



# HIRO—July 2026


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MEN2MEN</b>            July 6 – How to Deal with Conflict in a Positive Manner            July 13 – Developing and Maintaining Relationships            July 20 – Self Esteem: Feeling Good About You            July 27 – Laughter is the Best Medicine—What Do You Find Funny?</p> <p><b>WOMEN2WOMEN</b>            July 6 – Getting Outside: Nature &amp; Wellness with Community Walk            July 13 – Importance of Nutrition and Hydration, with DIY Water Bottle            July 20 – Summer Social with Summer Treats            July 27 – Canvas Painting (Meet Group @ Gage Park Greenhouse (42 Lawrence Road))</p>	<p><b>LUNCH MENU \$5</b>            July 7 — Meatball Subs &amp; Caesar Salad            July 14 — Make Your Own Pita Pizza &amp; Garden Salad            July 21 — Chili Cheese Dogs &amp; Fries            July 28 — Chicken Wraps, Chips, Salad</p> <p><b>OUTINGS</b>            July 7- Meet Group @ Mountain Lanes (335 Upper Wentworth) \$10            July 21 — Meet group @ Hutch's 280 Van Wagners Beach Rd \$10-15            July 28—Meet Group @ Gage Park Greenhouse (42 Lawrence Road) \$5</p> <p><b>LIFESKILLS HUB</b>            Help prepare lunch in the kitchen, or:            July 14 — Group Lunch Recipes</p>	<p><b>PRE-REGISTERED PROGRAMS</b></p> <p><b>SPEAK TO GROUP STAFF FOR MORE DETAILS</b></p>	<p><b>LUNCH MENU</b>            July 9 — Taco Salad with Tortilla Chips            July 16— Minestrone Soup with Grilled Cheese \$5</p>	<p><b>CREATIVE EXPRESSION</b>            July 5— Beach Sand Art            July 12— Colours of Emotion            July 19— Dream Destination            July 26— Blank Canvas</p> <p><b>IN-PERSON FRIDAY</b>            Movie Night @ Group            Popcorn, Pizza, Chicken Wings \$10            Advance Registration Required</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.


**CLIENT MEETING** — HIRO Quality Manager will be joining us to review additional information regarding family and client survey information.

**CURIOUS 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. 

**HAMILTON ASTRONOMERS CLUB**— Learn about the field of astronomy, what's up in the sky, and the solar system. This presentation will also include touching meteorites and using star maps. 

### 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>	

 Head Injury Rehabilitation Ontario

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



# HIRO—July 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Head Injury Rehabilitation Ontario 225 King William St Unit 510 Hamilton, ON L8R 1B1</p>	 	<p>1</p> <p><b>GROUP CLOSED FOR CANADA DAY</b></p>	<p>2</p> <p><b>AROUND THE WORLD: CANADA</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>3</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>KARAOKE</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>
<p>6</p> <p><b>MEN2MEN</b> 10:00am - 11:30am</p>  <p><b>WOMEN2WOMEN: OUTING AT GAGE PARK</b> 1:00pm - 2:30pm</p>	<p>7</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>CLIENT MEETING</b> 1:00pm—2:00pm</p>  <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>	<p>8</p> <p><b>PRE-REGISTERED PROGRAMS</b></p>	<p>9</p> <p><b>HAMILTON POLICE GUEST SPEAKER</b>  10:30am—12:00pm</p> <p><b>FREE LUNCH AT GROUP ®</b> 12:00pm - 1:00pm</p> <p><b>HIRO CLIENT PRESENTS: MY STORY</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>PICTIONARY</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p> <div data-bbox="2759 673 3002 834" style="border: 2px solid green; padding: 5px; text-align: center;"> <p><b>IN-PERSON FRIDAY \$ ®</b> 5pm—7pm</p> </div>
<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>NEW! LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS</b> 10:00am—11:00am</p> <p><b>CURIOUS MINDS: CANADIAN INVENTIONS</b>  11:00am—12:00pm</p> <p><b>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>15</p> <p><b>PRE-REGISTERED PROGRAMS</b></p>	<p>16</p> <p><b>EXPLORE CANADIAN PARKS</b> 10:30am—12:00pm</p> <p><b>LUNCH AT GROUP \$ ®</b> 12:00pm - 1:00pm</p> <p><b>HAMILTON AMATEUR ASTRONOMERS CLUB</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>TABOO</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>OUTING: HTUCH'S ON THE BEACH</b></p> <p><b>CHARADES</b> 10:30am—12:00pm</p> <p><b>LUNCH \$10-15</b> 12:00pm— 1:00pm</p> <p><b>BOARDWALK STROLL</b> 1:00pm — 2:00pm</p>	<p>22</p> <p><b>PRE-REGISTERED PROGRAMS</b></p>	<p>23</p> <p><b>AROUND THE WORLD: SWITZERLAND</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>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>MUSIC AND RHYTHM</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>OUTING: ADAPTIVE BIKES @ GAGE PARK</b> 10:00am—12:00pm</p> <p><b>PICNIC LUNCH @ GAGE PARK \$5</b> <u>Meal:</u> Chicken Wraps, Chips, Salad 12:00pm - 1:00pm</p> <p><b>BOCCE TOURNAMENT</b> 1:00pm - 2:00pm</p>	<p>29</p> <p><b>PRE-REGISTERED PROGRAMS</b></p>	<p>30</p> <p><b>TRAVEL AROUND THE WORLD: EGYPT</b> 10:30am—12:00pm</p> <p><b>BRING YOUR OWN 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>31</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>BRAIN WORKOUT</b> 1:00pm - 2:00pm</p> <p><b>HIRO HUB</b> 2:00pm - 3:00pm</p>