



HIRO—Decembers 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN2MEN December 1— Give Yourself the Gift of Gratitude 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— DIY Ornament With Holiday Reminisce Discussion December 22— Holiday Social With Baked Goods December 29— Year in Review	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 <i>Join us at group to create your own gifts for friends and family.</i> 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:



Casey Danton
Recreation
Therapist
905-327-9939



Danielle Catterall
Program
Facilitator
905-536-1176



Jeff Peters
Case
Facilitator
905-977-9550

CALENDAR LEGEND:



PAID PROGRAM



VIRTUAL OPTION
(first 45 minutes)



**ADVANCE
REGISTRATION
REQUIRED**

**COGNITIVE/
EDUCATIONAL PROGRAM**

PHYSICAL PROGRAM



**HOLIDAY
PROGRAM**

SOCIAL PROGRAM

COMMUNITY OUTING



Head Injury
Rehabilitation
Ontario

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



HIRO—December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MEN2MEN 10:00am - 11:30am WOMEN2WOMEN 1:00pm - 2:30pm	2 LIMERIDGE MALL OUTING \$ ® 11:00am— Meet group @ Old Navy 11:15am—Holiday Lights Displays 12:00pm—Purchase or bring your own lunch 1:00pm—Mall Scavenger Hunt 2:00pm—Depart Mall	3 PRE-REGISTERED PROGRAMS	4 GENEROSITY DISCUSSION 10:30am—12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm TAI CHI WITH CERTIFIED INSTRUCTOR 1:00PM—2:00PM HIRO HUB 2:00pm - 3:00pm	5 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm HOLIDAY WORD GAMES 1:00pm - 2:00pm IN-PERSON FRIDAY \$ ® 5pm—7pm
8 MEN2MEN 10:00am - 11:30am WOMEN2WOMEN 1:00pm - 2:30pm	9 BOWLING AT MOUNTAIN LANES \$ 10:30am—11:30am LUNCH AT GROUP \$ ® 12:00pm - 1:00pm CLIENT MEETING 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm	10 HOLIDAY PARTY DECEMBER 10 11AM - 2:30PM Carmen's Event Centre 1520 Stone Church Road East. **Registration Required**	11 YOGA WITH A CERTIFIED INSTRUCTOR 10:30am—11:30am BRUNCH AT GROUP \$ ® 12:00pm - 1:00pm HOLIDAY KARAOKE 1:00PM—2:00PM HIRO HUB 2:00pm - 3:00pm	12 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm ULTIMATE SHOWDOWN CHALLENGE 1:00pm - 3:00pm
15 MEN2MEN 10:00am - 11:30am GROUP CLOSED @ 11:30am	16 HOLIDAY COGNITIVE GAMES 10:00am—12:00pm HOLIDAY LUNCH SOCIAL AT GROUP \$ ® Join us for a festive afternoon of lunch, photobooth, holiday music, and good cheer. 12:00pm - 3:00pm	17 PRE-REGISTERED PROGRAMS	18 2025 GROUP SLIDESHOW WITH HOT CHOCOLATE 10:30am—12:00pm LUNCH AT GROUP \$ ® 12:00pm - 1:00pm TAI CHI WITH CERTIFIED INSTRUCTOR 1:00PM—2:00PM HIRO HUB 2:00pm - 3:00pm	19 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm ULTIMATE SHOWDOWN CHALLENGE 1:00pm - 3:00pm
22 MEN2MEN 10:00am - 11:30am WOMEN2WOMEN 1:00pm - 2:30pm	23 BAKING AND COOKIE DECORATING 10:00am—12:00pm LUNCH AT GROUP \$ ® 12:00pm - 1:00pm HOLIDAY BINGO 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm	24 CHRISTMAS EVE SOCIAL: MOVIE AND HOT CHOCOLATE 10:00am—12:00pm	25 GROUP CLOSED	26 GROUP CLOSED
29 MEN2MEN 10:00am - 11:30am WOMEN2WOMEN 1:00pm - 2:30pm	30 WINTER LEISURE DISCUSSION 10:00am—11:30am LUNCH AT GROUP \$ ® 12:00pm - 1:00pm JEOPARDY 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm	31 NEW YEARS EVE SOCIAL: MOVIE AND PASTRIES 10:00am—12:00pm		