



FEBRUARY 2019

**Hamilton Brain
Injury Association**
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www.hbia.ca

SUN	MONDAY <i>Clubhouse Open 9am – 1pm</i>	TUESDAY <i>Clubhouse Open 9am – 3pm</i>	WEDNESDAY <i>Clubhouse Open 11am – 6pm</i>	THURSDAY <i>Clubhouse Open 9am – 4pm</i>	FRIDAY <i>Clubhouse Closed</i>	SAT
31	1 Support Group 1030 - 12 Social Club 12 – 1 Party Plan Group 12- 2	2 Glee Club 1030 - 12 Support Group 1 – 230 Family Resource Group 7 – 9pm	3 Art Club 1230 - 230 Support Group 4 – 530	4 Support Group 1030 - 12 Social Club 12 – 4 Newsletter Group 12- 2	5	6
7	8 Support Group 1030 - 12 Social Club 12 - 1	9 Glee Club 1030 - 12 Support Group 1 – 230	10 Club Plan Group 930 - 11 Hen's Club 1230 – 2 Support Group 4 – 530	11 Support Group 1030 - 12 Valentine's Friendship Party 12 - 4 Spouse Support Group 7 – 9pm	12	13
14	15 FAMILY DAY Clubhouse Closed	16 Glee Club 1030 – 12 Support Group 1 – 230	17 Admin Plan Group 930 - 11 Social Club 12 - 4 Support Group 4 – 530	18 Support Group 1030 - 12 Social Club 12 – 4 Video Plan Group 12- 2	19	20
21	22 Breakfast Club 9 - 1030 Support Group 1030 - 12 Social Club 12 – 1 Care Group 12- 2	23 Glee Club 1030 - 12 Support Group 1 – 230	24 Fund Plan Group 930 - 11 Hen's Club 1230 – 2 Support Group 4 – 530	25 Support Group 1030 - 12 Social Club 12 – 4	26	27
28	29 Support Group 1030 - 12 Social Club 12 – 1	1 Glee Club 1030 - 12 Support Group 1 - 230	2 Social Club 12 - 4 Support Group 4 - 530	3 Support Group 1030 - 12 Social Club 12 - 4	4	5

***Please note that times and dates of all programs are subject to change. Please
check our online calendar for updates or contact us for information***