



# HIRO—April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEN2MEN</b>            April 13—April Fools - two truths and a lie game            April 20—Ways to 'Spring Clean' Your Mind for Better Mental Health            April 27—Men's Health Games</p> <p><b>WOMEN2WOMEN</b>            April 13— Benefits of Nature Experiences            April 20— Endangered Species Concentration Game            April 27— Share and Tell (Bring a keepsake or photo to share with the group)</p>	<p><b>LUNCH MENU \$5</b>            April 7—Chicken Wraps with Salad            April 14—Spaghetti Bolognese with Salad            April 21— Stuffed Peppers with Salad            April 28— Vegetarian Chili and Twice Baked Potato with Salad</p> <p><b>OUTINGS</b>            April 14 - Meet Group @ Mountain Lanes (335 Upper Wentworth) \$10</p> <p><b>LIFESKILLS HUB:</b>            Help prepare lunch in the kitchen, or:            April 7— Interpersonal Skills            April 14—Group Lunch Recipes            April 21— Intro. Computer Skills            April 28— Reading Food Labels/ Storing Leftovers</p>	<p><b>PRE-REGISTERED PROGRAMS</b></p> <p><b>SPEAK TO GROUP STAFF FOR MORE DETAILS</b></p>	<p><b>LUNCH MENU \$5</b>            April 23—Chicken Wraps, Tomato &amp; Bean Salad, Dessert</p>	<p><b>CREATIVE EXPRESSION</b>            April 10— Tie Dye            April 17— Clay Creations            April 24—Anything but a paint brush art</p> <p><b>IN-PERSON FRIDAY</b>            April 10—Meet Group @ Bedrock Bistro (260 Queenston Road) \$15-20/person</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.

**HIRO CLIENT PRESENTS: MY STORY**— A client-led storytelling session where a client shares their journey, highlighting challenges, growth, and lessons learned along the way.



### MEET THE GROUP TEAM:

	<p><b>Casey Danton</b>            Recreation Therapist            905-327-9939</p>		<p><b>Danielle Catterall</b>            Program Facilitator            905-536-1176</p>		<p><b>Jeff Peters</b>            Case Facilitator            905-977-9550</p>
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### CALENDAR LEGEND:

<b>\$ PAID PROGRAM</b>	<b>VIRTUAL OPTION (first 45 minutes)</b>	<b>Ⓜ ADVANCE REGISTRATION REQUIRED</b>
<b>COGNITIVE/ EDUCATIONAL PROGRAM</b>	<b>PHYSICAL PROGRAM</b>	
<b>SOCIAL PROGRAM</b>	<b>COMMUNITY OUTING</b>	



225 King William St Unit 510  
Hamilton, ON L8R 1B1

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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>2</p> <p><b>BENEFITS OF NATURE EXPERIENCES</b>  10:30am—12:00pm</p> <p><b>BRING YOUR OWN LUNCH AT GROUP</b> 12:00pm - 1:00pm</p> <p><b>GAME CIRCUIT: A MULTI-STATION GAME EXPERIENCE</b> 1:00pm—2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>3</p> <p>GROUP CLOSED FOR GOOD FRIDAY</p>
<p>6</p> <p>GROUP CLOSED FOR EASTER MONDAY</p>	<p>7</p> <p><b>LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS</b> 10:00am—11:00am</p> <p><b>CURIOS MINDS: WHAT IS THE "WATER CYCLE"?</b>  11:00am—12:00pm</p> <p><b>LUNCH AT GROUP \$ ®</b> 12:00pm - 1:00pm</p> <p><b>CLIENT MEETING</b>  1:00pm—2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>8</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>9</p> <p><b>EXPLORING CANADIAN PARKS</b>  10:30am—12:00pm</p> <p><b>BRING YOUR OWN LUNCH AT GROUP</b> 12:00pm - 1:00pm</p> <p><b>TAI CHI WITH CERTIFIED INSTRUCTOR</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>10</p> <p><b>CREATIVE EXPRESSION</b> 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH AT GROUP</b> 12:00pm - 1:00pm</p> <p><b>BOARDGAME CAFE</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p> <p><b>OUTING: IN-PERSON FRIDAY ®</b> 5pm—7pm</p>
<p>13</p> <p><b>MEN2MEN</b>  10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b>  1:00pm - 2:30pm</p>	<p>14</p> <p><b>OUTING: BOWLING AT MOUNTAIN LANES \$</b> 10:30am—11:30am</p> <p><b>LUNCH AT GROUP \$ ®</b> 12:00pm - 1:00pm</p> <p><b>GENTLE FITNESS</b> 1:00pm—2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>15</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>16</p> <p><b>ENDANGERED SPECIES CONCENTRATION GAME</b> 10:30am—12:00pm</p> <p><b>BRING YOUR OWN LUNCH AT GROUP</b> 12:00pm - 1:00pm</p> <p><b>NAME THAT TUNE: SONGS ABOUT NATURE</b> 1:00pm—2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>17</p> <p><b>CREATIVE EXPRESSION</b> 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH AT GROUP</b> 12:00pm - 1:00pm</p> <p><b>WII AND POOL TOURNAMENT</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>
<p>20</p> <p><b>MEN2MEN</b>  10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b>  1:00pm - 2:30pm</p>	<p>21</p> <p><b>LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS</b> 10:00am—11:00am</p> <p><b>BRAIN WORKOUT</b> 11:00am—12:00pm</p> <p><b>LUNCH AT GROUP \$ ®</b> 12:00pm - 1:00pm</p> <p><b>EARTH DAY DISCUSSION &amp; TRIVIA</b>  1:00pm—2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>22</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>23</p> <p><b>SPECIAL EVENT: SELF-CARE DAY (REGISTRATION REQUIRED)</b> <b>HAIRCUTS WILL BE OFFERED FIRST COME, FIRST SERVED FROM 10AM—12PM.</b> 10:00AM—11:00AM GROUP SELF-CARE ACTIVITY 11:00AM—12:00PM HIRO CLINICAL TEAM PRESENTS: MANAGING YOUR SELF-CARE 12:00PM—1:00PM LUNCH \$5 1:00PM—2:00PM TAI CHI WITH A CERTIFIED INSTRUCTOR</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>24</p> <p><b>CREATIVE EXPRESSION</b> 10:00am - 12:00pm</p> <p><b>BRING YOUR OWN LUNCH AT GROUP</b> 12:00pm - 1:00pm</p> <p><b>WOULD YOU RATHER?</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>
<p>27</p> <p><b>MEN2MEN</b>  10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b>  1:00pm - 2:30pm</p>	<p>28</p> <p><b>LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS</b> 10:00am—11:00am</p> <p><b>THERAPEUTIC JENGA</b> 11:00am—12:00pm</p> <p><b>LUNCH AT GROUP \$ ®</b> 12:00pm - 1:00pm</p> <p><b>OUTING: COMMUNITY WALK, COFFEE &amp; DOUGHNUTS @ GROUP</b> 1:00pm—2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>29</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>30</p> <p><b>HIRO CLIENT PRESENTS: MY STORY</b> 10:30am—12:00pm</p> <p><b>BRING YOUR OWN LUNCH AT GROUP</b> 12:00pm - 1:00pm</p> <p><b>BINGO</b> 1:00pm—2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	 <p>Head Injury Rehabilitation Ontario</p> <p>225 King William St Unit 510 Hamilton, ON L8R 1B1</p>