



# HIRO—May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEN2MEN</b>            May 4— Let's Make Healthy Breakfast Protein Muffins            May 11—Music Jeopardy            May 25—"Have You Ever" game</p> <p><b>WOMEN2WOMEN</b>            May 4—Mother's Day Discussion            May 11—Spring Social            May 25—Walk at Gage Park (Meet Group @ Gage Park Greenhouse) (42 Lawrence Road)</p>	<p><b>LUNCH MENU \$5</b>            May 5— Honey Garlic Chicken and Rice            May 12— Chicken Pot Pie with Salad            May 19— Hot Turkey Sandwiches with Salad            May 26— Chicken Wraps, Salad, Chips</p> <p><b>OUTINGS</b>            May 12 - Meet Group @ Mountain Lanes (335 Upper Wentworth) \$10             May 26—Meet Group @ Gage Park Greenhouse (42 Lawrence Road) \$5</p> <p><b>LIFESKILLS HUB:</b>            Help prepare lunch in the kitchen, or:            May 5— Group Lunch Recipes            May 19— Community Safety and Navigation (Start/End at Group)</p>	<p><b>PRE-REGISTERED PROGRAMS</b></p> <p><b>SPEAK TO GROUP STAFF FOR MORE DETAILS</b></p>		<p><b>CREATIVE EXPRESSION</b>            May 1— DIY Card Making            May 8— DIY Canvas Bags            May 15—Spring Word Flower Art            May 22— Blank Canvas            May 29— Imagination Workout</p> <p><b>IN-PERSON FRIDAY</b>            May 8—Meet Group @ Splitsville Hamilton (1525 Stone Church Rd East) \$10/person + food available for purchase if desired</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.

**CONCENTRATION GAME: 3-D DEVICES** — Come play a game of concentration and learn more about the 3D printed devices from the Hamilton Public Library. These devices are available at Group and your Residential Services to use anytime!

**ONPARA GUEST SPEAKER** —Join us for a guest speaker presentation from a representative of ONPARA Sports to discuss accessibility awareness.

### 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:

\$ PAID PROGRAM
 VIRTUAL OPTION (first 45 minutes)
® ADVANCE REGISTRATION REQUIRED

COGNITIVE/ EDUCATIONAL PROGRAM	PHYSICAL PROGRAM
SOCIAL PROGRAM	COMMUNITY OUTING






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>Head Injury Rehabilitation Ontario</p> <p>225 King William St Unit 510 Hamilton, ON L8R 1B1</p>	 <p>National AccessAbility Week May 24—30, 2026</p>	 <p>MENTAL HEALTH AWARENESS MONTH MAY</p>	<p><b>1</b> CREATIVE EXPRESSION 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><b>4</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm</p>	<p><b>5</b></p> <p><b>NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS</b> 10:00am—11:00am</p> <p><b>CURIOS MINDS: HOW MUSIC AFFECTS MOOD</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><b>6</b></p> <p>PRE-REGISTERED PROGRAMS</p>	<p><b>7</b></p> <p><b>MENTAL HEALTH AWARENESS: POTTING PLANTS AND SELF-CARE</b> 10:30am—12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 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><b>8</b></p> <p>CREATIVE EXPRESSION 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>BOARDGAME CAFE 1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p> <div style="border: 2px solid purple; padding: 5px; display: inline-block;"> <p><b>OUTING: IN-PERSON</b> <b>FRIDAY \$ ®</b> 5pm—7pm</p> </div>
<p><b>11</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am</p> <p><b>WOMEN2WOMEN</b> 1:00pm - 2:30pm</p>	<p><b>12</b></p> <div style="border: 2px solid purple; padding: 5px; display: inline-block;"> <p><b>OUTING: BOWLING AT MOUNTAIN LANES \$</b> 10:30am—11:30am</p> </div> <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><b>13</b></p> <p>PRE-REGISTERED PROGRAMS</p>	<p><b>14</b></p> <p><b>MENTAL HEALTH AWARENESS: TEA AND CHOCOLATE SAVOURING</b> 10:30am—12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p><b>NAME THAT TUNE: FEEL GOOD SONGS</b> 1:00pm—2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p><b>15</b></p> <p>CREATIVE EXPRESSION 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p><b>KARAOKE</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>
<p><b>18</b></p> <p>GROUP CLOSED FOR VICTORIA DAY HOLIDAY</p>	<p><b>19</b></p> <p><b>NEW! 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> <div style="border: 2px solid purple; padding: 5px; display: inline-block;"> <p><b>OUTING ; COMMUNITY WALK</b> 1:00pm—2:00pm</p> </div> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p><b>20</b></p> <p>PRE-REGISTERED PROGRAMS</p>	<p><b>21</b></p> <p><b>ACCESSIBILITY AWARENESS: OPERATION WILD</b> 10:30am—12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 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><b>22</b></p> <p>CREATIVE EXPRESSION 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p><b>GUESS THAT HOBBY</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>
<p><b>25</b></p> <p><b>MEN2MEN</b> 10:00am - 11:30am</p> <p><b>WOMEN2WOMEN: OUTING AT GAGE PARK</b> 1:00pm - 2:30pm</p>	<p><b>26</b></p> <div style="border: 2px solid purple; padding: 5px; display: inline-block;"> <p><b>OUTING: ADAPTIVE BIKES @ GAGE PARK</b> 10:00am—12:00pm</p> <p><b>PICNIC LUNCH @ GAGE PARK \$5</b> Meal: Chicken Club Wraps, salad, chips 12:00pm - 1:00pm</p> <p><b>PARK GAMES</b> 1:00pm - 2:00pm</p> </div>	<p><b>27</b></p> <p>PRE-REGISTERED PROGRAMS</p>	<p><b>28</b></p> <p><b>ACCESSIBILITY AWARENESS: PARASPORT ONTARIO GUEST SPEAKER</b> 10:30am—12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 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><b>29</b></p> <p>CREATIVE EXPRESSION 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p><b>CONCENTRATION GAME- 3D DEVICES</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>