



JULY 2025

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

SUN	MON	TUE	WED	THU	FRI	SAT
28	29 Support Group 1030 - 12 BIS – Women2Women 1-230	30 Strategies 9 - 1030 Glee Club 1030 - 12	1 CANADA DAY Clubhouse Closed No Groups/Programs	2 Walking Club 9-10 Support Group 1030 - 12 Gentlemen's Club 1230 - 2	3 Glee Club 1030 - 12	4
5	6 Support Group 1030 - 12	7 Strategies 9 - 1030 Glee Club 1030 - 12 Family Resource Group 7 - 9pm	8 HBIA Meetings 8-11 Hen's Club 11 - 1230 Art Club 1230 - 2 Support Group 4 - 530	9 Walking Club 9-10 Support Group 1030 - 12 Garden Club 12 - 2 Spouse Support Group 7 - 9pm (Bay Garden Location)	10 Glee Club 1030 - 12	11
12	13 Support Group 1030 - 12 BIS – Women2Women 1-230	14 Strategies 9 - 1030 Glee Club 1030 - 12	15 HBIA Meetings 8-11 Art Club 1230 - 2 Support Group 4 - 530	16 Walking Club 9-10 Support Group 1030 - 12 Gentlemen's Club 1230 - 2	17 Glee Club 1030 - 12	18
19	20 Support Group 1030 - 12	21 Strategies 9 - 1030 Glee Club 1030 - 12	22 HBIA Meetings 8-11 Hen's Club 11 - 1230 Art Club 1230 - 2 (welcome BIS !!) Support Group 4 - 530	23 Walking Club 9-10 Support Group 1030 - 12 Garden Club 12 - 2	24 Glee Club 1030 - 12	25
26	27 Support Group 1030 - 12 BIS – Women2Women 1-230	28 Strategies 9 - 1030 Glee Club 1030 - 12	29 HBIA Meetings 8-11 Art Club 1230 - 2 Support Group 4 - 530	30 Walking Club 9-10 Support Group 1030 - 12 Gentlemen's Club 1230 - 2	31 Glee Club 1030 - 12	1

***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***