



HIRO—October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN2MEN October 5— Fear: What is it? What are you afraid of? October 19— Fall/Winter Blahs and How to Fight Them October 26—Local Ghost Stories and Legends WOMEN2WOMEN October 5— Fall Favourites with DIY Fall Wreath *Note: Virtual component of October 5th group will be from 2:00-2:30pm. October 19— Fall Social with Pumpkin Spice & Apple Cider October 26— Mental Health Awareness	LUNCH MENU \$5 ® October 6— Chicken Quesadillas with Tostitos and Salsa October 13— Chicken Parm with Salad October 20— Stuffed Peppers with Garlic Bread October 27— Mini Quiche, Pancakes, Sausage, Fruit OUTINGS October 13—Meet Group @ Mountain Lanes (335 Upper Wentworth St.) \$10 LIFESKILLS HUB Help prepare lunch in the kitchen, or: October 6— Organization Tools October 20— Lunch Recipes October 27— Cognitive Workout	PRE-REGISTERED PROGRAMS SPEAK TO GROUP STAFF FOR MORE DETAILS	FREE LUNCH ® October 22— Chili and Corn Bread October 29— Beef Stew with Sourdough	CREATIVE EXPRESSION October 2— Watercolour Fall Scene October 9— Fall Monoprints October 16—Magic Fall-Themed Keychains October 23— Autumn Scratch Paper October 30 — Fall Felt Creations IN-PERSON FRIDAY \$10 ® October 30 — Halloween Party @ Group Services with Pizza and Wings

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

HAMILTON ASTRONOMERS CLUB— Explore the field of astronomy, what's up in the sky, and the solar system. This presentation will include learning about the moon and a crater demonstration from an astronomy expert!

HIRO QUALITY MANAGER PRESENTS: FIGHTING GERMS IN YOUR HOME- WHAT YOU NEED TO KNOW—Learn simple ways to keep your home clean and healthy, followed by a Germ Detective activity demonstrating how germs spread and why cleaning matters.

HIRO COUNSELLOR PRESENTS: in recognition of mental health awareness month, join us to discuss why mental health matters.

HAMILTON FIRE PREVENTION GUEST SPEAKER—A representative from the Hamilton Fire Department will visit to discuss fire safety around your home.

OPERATION WILD— Experience nature in a hands-on way, building the practical skills and confidence to support a sustainable world.

HALLOWEEN PARTY—Join us for dinner, spooky décor and a HIRO client DJ set! Come as you are or dressed in your costume!

MEET THE GROUP TEAM:



Casey Danton
Recreation
Therapist
905-327-

Danielle Catterall
Program
Facilitator
905-536-
1176

Jeff Peters
Case
Facilitator
905-977-

CALENDAR LEGEND:



PAID PROGRAM



VIRTUAL OPTION
(first 45 minutes)



**ADVANCE
REGISTRATION
REQUIRED**

**COGNITIVE/
EDUCATIONAL PRO-**

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	
		 NATIONAL FIRE PREVENTION MONTH OCTOBER		 Head Injury Rehabilitation Ontario 225 King William St Unit 510 Hamilton, ON L8R 1B1		1 HIRO COUNSELLOR PRESENTS: WHY MENTAL HEALTH MATTERS 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		2 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm THERAPEUTIC JENGA 1:00pm - 2:00pm HIRO HUB 2:00pm - 3:00pm	
5 MEN2MEN 10:00am - 11:30am  WOMEN2WOMEN 1:00pm - 2:30pm  Today's virtual component will be from 2:00-2:30pm		6 LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am FIRE PREVENTION TRIVIA 11:00am—12:00pm LUNCH AT GROUP \$ ® 12:00pm - 1:00pm CLIENT MEETING 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm		7 PRE-REGISTERED PROGRAMS		8 MENTAL HEALTH AWARENESS DISCUSSION AND MURAL 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		9 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm AUTUMN SENSORY EXPERIENCE 1:00pm - 2:00pm HIRO HUB 2:00pm - 3:00pm	
12 GROUP CLOSED FOR THANKSGIVING HOLIDAY		13 OUTING: BOWLING AT MOUNTAIN LANES \$ 10:30am—11:30am LUNCH AT GROUP \$ ® 12:00pm - 1:00pm GENTLE FITNESS 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm		14 PRE-REGISTERED PROGRAMS		15 HAMILTON AMATEUR ASTRONOMERS CLUB 10:30am—12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm CURIOUS MINDS: THE POWER OF ROUTINE 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm		16 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm WOULD YOU RATHER? 1:00pm - 2:00pm HIRO HUB 2:00pm - 3:00pm	
19 MEN2MEN 10:00am - 11:30am  WOMEN2WOMEN 1:00pm - 2:30pm		20 LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am STAYING SAFE AND WELL THIS AUTUMN 11:00am—12:00pm LUNCH AT GROUP \$ ® 12:00pm - 1:00pm HIRO QUALITY MANAGER PRESENTS: FIGHTING GERMS IN YOUR HOME- WHAT YOU NEED TO KNOW 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm		21 PRE-REGISTERED PROGRAMS		22 HAMILTON FIRE DEPARTMENT PRESENTS: FIRE SAFETY AT HOME 10:30am—12:00pm FREE LUNCH! ® 12:00pm - 1:00pm TAI CHI WITH CERTIFIED INSTRUCTOR 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm		23 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm NAME THAT TUNE 1:00pm - 2:00pm HIRO HUB 2:00pm - 3:00pm	
26 MEN2MEN 10:00am - 11:30am  WOMEN2WOMEN 1:00pm - 2:30pm 		27 LIFE SKILLS HUB: PRACTICE EVERYDAY SKILLS 10:00am—11:00am BINGO 11:00am—12:00pm LUNCH AT GROUP \$ ® 12:00pm - 1:00pm GENTLE FITNESS 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm		28 PRE-REGISTERED PROGRAMS		29 OPERATION WILD NATURE STUDY @ GROUP 10:30am—12:00pm FREE LUNCH! ® 12:00pm - 1:00pm CREATIVE PAGES: WRITE OR DRAW YOUR IDEAS INTO A NOTEBOOK 1:00pm—2:00pm HIRO HUB 2:00pm - 3:00pm		30 CREATIVE EXPRESSION 10:00am - 12:00pm BRING YOUR OWN LUNCH AT GROUP 12:00pm - 1:00pm HIRO CLIENT PRESENTS: MY STORY 1:00pm - 2:00pm HIRO HUB 2:00pm - 3:00pm IN-PERSON FRIDAY \$ ® HALLOWEEN PARTY @ GROUP WITH CLIENT DJ 5-7PM	