



HIRO—February 2026

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

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.



CURIOS 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		COMMUNITY OUTING	
SOCIAL PROGRAM					



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