



HIRO—March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEN2MEN</p> <p>March 2 - It's March - Give Me A Break (Ways to relax)</p> <p>March 9 - Indoor Bocce Tourney</p> <p>March 16 - Frustration -How To Handle It</p> <p>March 23 - Guess The Movie Game</p> <p>March 30 - Two Truths And A Lie (Getting to know each other)</p> <p>WOMEN2WOMEN</p> <p>March 2 - International Women's Day</p> <p>March 9 - What helps you?—Coping Strategies</p> <p>March 16 - Welcome Spring!</p> <p>March 23 - Friendship and Support with DIY Greeting Card</p> <p>March 30 - Music and Relaxation</p>	<p>LUNCH MENU \$5</p> <p>March 3— Squash Soup with Grilled Cheese</p> <p>March 10— Beef & Broccoli Stir Fry with Rice</p> <p>March 17— Chili, Cornbread & Salad</p> <p>March 24— Mac & Cheese with Salad</p> <p>March 31— Chicken Wraps with Salad</p> <p>OUTINGS</p> <p>March 10- Meet Group @ Mountain Lanes (335 Upper Wentworth) \$10</p> <p>LIFESKILLS HUB</p> <p>March 3— Clothes Mending</p> <p>March 17— Group Lunch Recipes</p> <p>March 24— Intro. Computer Skills</p> <p>March 31— Interpersonal Skills</p>	<p>PRE-REGISTERED PROGRAMS</p> <p>SPEAK TO GROUP STAFF FOR MORE DETAILS</p>	<p>LUNCH MENU \$5</p> <p>March 5— Make Your Own Pizza</p> <p>March 19— Cabbage Rolls with Cucumber Salad</p>	<p>CREATIVE EXPRESSION</p> <p>March 6— Mural Session 1: This is Me (Monograms)</p> <p>March 13— Mural Session 2: The Feelings I Face (Canvas Design)</p> <p>March 20— Mural Session 3: My Strengths (Wooden Tiles Design)</p> <p>March 27— Mural Session 4: Putting It All Together (Assembling and Hanging the Mural)</p> <p>IN-PERSON FRIDAY</p> <p>March 13—Topic: Karaoke</p> <p>Meal: Shepherd's Pie with Salad \$5</p> <p>March 27—Topic: Movie Night</p> <p>Meal: Pizza, Wings, and Salad \$10</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. 

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

GROUP MURAL—A four session hands-on program designed to facilitate self-expression and collaboration through the creation of a group mural.

MEET THE GROUP TEAM:

	<p>Casey Danton Recreation Therapist 905-327-9939</p>		<p>Danielle Catterall Program Facilitator 905-536-1176</p>		<p>Jeff Peters Case Facilitator 905-977-9550</p>
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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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<p>2 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN 1:00pm - 2:30pm </p>	<p>3 NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am</p> <p>INTERNATIONAL WOMEN'S DAY 11:00am—12:00pm</p> <p>LUNCH AT GROUP \$® 12:00pm - 1:00pm</p> <p>CLIENT MEETING 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>4</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>5 DANCING THROUGH THE DECADES (SEATED EXERCISE) 10:30am—12:00pm</p> <p>LUNCH AT GROUP \$® 12:00pm - 1:00pm</p> <p>TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>6 CREATIVE EXPRESSION: GROUP MURAL 1 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>GAME CIRCUIT: A MULTI-STATION GAME EXPERIENCE 1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>
<p>9 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN 1:00pm - 2:30pm </p>	<p>10</p> <p>OUTING: BOWLING AT MOUNTAIN LANES \$ 10:30am—11:30am</p> <p>LUNCH AT GROUP \$® 12:00pm - 1:00pm</p> <p>GENTLE FITNESS 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>11</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>12</p> <p>GROUP CLOSED FOR PRE-REGISTERED PROGRAM</p>	<p>13 CREATIVE EXPRESSION: GROUP MURAL 2 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>WORLD TRAVELLER 1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p> <p>IN-PERSON FRIDAY \$® 5pm—7pm</p>
<p>16 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN 1:00pm - 2:30pm </p>	<p>17 NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am</p> <p>CURIOUS MINDS: COMMON PHRASES & THEIR ORIGINS 11:00am—12:00pm</p> <p>LUNCH AT GROUP \$® 12:00pm - 1:00pm</p> <p>BINGO 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>18</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>19 MUSIC TRIVIA SHOWDOWN 10:30am—12:00pm</p> <p>LUNCH AT GROUP \$® 12:00pm - 1:00pm</p> <p>TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>20 CREATIVE EXPRESSION: GROUP MURAL 3 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>FAMILY FEUD 1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>
<p>23 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN 1:00pm - 2:30pm </p>	<p>24 NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am</p> <p>BRAIN WORKOUT 11:00am—12:00pm</p> <p>LUNCH AT GROUP \$® 12:00pm - 1:00pm</p> <p>EARTH HOUR 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>25</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>26 HIRO COUNSELLOR PRESENTS: CONFRONTING NEGATIVE SELF-TALK 10:30am—12:00pm</p> <p>GROUP CLOSED AT 12pm</p>	<p>27 CREATIVE EXPRESSION: GROUP MURAL 4 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>ESCAPE ROOM 1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p> <p>IN-PERSON FRIDAY \$® 5pm—7pm</p>
<p>30 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN 1:00pm - 2:30pm </p>	<p>31 NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am</p> <p>UP FOR DEBATE 11:00am—12:00pm</p> <p>LUNCH AT GROUP \$® 12:00pm - 1:00pm</p> <p>TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p> </p>		