HIRO— NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEN2MEN November 2 - Men's Health Month Kick-Off November 9 - Group CANCELLED today only November 16 - Heart Health November 23 - Reproductive, Sexuality and Prostate Health November 30 - How To Talk to Your Doctor and Remember What Was Said **WOMEN2WOMEN** November 2 - Winter Comfort and Safety November 9 - Remembrance Day November 16 - Social: Painting and Mocktails November 23 - Cozy Day In: Indoor Leisure November 30 - Staying Healthy with Recipe Exchange	**LUNCH MENU $5 ®** November 3 (FREE)- Mac and Cheese with BBQ Chicken & Salad November 10 - Grilled Cheese with Tomato Soup November 17 - Burritos with Rice November 24 - BLT Sandwiches with Salad **OUTINGS** November 10—Meet Group @ Mountain Lanes (335 Upper Wentworth St.) $10 **LIFESKILLS HUB** Help prepare lunch in the kitchen, or: November 17— Planning & Routines November 24— Reading Food Labels and Storing Leftovers	**PRE -REGISTERED PROGRAMS.** **SPEAK TO GROUP STAFF FOR MORE DETAILS.**	**LUNCH MENU FREE ®** November 26- Croissant Sandwiches with Coleslaw & Fries	**CREATIVE EXPRESSION** November 6 - Diwali Festival of Lights November 13 - Brush & Ink Animal Paintings November 20 - Pastel Landscape Drawings November 27 - Marker Mandalas **IN-PERSON FRIDAY $10 ®** November 13 5:00pm - 7:00pm- Mix and Mingle Shuffle Menu: Swiss Chalet Dinner

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

CLIENT MEETING — HIRO Quality Manager will be joining us to review additional information regarding family and client survey information.
HIRO CLIENT PRESENTS — A client-led storytelling session where a client shares their journey, highlighting challenges, growth, and lessons learned along the way.
MIX AND MINGLE SHUFFLE - Enjoy short, friendly conversations using simple prompts. Seat changes help keep things light and engaging.
FIREPLACE BUILDING WORKSHOP - Get creative and festive as you team up to build and decorate a cardboard fireplace to be displayed at the 2026 HIRO Holiday Party! Each week clients will be given a choice to participate in regular Creative Expressions programming, or help with the fireplace.

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
2 MEN2MEN 10:00AM - 11:30AM WOMEN2WOMEN 1:00PM - 2:30PM	**3** GROUP SPACE REFRESH 10:00AM - 12:00PM FREE LUNCH AT GROUP ® 12:00PM - 1:00PM CLIENT MEETING WITH HIRO QUALITY MANAGER 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM WOW!	**4** PRE-REGISTERED PROGRAMS	**5** WHAT IS "MOVEMBER"? WITH DIY MUSTACHE 1030AM - 12:00PM BRING YOUR OWN LUNCH AT GROUP 12:00PM - 1:00PM HIRO CLIENT PRESENTS: MY STORY WITH MEDITATION 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM WOW!	**6** CREATIVE EXPRESSIONS AND FIREPLACE BUILDING WORKSHOP 10:00AM - 12:00PM BRING YOUR OWN LUNCH AT GROUP 12:00PM - 1:00PM BOARDGAME CAFE WITH HOT CHOCOLATE 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM NEW!
9 MEN 2 MEN CANCELLED TODAY WOMEN2WOMEN 1:00PM - 2:30PM	**10** BOWLING @ MOUNTAIN LANES 10:30AM - 11:30AM LUNCH AT GROUP $ ® 12:00PM - 1:00PM REMEMBRANCE DAY 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM	**11** GROUP CLOSED FOR REMEMBRANCE DAY	**12** NO BAKE BAKING CHALLENGE 10:30AM - 12:00PM BRING YOUR OWN LUNCH AT GROUP 12:00PM - 1:00PM TAI CHI WITH A CERTIFIED INSTRUCTOR 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM SNACKS!	**13** CREATIVE EXPRESSIONS AND FIREPLACE BUILDING WORKSHOP 10:00AM - 12:00PM BRING YOUR OWN LUNCH AT GROUP 12:00PM - 1:00PM MUSIC GENERATION BINGO 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM IN-PERSON FRIDAY MIX & MINGLE SHUFFLE 5:00PM - 7:00PM NEW!
16 MEN2MEN 10:00AM - 11:30AM WOMEN2WOMEN 1:00PM - 2:30PM	**17** LIFESKILLS HUB: PRACTIVE EVERYDAY LIFESKILLS 10:00AM - 11:00AM COMMUNITY SAFETY AND NAVIGAGTION WITH WALK 11:00AM - 12:00PM LUNCH AT GROUP $ ® 12:00PM - 1:00PM CURIOUS MINDS: ARTIFICIAL INTELLIGENCE 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM	**18** PRE-REGISTERED PROGRAMS	**19** HIRO HEALTH EDUCATOR PRESENTS: FALLS PREVENTION 10:30AM - 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 WOW!	**20** CREATIVE EXPRESSIONS AND FIREPLACE BUILDING WORKSHOP 10:00AM - 12:00PM BRING YOUR OWN LUNCH AT GROUP 12:00PM - 1:00PM FRIENDLY FACES: CHAT AND CONNECT 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM NEW!
23 MEN2MEN 10:00AM - 11:30AM WOMEN2WOMEN 1:00PM - 2:30PM	**24** LIFESKILLS HUB: PRACTIVE EVERYDAY LIFESKILLS 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	**25** PRE-REGISTERED PROGRAMS	**26** HAMILTON POLICE SERVICE PRESENTS: SAFETY TIPS & STRATEGIES 10:30AM - 12:00PM FREE LUNCH® 12:00PM - 1:00PM TAI CHI WITH A CERTIFIED INSTRUCTOR 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM	**27** CREATIVE EXPRESSIONS AND FIREPLACE BUILDING WORKSHOP 10:00AM - 12:00PM BRING YOUR OWN LUNCH AT GROUP 12:00PM - 1:00PM BALLOON BADMINTON 1:00PM - 2:00PM HIRO HUB 2:00PM - 3:00PM NEW!
30 MEN2MEN 10:00AM - 11:30AM WOMEN2WOMEN 1:00PM - 2:30PM				









Head Injury Rehabilitation Ontario

225 King William St Unit 510

Hamilton, ON L8R 1B1