



# HIRO—September 2026

| MONDAY                                                                                                                                                                                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                          | THURSDAY                                                        | FRIDAY                                                                                                                                                                                                                                                                                                                                                                   |
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| <b>MEN2MEN</b><br>September 7—Closed for Holiday<br>September 14— Effectively Dealing with Anger<br>September 21— Greatest Movie Moments<br>September 28— Preparing for Fall/ Winter Blues<br><b>WOMEN2WOMEN</b><br>September 7—Closed for Holiday<br>September 14—Cozy Up & Connect: Preparing for Fall & Winter<br>September 21— Welcome Fall Social<br>September 28— Fall Baking | <b>LUNCH MENU \$5</b><br>September 1— Cabbage Rolls & Salad<br>September 8— Shepherd's Pie & Salad<br>September 15— Make your own subs with coleslaw & potato salad<br>September 22— Chicken Stir Fry & Rice<br>September 29— Deli sandwiches, salad, fruit<br><b>OUTINGS</b><br>September 8—Meet Group @ Mountain Lanes (335 Upper Wentworth St.) \$10<br>September 29—Meet Group @ Gage Park Greenhouse (42 Lawrence Rd) \$5<br><b>LIFESKILLS HUB</b><br>Help prepare lunch in the kitchen, or:<br>September 15— Organization Tools | <b>PRE-REGISTERED PROGRAMS</b><br><br><b>SPEAK TO GROUP STAFF FOR MORE DETAILS</b> | <b>LUNCH MENU \$5</b><br>September 10— Corn Soup, Scones, Salad | <b>CREATIVE EXPRESSION</b><br>September 4— Blank Canvas<br>September 11— Sponge Pattern Painting<br>September 18—HIRO Client Presents: Mindful Drawing<br>September 25— Collaging: Growth<br><b>IN-PERSON FRIDAY</b><br>September 18 — Meet group @ Hutch's 280 Van Wagners Beach Rd \$10-15<br><b>LUNCH MENU FREE</b><br>September 25— Spaghetti & Meatballs with salad |

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

**CENTRE FOR INDIGENOUS RELATIONS, KNOWLEDGE, AND LEARNING PRESENTS: INDIGENOUS LEARNING—** In recognition of truth and reconciliation day, group will host a presentation about First Nations, Inuit, and Metis histories, cultures, practices, worldviews, and current realities.

**SELF-CARE DAY:** A day to show yourself some love! Participate in a fresh haircut, express your creativity through a fun art activity, and connect with others over a delicious lunch.

**CRACK THE CODE- A COMMUNICATION ACCESSIBILITY CHALLENGE:** An interactive escape room style challenge where participants work together to solve communication-based puzzles using accessible communication strategies.

