

HIRO—Decembers 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 8— Holiday Traditions December 15— Fight the Winter Blues December 22— Holiday Movie and Festive Treats December 29— New Year, New You? WOMEN2WOMEN December 1— Generosity Discussion December 8— DIX Ornament With	LUNCH MENU \$5 December 9— Chili and Cornbread December 16— Roasted Chicken, Mashed Potatoes, Gravy and Stuffing December 23— Lasagna with Salad December 30— Butternut Squash Soup with Grilled Cheese OUTINGS December 2– Meet Group @ Limeridge Mall (999 Upper Wentworth St.) December 9– Meet Group @ Mountain Lanes (335 Upper Wentworth) \$10	PRE-REGISTERED PROGRAMS SPEAK TO GROUP STAFF FOR MORE DETAILS.	LUNCH MENU \$5 December 11— Waffles, Fruit, Sausage, Hashbrowns December 18— Turkey Club Panini with Salad	CREATIVE EXPRESSION December 5— DIY Gift Workshop Join us at group to create your own gifts for friends and family. December 12— Holiday Pastel Art December 19— Holiday Blank Canvas ULTIMATE SHOWDOWN CHALLENGE (Multi-station team challenge course) December 12— Winter games December 19— Holiday Bizarre IN-PERSON FRIDAY December 5— Gore Park Tree Lighting Event (Meet group at Gore Park). Refreshments available for purchase.

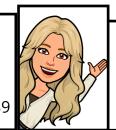
CALENDAR HIGHLIGHTS:





MEET THE GROUP TEAM:









Jeff Peters Case Facilitator 905-977-9550

CALENDAR LEGEND:



COGNITIVE/ EDUCATIONAL PROGRAM

VIRTUAL OPTION (first 45 minutes)



ADVANCE REGISTRATION REQUIRED





Head Injury Rehabilitation Ontario

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

SOCIAL PROGRAM

COMMUNITY OUTING



HIRO—December 2025

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MEN2MEN 10:00am - 11:30am	2 LIMERIDGE MALL OUTING \$ ® 11:00am— Meet group @ Old Navy	3	GENEROSITY DISCUSSION 10:30am—12:00pm	CREATIVE EXPRESSION 10:00am - 12:00pm
WOMEN2WOMEN 1:00pm - 2:30pm	11:15am—Holiday Lights Displays 12:00pm—Purchase or bring your own lunch	PRE-REGISTERED PROGRAMS	BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm TAI CHI WITH CERTIFIED INSTRUCTOR	BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm IN-PERSON
	1:00pm—Mall Scavenger Hunt 2:00pm—Depart Mall		1:00PM—2:00PM HIRO HUB 2:00pm - 3:00pm	HOLIDAY WORD GAMES 1:00pm - 2:00pm FRIDAY \$ ® 5pm—7pm
8 MEN2MEN 10:00am - 11:30am	9 BOWLING AT MOUNTAIN LANES \$ 10:30am—11:30am	1101 ID AV DADTV	11 YOGA WITH A CERTIFIED INSTRUCTOR 10:30am—11:30am	12 CREATIVE EXPRESSION 10:00am - 12:00pm
WOMEN2WOMEN 1:00pm - 2:30pm	LUNCH AT GROUP \$ ® 12:00pm - 1:00pm	HOLIDAY PARTY DECEMBER 10 11AM - 2:30PM	BRUNCH AT GROUP \$ ® 12:00pm - 1:00pm	BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm
	1:00pm—2:00pm HIRO HUB	Carmen's Event Centre 1520 Stone Church Road East.	HOLIDAY KARAOKE 1:00PM—2:00PM HIRO HUB	ULTIMATE SHOWDOWN CHALLENGE 1:00pm - 3:00pm
	2:00pm - 3:00pm	**Registration Required**	2:00pm - 3:00pm	
15 MEN2MEN 10:00am - 11:30am	16 HOLIDAY COGNITIVE GAMES 10:00am—12:00pm	17	18 2025 GROUP SLIDESHOW WITH HOT CHOCOLATE 10:30am—12:00pm	19 CREATIVE EXPRESSION 10:00am - 12:00pm
GROUP CLOSED @ 11:30am	HOLIDAY LUNCH SOCIAL AT GROUP \$ ® Logical Property of the Social Attention of Social Property of the So	PROGRAMS	LUNCH AT GROUP \$ ® 12:00pm - 1:00pm	BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm
			TAI CHI WITH CERTIFIED INSTRUCTOR 1:00PM—2:00PM	ULTIMATE SHOWDOWN CHALLENGE 1:00pm - 3:00pm
			HIRO HUB 2:00pm - 3:00pm	
MEN2MEN 10:00am - 11:30am	23 BAKING AND COOKIE DECORATING 10:00am—12:00pm	24	GROUP CLOSED	GROUP CLOSED
WOMEN2WOMEN 1:00pm - 2:30pm	LUNCH AT GROUP \$ ® 12:00pm - 1:00pm	CHRISTMAS EVE SOCIAL:	Stappy9	Stappys Widays
	HOLIDAY BINGO 1:00pm—2:00pm HIRO HUB	MOVIE AND HOT CHOCOLATE 10:00am—12:00pm		The state of the s
	2:00pm - 3:00pm	24	TA T	
MEN2MEN 10:00am - 11:30am	WINTER LEISURE DISCUSSION 10:00am—11:30am	31		
WOMEN2WOMEN 1:00pm - 2:30pm	LUNCH AT GROUP \$ ® 12:00pm - 1:00pm			
	JEOPARDY 1:00pm—2:00pm	NEW YEARS EVE SOCIAL: MOVIE AND PASTRIES 10:00am—12:00pm		
	HIRO HUB 2:00pm - 3:00pm			