



HIRO—August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN2MEN August 3—Closed for Holiday August 10— Group Cancelled August 17— Tone— How you speak matters August 24— Etiquette Review August 31— Don't FALL into Autumn (safety tips for home and community) WOMEN2WOMEN August 3—Closed for Holiday August 10— Summer Memories with Ice Cream Sundaes August 17— Relaxation & Self Care with DIY Toiletry Cases August 24— This or That Summer Edition August 31— Conversation Shuffle	LUNCH MENU \$5 August 4—Hamburgers & Home Fries August 11— Loaded Chili & Cheese Baked Potatoes August 18—Tuna Melts, Salad & Strawberry Shortcake August 25— Sandwiches, chips, salad OUTINGS August 4—Meet @ Group and enjoy a walk together through our community. August 25—Meet Group @ Gage Park Greenhouse (42 Lawrence Road) \$5 LIFESKILLS HUB Help prepare lunch in the kitchen, or: August 4 — Group Lunch Recipes August 18— Memory Tools	PRE-REGISTERED PROGRAMS SPEAK TO GROUP STAFF FOR MORE DETAILS		CREATIVE EXPRESSION August 7— Silhouette Paintings August 14— Perfect Summer Day Collage August 21— Paint With Anything But A Brush! August 28— Clay Impressions IN-PERSON FRIDAY Pride at the Pier- Meet group @ Pier 4 Park under the Pride Welcome Tent. Admission is free. Food and drinks are available for purchase.

PROGRAM DESCRIPTIONS—this section will provide additional details that may not be covered on the calendar:

NEVER GIVE UP DAY— a chance to celebrate perseverance, resilience, and determination. Through uplifting activities and meaningful discussions, participants will reflect on proud moments, program will end with participants illustrating their thoughts onto a keepsake wallet card.

INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES— A day to celebrate the cultures, contributions, and rights of Indigenous populations worldwide. Also join us for traditional Bannock making and tasting!

EVERYDAY ETIQUETTE— This interactive etiquette program explores everyday social skills through discussion, activities, and real-life scenarios. 

OCULUS AND GAMING TOURNAMENT— Challenge your skills and have fun in a friendly gaming tournament featuring virtual reality and classic Wii games, and pool. Participants can enjoy lighthearted competition, cheer each other on, and connect with others. 

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

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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 GROUP CLOSED FOR CIVIC HOLIDAY	4 LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am OUTING: COMMUNITY WALK 11:00am—12:00pm LUNCH AT GROUP \$ ® 12:00pm - 1:00pm CLIENT MEETING 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm	5 PRE-REGISTERED PROGRAMS	6 EVERYDAY ETIQUETTE: COMMON COURTESY 10:30am—12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm	7 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm INTERNATIONAL DAY OF WORLD'S INDIGENOUS PEOPLE: BANNOCK MAKING 1:00pm - 3:00pm
10 MEN2MEN CANCELLED TODAY WOMEN2WOMEN 1:00pm - 2:30pm	11 OUTING: BOWLING AT MOUNTAIN LANES \$ 10:30am—11:30am LUNCH AT GROUP \$ ® 12:00pm - 1:00pm OCULUS AND GAMING TOURNAMENT 1:00pm—3:00pm	12 PRE-REGISTERED PROGRAMS	13 EVERYDAY ETIQUETTE: MANNERS AND DECORUM 10:30am—12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm GENTLE FITNESS 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm	14 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm BINGO 1:00pm - 2:00pm HIRO HUB 2:00pm - 3:00pm
17 MEN2MEN 10:00am - 11:30am WOMEN2WOMEN 1:00pm - 2:30pm	18 LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am CURIOUS MINDS: THE HEALING BENEFITS OF NATURE 11:00am—12:00pm LUNCH AT GROUP \$ ® 12:00pm - 1:00pm NEVER GIVE UP DAY 1:00pm— WELCOME 1:30pm— RESILIENCE STORIES 2:00pm— WALLET CARD KEEPSAKE	19 PRE-REGISTERED PROGRAMS	20 EVERYDAY ETIQUETTE: EATING 10:30am—12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm	21 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm UP FOR DEBATE 1:00pm - 2:00pm HIRO HUB 2:00pm - 3:00pm IN-PERSON FRIDAY ® Pride @ The Pier 5-7pm Meet Group @ Pier4 Park Under Pride Welcome Tent Advance Registration
24 MEN2MEN 10:00am - 11:30am WOMEN2WOMEN 1:00pm - 2:30pm	25 OUTING: ADAPTIVE BIKES @ GAGE PARK 10:00am—12:00pm PICNIC LUNCH @ GAGE PARK \$ ® Meal: Sandwiches, Chips, Salad 12:00pm - 1:00pm ADAPTED ULTIMATE FRISBEE 1:00pm - 2:00pm	26 PRE-REGISTERED PROGRAMS	27 EVERYDAY ETIQUETTE: BEING A CUSTOMER 10:30am—12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm GENTLE FITNESS 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm	28 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm END OF SUMMER SOCIAL WITH ICE CREAM BAR 1:00pm - 2:00pm HIRO HUB 2:00pm - 3:00pm
31 MEN2MEN 10:00am - 11:30am WOMEN2WOMEN 1:00pm - 2:30pm		Head Injury Rehabilitation Ontario 225 King William St Unit 510 Hamilton, ON L8R 1B1		