



# HIRO—January 2026

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <b>MEN2MEN</b><br>January 5— New Year – SAME You?<br>January 12— Lifestyle Changes<br>January 19— Blue Monday<br>January 26— How Would You Respond?<br><br><b>WOMEN2WOMEN</b><br>January 5— New Year, New Beginnings with Vision Boards<br>January 12— Importance of Self Care: DIY Sugar Scrub<br>January 19— Winter Leisure with DIY Hand Warmers<br>January 26— “Up For Debate” | <b>LUNCH MENU \$5</b><br>January 6— Perogies with Salad<br>January 13— Chicken Noodle Soup with Grilled Cheese<br>January 20— Chicken Teriyaki Stir Fry<br>January 27— Beef Stew with Salad<br><br><b>OUTINGS</b><br>January 9– Meet Group @ Mountain Lanes (335 Upper Wentworth) \$10 | <b>PRE-REGISTERED PROGRAMS</b><br><br><b>SPEAK TO GROUP STAFF FOR MORE DETAILS.</b> | <b>LUNCH MENU \$5</b><br>January 15— Broccoli Cheddar Soup with Garlic Bread<br>January 29— Meatball Subs with Caesar Salad | <b>CREATIVE EXPRESSION</b><br>January 2— Blank Canvas<br>January 9— Collage<br>January 16— Winter Wonderland Canvas<br>January 23— DIY Snow Globe<br>January 30— Watercolour Art<br><br><b>ULTIMATE SHOWDOWN CHALLENGE (Multi-station team challenge course)</b><br>January 16— Winter Olympics<br>January 23— Minute to Win It<br><br><b>IN-PERSON FRIDAY</b><br>January 9— Topic: Pool and Wii Tournament. Meal: Chinese Food \$10<br>January 30— Topic: In-House Scavenger Hunt. Meal: Spaghetti and Meatballs with Salad \$5 |

## 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**

**SOCIAL PROGRAM**

**COMMUNITY OUTING**



Head Injury  
Rehabilitation  
Ontario

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



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| MONDAY   | TUESDAY   | WEDNESDAY                                | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
|  |   |  | 1<br><div>GROUP CLOSED FOR THE DAY</div>   | 2<br>CREATIVE EXPRESSION<br>10:00am - 12:00pm<br><br>BRING YOUR OWN LUNCH AT GROUP<br>12:00pm - 1:00pm<br><br>TABLE TOP SNOWBALL FIGHT<br>1:00PM—2:00PM<br><br>HIRO HUB<br>2:00pm - 3:00pm             |
| 5<br>MEN2MEN<br>10:00am - 11:30am<br><br>WOMEN2WOMEN<br>1:00pm - 2:30pm  | 6<br>NEW BEGININGS: LOOKING FORWARD TO 2026<br>10:00am—12:00pm<br><br>LUNCH AT GROUP \$ ®<br>12:00pm - 1:00pm<br><br>CLIENT MEETING<br>1:00pm—2:00pm<br><br>HIRO HUB<br>2:00pm - 3:00pm | 7<br><div>PRE-REGISTERED PROGRAMS</div>  | 8<br>BRAIN WORKOUT<br>10:30am—12:00pm<br><br>BRING YOUR OWN LUNCH AT GROUP<br>12:00pm - 1:00pm<br><br>TAI CHI WITH CERTIFIED INSTRUCTOR<br>1:00PM—2:00PM<br><br>HIRO HUB<br>2:00pm - 3:00pm                | 9<br>CREATIVE EXPRESSION<br>10:00am - 12:00pm<br><br>BRING YOUR OWN LUNCH AT GROUP<br>12:00pm - 1:00pm<br><br>RHYTHM & MELODY<br>1:00pm - 2:00pm<br><div>IN-PERSON FRIDAY \$ ®<br/>5pm—7pm</div>       |
| 12<br>MEN2MEN<br>10:00am - 11:30am<br><br>WOMEN2WOMEN<br>1:00pm - 2:30pm | 13<br>BOWLING AT MOUNTAIN LANES \$<br>10:30am—11:30am<br><br>LUNCH AT GROUP \$ ®<br>12:00pm - 1:00pm<br><br>GENTLE FITNESS<br>1:00pm—2:00pm<br><br>HIRO HUB<br>2:00pm - 3:00pm          | 14<br><div>PRE-REGISTERED PROGRAMS</div> | 15<br>HIRO COUNSELLOR PRESENTS: CONFRONTING NEGATIVE SELF-TALK<br>10:30am—12:00pm<br><br>LUNCH AT GROUP \$ ®<br>12:00pm - 1:00pm<br><br>NAME THAT TUNE<br>1:00PM—2:00PM<br><br>HIRO HUB<br>2:00pm - 3:00pm | 16<br>CREATIVE EXPRESSION<br>10:00am - 12:00pm<br><br>BRING YOUR OWN LUNCH AT GROUP<br>12:00pm - 1:00pm<br><br>ULTIMATE SHOWDOWN CHALLENGE<br>1:00pm - 3:00pm  |
| 19<br>MEN2MEN<br>10:00am - 11:30am<br><br>WOMEN2WOMEN<br>1:00pm - 2:30pm | 20<br>NEW BEGININGS: VISION BOARDS<br>10:00am—12:00pm<br><br>LUNCH AT GROUP \$ ®<br>12:00pm - 1:00pm<br><br>THERAPEUTIC JENGA<br>1:00pm—2:00pm<br><br>HIRO HUB<br>2:00pm - 3:00pm       | 21<br><div>PRE-REGISTERED PROGRAMS</div> | 22<br>"UP FOR DEBATE"<br>10:30am—12:00pm<br><br>BRING YOUR OWN LUNCH AT GROUP<br>12:00pm - 1:00pm<br><br>TAI CHI WITH CERTIFIED INSTRUCTOR<br>1:00PM—2:00PM<br><br>HIRO HUB<br>2:00pm - 3:00pm             | 23<br>CREATIVE EXPRESSION<br>10:00am - 12:00pm<br><br>BRING YOUR OWN LUNCH AT GROUP<br>12:00pm - 1:00pm<br><br>ULTIMATE SHOWDOWN CHALLENGE<br>1:00pm - 3:00pm  |
| 26<br>MEN2MEN<br>10:00am - 11:30am<br><br>WOMEN2WOMEN<br>1:00pm - 2:30pm | 27<br>NEW BEGININGS: LETTERS TO SELF<br>10:00am—12:00pm<br><br>LUNCH AT GROUP \$ ®<br>12:00pm - 1:00pm<br><br>GENTLE FITNESS<br>1:00pm—2:00pm<br><br>HIRO HUB<br>2:00pm - 3:00pm        | 28<br><div>PRE-REGISTERED PROGRAMS</div> | 29<br>BOARDGAME CAFE<br>10:30am—12:00pm<br><br>LUNCH AT GROUP \$ ®<br>12:00pm - 1:00pm<br><br>BINGO<br>1:00PM—2:00PM<br><br>HIRO HUB<br>2:00pm - 3:00pm  | 30<br>CREATIVE EXPRESSION<br>10:00am - 12:00pm<br><br>BRING YOUR OWN LUNCH AT GROUP<br>12:00pm - 1:00pm<br><br>ENGAGING YOUR SENSES<br>1:00pm - 2:00pm<br><div>IN-PERSON FRIDAY \$ ®<br/>5pm—7pm</div> |