div> <div>PRE-REGISTERED PROGRAMS</div>	<div>21</div> <div>ADAPTED YOGA WITH CERTIFIED INSTRUCTOR 10:30am—11:30am</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>ADAPTED TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm - 2:00pm</div> <div>MINDFUL MEDITATION 2:00pm - 3:00pm</div>	<div>22</div> <div>CREATIVE EXPRESSION Sunflower Art 10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>NEUROLOGIC MUSIC THERAPY WITH JESSE 1:00pm - 2:00pm</div> <div>DROP IN 2:00pm - 3:00pm</div> <div>VIRTUAL FRIDAY NIGHT End of Summer Discussion 6:00pm - 7:00pm</div> <div> Virtual</div>
<div>25</div> <div>MEN2MEN End of Summer Community Walk and Coffee 10:00am - 11:30am</div> <div>WOMEN2WOMEN End of Summer Community Walk and Coffee 1:00pm - 2:30pm</div> <div> In-person or Virtual</div>	<div>26</div> <div>ADAPTIVE BIKES @ GAGE PARK 10:00am—12:00pm</div> <div>PICNIC LUNCH @ GAGE PARK \$5 <u>Meal:</u> Chicken Club Wraps, salad, chips 12:00pm - 1:00pm</div> <div>MUSIC THERAPY WITH KRISTEN 1:00pm– 2:00pm</div> <div>PARK GAMES 2:00pm - 3:00pm</div> <div></div>	<div>27</div> <div>PRE-REGISTERED PROGRAMS</div>	<div>28</div> <div>HEALTH TALK WITH CARLEE: NUTRITION AND ASK ME ANYTHING 10:30am—11:30am</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm—1:00pm</div> <div>ADAPTED TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm - 2:00pm</div> <div>MINDFUL MEDITATION 2:00pm - 3:00pm</div>	<div>29</div> <div>CREATIVE EXPRESSION Blank Canvas 10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH @ GROUP 12:00pm - 1:00pm</div> <div>FUN FRIDAY -BINGO 1:00pm - 2:00pm</div> <div>DROP IN 2:00pm - 3:00pm</div> <div>IN-PERSON FRIDAY HISTORIC HAMILTON WALKING TOUR MEET GROUP @ GORE PARK 5-7PM ADVANCE REGISTRATION</div> <div></div>