




HIRO—June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEN2MEN June 1 – My ABI – how it changed me June 8 – Brain Games June 15 – ABI Month Breakfast and Personal Sharing June 22 – Coping Strategies For An ABI Survivor June 29 – Celebrating Our Successes in Rehabilitation</p> <p>WOMEN2WOMEN June 1— Celebrate You—Moments You Are Proud Of with DIY Nametags June 8— Summer Games Social (Meet Group @ T.B. McQuesten Park) (1199 Upper Wentworth St.) June 15— Your Memory Tools & DIY Canvas Bags June 22— Share and Tell June 29— Let's Bake! *Advance Registration Required*</p>	<p>LUNCH MENU \$5 June 2— Chicken Quesadilla June 9— Shepherd's Pie June 16— Mediterranean Pasta Salad and Garlic Bread June 23— Chicken Shawarma Wrap and Salad June 30— Sandwiches @ Gage Park</p> <p>OUTINGS June 9- Meet Group @ Mountain Lanes (335 Upper Wentworth) \$10 June 30—Meet Group @ Gage Park Greenhouse (42 Lawrence Road) \$5</p> <p>LIFESKILLS HUB Help prepare lunch in the kitchen, or: June 2— Group Lunch Recipes June 16—Reading Food Labels/Storing Leftovers June 23— Interpersonal Skills</p>	<p>PRE-REGISTERED PROGRAMS</p> <p>SPEAK TO GROUP STAFF FOR MORE DETAILS</p>		<p>CREATIVE EXPRESSION June 5— Brain Injury Awareness Buttons June 12— Collaborative Art: Brain Mural June 19— Left Brain/Right Brain Illustrations June 26— Canada Day Craft</p> <p>LUNCH June 19—Pizza and Salad \$5</p> <p>IN-PERSON FRIDAY June 12 — Meet Group @ West Town Diner (214 Locke St S) \$15-20</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.

CENTRE FOR INDIGENOUS RELATIONS, KNOWLEDGE, AND LEARNING PRESENTS: INDIGENOUS LEARNING— Presentation about First Nations, Inuit, and Metis histories, cultures, practices, worldviews, and current realities from Mohawk College Indigenous Center. 

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	



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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN 1:00pm - 2:30pm </p>	<p>2 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>CLIENT MEETING 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>3</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>4 EXPLORING THE BRAIN: FRONTAL LOBE 10:30am—12:00pm</p> <p>BRING YOUR OWN 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>5 CREATIVE EXPRESSION 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>KARAOKE 1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>
<p>8 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN: OUTING AT T.B. MCQUESTEN PARK 1:00pm - 2:30pm</p>	<p>9</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>10</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>11 CENTRE FOR INDIGENOUS RELATIONS, KNOWLEDGE, AND LEARNING PRESENTS: INDIGENOUS LEARNING 10:30am—12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>OUTING: COMMUNITY WALK AND SUMMER TREATS @ GROUP 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>12 CREATIVE EXPRESSION 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>PICTIONARY 1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p> <p>IN-PERSON FRIDAY \$® 5pm—7pm</p>
<p>15 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN 1:00pm - 2:30pm </p>	<p>16 LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am</p> <p>CURIOUS MINDS: BRAIN 101 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>17</p> <p>PRE-REGISTERED PROGRAMS</p>	<p>18 EXPLORING THE BRAIN: PARIETAL LOBE 10:30am—12:00pm</p> <p>BRING YOUR OWN 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>19 CREATIVE EXPRESSION 10:00am - 12:00pm</p> <p>LUNCH AT GROUP \$® 12:00pm - 1:00pm</p> <p>TRIPLE C FARMS @ GROUP </p> <p>1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>
<p>22 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN 1:00pm - 2:30pm </p>	<p>23 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>GENTLE FITNESS 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>24</p> <p>DAY OF HIROS @ BATTLEFIELD PARK</p> <p>**REGISTRATION REQUIRED**</p> <p></p>	<p>25 EXPLORING THE BRAIN: TEMPORAL LOBE 10:30am—12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>JEOPARDY 1:00pm—2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>	<p>26 CREATIVE EXPRESSION 10:00am - 12:00pm</p> <p>BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm</p> <p>BOARDGAME CAFÉ @ GROUP 1:00pm - 2:00pm</p> <p>HIRO HUB 2:00pm - 3:00pm</p>
<p>29 MEN2MEN 10:00am - 11:30am </p> <p>WOMEN2WOMEN® 1:00pm - 2:30pm</p>	<p>30</p> <p>OUTING: ADAPTIVE BIKES @ GAGE PARK 10:00am—12:00pm</p> <p>PICNIC LUNCH @ GAGE PARK \$5 <u>Meal:</u> Deli Sandwiches, salad, fruit 12:00pm - 1:00pm</p> <p>PARK GAMES 1:00pm - 2:00pm</p>	<p>NATIONAL INDIGENOUS HISTORY MONTH</p> <p></p> <p>Brain Injury Awareness Month</p> <p></p> <p>Head Injury Rehabilitation Ontario</p>		