### 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.



# HIRO—September 2026

| MONDAY                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                                                            | WEDNESDAY                                        | THURSDAY                                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                   | <div>1</div> <div>MUSIC AND RHYTHM<br/>10:00am—11:00am</div> <div>PICTIONARY<br/>11:00am—12:00pm</div> <div>LUNCH AT GROUP \$ ®<br/>12:00pm - 1:00pm</div> <div>CLIENT MEETING<br/>1:00pm—2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div>                                                                                                                                     | <div>2</div> <div>PRE-REGISTERED PROGRAMS</div>  | <div>3</div> <div>BRAIN WORKOUT<br/>10:30am—12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP<br/>12:00pm - 1:00pm</div> <div>TAI CHI WITH CERTIFIED INSTRUCTOR<br/>1:00pm—2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div>                                                                                  | <div>4</div> <div>CREATIVE EXPRESSION<br/>10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP<br/>12:00pm - 1:00pm</div> <div>MOVIE AND POPCORN<br/>1:00pm - 3:00pm</div>                                                                                                            |
| <div>7</div> <div>GROUP CLOSED FOR LABOUR DAY HOLIDAY</div>                                       | <div>8</div> <div>OUTING: BOWLING AT MOUNTAIN LANES \$<br/>10:30am—11:30am</div> <div>LUNCH AT GROUP \$ ®<br/>12:00pm - 1:00pm</div> <div>BINGO<br/>1:00pm—2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div>                                                                                                                                                                    | <div>9</div> <div>PRE-REGISTERED PROGRAMS</div>  | <div>10</div> <div>CENTRE FOR INDIGENOUS RELATIONS, KNOWLEDGE, AND LEARNING PRESENTS: INDIGENOUS LEARNING<br/>10:30am—12:00pm</div> <div>TRADITIONAL SIX NATIONS LUNCH AT GROUP \$ ®<br/>12:00pm - 1:00pm</div> <div>INDOOR LACROSSE TOURNAMENT<br/>1:00pm—2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div> | <div>11</div> <div>CREATIVE EXPRESSION<br/>10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP<br/>12:00pm - 1:00pm</div> <div>FRIENDLY FACES: CHAT AND CONNECT<br/>1:00pm - 2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div>                                                    |
| <div>14</div> <div>MEN2MEN<br/>10:00am - 11:30am</div> <div>WOMEN2WOMEN<br/>1:00pm - 2:30pm</div> | <div>15</div> <div>LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS<br/>10:00am—11:00am</div> <div>CURIOUS MINDS: UNDERSTANDING THE BRAIN<br/>11:00am—12:00pm</div> <div>LUNCH AT GROUP \$ ®<br/>12:00pm - 1:00pm</div> <div>UP FOR DEBATE<br/>1:00pm—2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div>                                                                                | <div>16</div> <div>PRE-REGISTERED PROGRAMS</div> | <div>17</div> <div>JEOPARDY<br/>10:30am—12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP<br/>12:00pm - 1:00pm</div> <div>TAI CHI WITH CERTIFIED INSTRUCTOR<br/>1:00pm—2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div>                                                                                      | <div>18</div> <div>CREATIVE EXPRESSION<br/>10:00am - 12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP<br/>12:00pm - 1:00pm</div> <div>KARAOKE<br/>1:00pm - 2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div> <div>IN-PERSON FRIDAY \$ ®<br/>OUTING: HUTCH'S ON THE BEACH<br/>5-7PM</div> |
| <div>21</div> <div>MEN2MEN<br/>10:00am - 11:30am</div> <div>WOMEN2WOMEN<br/>1:00pm - 2:30pm</div> | <div>22</div> <div>SPECIAL EVENT: SELF-CARE DAY (REGISTRATION REQUIRED)<br/>HAIRCUTS WILL BE OFFERED FIRST COME, FIRST SERVED FROM 10AM—12PM.<br/>10:00AM—11:00AM HIRO COUNSELLOR PRESENTS: SELF-REGULATION<br/>11:00AM—12:00PM MAKE YOUR OWN GROUNDING BEAD KEYCHAIN<br/>12:00PM—1:00PM LUNCH \$5<br/>1:00PM—2:00PM SELF-CARE SNAPSHOT PHOTOSHOOT OR SELF-CARE SPELLING BEE</div> | <div>23</div> <div>PRE-REGISTERED PROGRAMS</div> | <div>24</div> <div>WHAT IS TRUTH AND RECONCILIATION DAY?<br/>10:30am—12:00pm</div> <div>BRING YOUR OWN LUNCH AT GROUP<br/>12:00pm - 1:00pm</div> <div>CRACK THE CODE: A COMMUNICATION ACCESSIBILITY CHALLENGE<br/>1:00pm—2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div>                                   | <div>25</div> <div>CREATIVE EXPRESSION<br/>10:00am - 12:00pm</div> <div>FREE LUNCH AT GROUP ®<br/>12:00pm - 1:00pm</div> <div>TRIPLE C FARM @ GROUP<br/>1:00pm - 2:00pm</div> <div>HIRO HUB<br/>2:00pm - 3:00pm</div>                                                                       |
| <div>28</div> <div>MEN2MEN<br/>10:00am - 11:30am</div> <div>WOMEN2WOMEN<br/>1:00pm - 2:30pm</div> | <div>29</div> <div>OUTING: ADAPTIVE BIKES @ GAGE PARK<br/>10:00am—12:00pm</div> <div>PICNIC LUNCH @ GAGE PARK \$ ®<br/>Meal: Deli sandwiches, salad, fruit<br/>12:00pm - 1:00pm</div> <div>ADAPTED BASEBALL<br/>1:00pm - 2:00pm</div>                                                                                                                                              | <div>30</div> <div>PRE-REGISTERED PROGRAMS</div> | <div>National Day for Truth and Reconciliation</div> <div></div>                                                                                                                                                                                                                                                | <div>Head Injury Rehabilitation Ontario</div> <div>225 King William St Unit 510</div> <div>Hamilton, ON L8R 1B1</div>                                                                                                                                                                       |