



HIRO—February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN2MEN February 2— Ice Breakers – Getting To Know Each Other February 9— The Great Debate – Take a Stance on Semi-Serious and Silly Issues February 23— Pancakes and Positivity - Toot Your Own Horn WOMEN2WOMEN February 2— Ice Breakers – Getting To Know Each Other February 9— Valentine’s Day Social February 23— Share and Tell with DIY Pillows	LUNCH MENU \$5 February 3— Tomato and Bean Salad, Hummus, Naan Bread February 10— Oat Pancakes, Scrambled Eggs, Hash Browns, Fruit February 17— Vegetable Lasagna and Salad February 24— Nacho Bowls OUTINGS February 10- Meet Group @ Mountain Lanes (335 Upper Wentworth) \$10	PRE-REGISTERED PROGRAMS SPEAK TO GROUP STAFF FOR MORE DETAILS	LUNCH MENU \$5 February 5— Clubhouse Sandwich and Salad February 19— Mediterranean Chicken & Pasta Salad	CREATIVE EXPRESSION February 6— Valentine Collaborative Art February 13— DIY Pillows February 27— “Stained Glass” OUTINGS February 20—Meet Group @ Hamilton Public Library Central Branch (55 YORK Blvd.) IN-PERSON FRIDAY February 13—Topic: Meet and Greet Bingo Meal: Swiss Chalet \$10 February 27—Topic: Mix and Mingle Shuffle Meal: Chili Cheese Dogs and Salad \$5

PROGRAM DESCRIPTIONS—this section will provide additional details that may not be covered on the calendar:

LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS— Join us to practice skills with support from peers and Group staff. Opportunities include helping to prepare lunch, making shopping lists, and researching topics of interest using the internet.

CURIOUS MINDS— At the request of HIRO clients, spend time getting to know the world around us.

MEET AND GREET BINGO— A relaxed, supportive social activity using bingo prompts to encourage connection and conversation. No experience needed!

MIX AND MINGLE SHUFFLE— Enjoy short, friendly conversations using simple prompts. Seat changes help keep thing light and engaging.



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
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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
<div>2</div> <div>MEN2MEN</div> <div>10:00am - 11:30am</div> <div></div> <div>WOMEN2WOMEN</div> <div>1:00pm - 2:30pm</div> <div></div>	<div>3</div> <div>NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS</div> <div>10:00am—11:00am</div> <div></div> <div>NEW</div> <div>CURIOUS MINDS: HUMAN ANATOMY</div> <div>11:00am—12:00pm</div> <div></div> <div>NEW</div> <div>LUNCH AT GROUP \$ ®</div> <div>12:00pm - 1:00pm</div> <div>CLIENT MEETING</div> <div>1:00pm—2:00pm</div> <div></div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>	<div>4</div> <div>PRE-REGISTERED PROGRAMS</div>	<div>5</div> <div>CREATING CONNECTION AND INCLUSION</div> <div>10:30am—12:00pm</div> <div></div> <div>LUNCH AT GROUP \$ ®</div> <div>12:00pm - 1:00pm</div> <div>TAI CHI WITH CERTIFIED INSTRUCTOR</div> <div>1:00pm—2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>	<div>6</div> <div>CREATIVE EXPRESSION</div> <div>10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP</div> <div>12:00pm - 1:00pm</div> <div>KARAOKE</div> <div>1:00pm - 2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>
<div>9</div> <div>MEN2MEN</div> <div>10:00am - 11:30am</div> <div></div> <div>WOMEN2WOMEN</div> <div>1:00pm - 2:30pm</div>	<div>10</div> <div>OUTING: BOWLING AT MOUNTAIN LANES \$</div> <div>10:30am—11:30am</div> <div>LUNCH AT GROUP \$ ®</div> <div>12:00pm - 1:00pm</div> <div>GENTLE FITNESS</div> <div>1:00pm—2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>	<div>11</div> <div>PRE-REGISTERED PROGRAMS</div>	<div>12</div> <div>COMMUNICATION, TRUST AND UNDERSTANDING</div> <div>10:30am—12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP</div> <div>12:00pm - 1:00pm</div> <div>MOOD, MOVIES AND MUSIC</div> <div>1:00pm—2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>	<div>13</div> <div>CREATIVE EXPRESSION</div> <div>10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP</div> <div>12:00pm - 1:00pm</div> <div>BAKED WITH LOVE: DECORATE YOUR OWN COOKIE</div> <div>1:00pm - 2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div> <div>IN-PERSON FRIDAY \$ ®</div> <div>5pm—7pm</div>
<div>16</div> <div>GROUP CLOSED FOR FAMILY DAY HOLIDAY</div>	<div>17</div> <div>NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS</div> <div>10:00am—11:00am</div> <div></div> <div>NEW</div> <div>BRAIN WORKOUT</div> <div>11:00am—12:00pm</div> <div>LUNCH AT GROUP \$ ®</div> <div>12:00pm - 1:00pm</div> <div>BINGO</div> <div>1:00pm—2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>	<div>18</div> <div>PRE-REGISTERED PROGRAMS</div>	<div>19</div> <div>RELATIONSHIPS AND BELONGING</div> <div>10:30am—12:00pm</div> <div></div> <div>LUNCH AT GROUP \$ ®</div> <div>12:00pm - 1:00pm</div> <div>TAI CHI WITH CERTIFIED INSTRUCTOR</div> <div>1:00pm—2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>	<div>20</div> <div>OUTING: JACKIE WASHINGTON DAY AT HAMILTON PUBLIC LIBRARY</div> <div>11:00am Group meets @ HPL Central</div> <div>12:00pm Jackie Washington Tribute Concert (4th floor)</div> <div>1:00pm Purchase lunch in Jackson Square or bring your own lunch (no microwave)</div> <div>2:00pm Itinerary to be announced</div> <div>2:45pm Group departs HPL</div> <div>BLACK HISTORY MONTH</div>
<div>23</div> <div>MEN2MEN</div> <div>10:00am - 11:30am</div> <div>WOMEN2WOMEN</div> <div>1:00pm - 2:30pm</div> <div></div>	<div>24</div> <div>NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS</div> <div>10:00am—11:00am</div> <div></div> <div>NEW</div> <div>PINK SHIRT DAY: KINDNESS AND ANTI-BULLYING</div> <div>11:00am—12:00pm</div> <div>LUNCH AT GROUP \$ ®</div> <div>12:00pm - 1:00pm</div> <div>GENTLE FITNESS</div> <div>1:00pm—2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>	<div>25</div> <div>PRE-REGISTERED PROGRAMS</div>	<div>26</div> <div>HIRO HEALTH EDUCATOR PRESENTS: HEART HEALTHY LIVING</div> <div>10:30am—12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP</div> <div>12:00pm - 1:00pm</div> <div>GAME CIRCUIT: A MULTI-STATION GAME EXPERIENCE</div> <div>1:00pm—2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div>	<div>27</div> <div>CREATIVE EXPRESSION</div> <div>10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP</div> <div>12:00pm - 1:00pm</div> <div>FACT OR FICTION STORIES</div> <div>1:00pm - 2:00pm</div> <div>HIRO HUB</div> <div>2:00pm - 3:00pm</div> <div>IN-PERSON FRIDAY \$ ®</div> <div>5pm—7pm</div>