



Tuesday	Wednesday	Thursday
<p>Extra Offerings This Month:</p> <p>Tech 101 Monday May 6th 1pm-3pm</p> <p>Brain Fit & More Monday May 27th 1pm-2pm</p>	<p>1 11:00-12:00 Start With Art Project: May Day Wreaths</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>1:00-2:00 Short Story Reflections Theme: Ship Wrecks</p> <p>2:00-3:00 Grief Peer Support Group</p> <p>2:00-3:00 Focus on Vision: Biography of Vision Impaired People</p>	<p>2 10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>11:00-12:00 Cinco De Mayo Social</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p> <p>2:30-3:30 HAC in <u>Townsend</u> Location: Parkview Meadows Program: Canvas and Mocktails</p>
<p>7 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:30 HAC in <u>Caledonia</u> Location: Haldimand County Public Library Program: Canvas and Mocktails</p>	<p>8 11:00-12:00 Start With Art Project: Dot Art Pots</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:30 Habits for Health</p> <p>2:00-3:00 Men's Social Group</p> <p>2:00-3:00 Flower Arranging</p>	<p>9 10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 Dining in The Dark: A sensory experience</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-3:00 Warm Up Haldimand</p> <p>2:00-3:00 Meditate and Paint</p>

Registration is mandatory for all in-person programs.

Please call or email to register. A fitted face covering is optional to wear.

In-person programs can be cancelled at any time. All registered participants will be notified

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<p>14 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:30 HAC in <u>Jarvis</u> Location: Leisure Living Retirement Program: Canvas and Mocktails</p> <p>2:30-3:30 Vision Support Group</p>	<p>15 11:00-12:00 Start With Art Project: Mother's Day Cards & Bookmarks</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:30 Habits for Health</p> <p>2:00-3:00 Grief Peer Support Group</p> <p>2:00-3:00 Focus on Vision: Sensory Day</p>	<p>16 10:00-11:00 HAC Brunch Celebrating Mother's Day</p> <p>11:00-12:00 BINGO</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>12:00-1:00 Speaker: Cheryl Bauslaugh Eye Health at All Ages</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>21 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:00 Chair Yoga</p> <p>2:00-3:30 HAC in <u>Dunnville</u> Location: True Experience Program: Canvas and Mocktails Gardening</p>	<p>22 11:00-12:00 Start With Art Project: Hat Wreath</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:30 Habits for Health</p> <p>2:00-3:00 Men's Social Group</p> <p>2:00-3:00 Focus on Vision: Vision a Mystery</p>	<p>23 10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Victorian High Tea Social</p> <p>12:00-1:00 Speaker: Geneva Gillis Maritime History on Lake Erie</p> <p>1:00-2:00 Music and Memory</p> <p>2:00-3:00 Haldimand Memory Network</p> <p>2:00-3:00 Meditate and Paint</p> 
<p>28 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:30 HAC in <u>Cayuga</u> Location: Jennie Deagle Complex Program: Canvas and Mocktails</p>	<p>29 11:00-12:00 Start With Art Project: Ceramic Pot Animals</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:30 Habits for Health</p>	<p>30 10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Great Lakes Social</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>


 Red Font= In Person Program
MUST REGISTER


Blue Font= Virtual Program


 Black Font= Hybrid:
 Virtual & In Person
 Program Options

PHYSICAL PROGRAMS

Chair Yoga: Lead by a certified yoga instructor. Join us for gentle seated yoga moves combined with breathing exercises and meditation. No yoga mats required, but are an option, chairs will be provided. Bring your own yoga straps or tie for stretching. A \$5 donation is appreciated.

Chair Zumba: This class incorporates movements taken from worldwide music and dances to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, mobility, memory and motor skills. A \$5 donation is appreciated. A minimum of 3 participants required, virtual option available.

Habits for Health: Guided by the Haldimand Health Team Dietician and Kinesiologist participants will set goals to integrate healthy eating, physical activity, and overall well-being into their daily lives.

Power Hour Circuit Training: Challenge yourself and break a sweat! This circuit exercise class will allow you to increase endurance and tone muscle. Equipment will be provided.

Seated Fitness: Get moving with us for seated stretching, conditioning and toning the body. You will leave this program feeling happy, healthy and energized.

SOCIAL & SUPPORT PROGRAMS

BINGO: This game is free to play. Players mark off numbers on a card as they are randomly called out. The goal is to complete a predetermined pattern, such as a line or full card, to win a prize.

Community Paramedic Wellness Dogs: Access health and wellness benefits through animal therapy with the certified wellness dogs of Haldimand County's Paramedic Services.

Dining in the Dark: In honour of Vision Awareness Month we will hold a dining in the dark social. Enjoy an enhanced sense of hearing, taste, scents, and more during this unique experience.

Grief Peer Support: This drop-in offers a space to connect with others who are grieving. Share your grief experience in a supportive environment.

Haldimand Memory Network: This peer-led social group for people navigating acquired brain changes, regardless of age. The aim is to provide a supportive platform where individuals discover their own opportunities to engage their interests and needs.

Men's Social Group: This group is an opportunity to meet and connect with other men who are looking for some quality time over coffee and conversation.

Technology 101 Support: Take the opportunity to bring in your device and seek support with your technology, while learning.

Thursday's Socials: Enjoy light refreshments during our thematic socials each week.

Vision Support Group: This group meets on the 2nd Tuesday of each month, to provide support for those living with any form of visual difficulties and loss.

Warm Up Haldimand: Knitters and crocheters gather to make a variety of items to donate to agencies in the community. Yarn and wool are provided.

Wellness Program: This program consists of Community Paramedics that will bring equipment for anyone who would like to have their vital signs taken, and assessed.

COGNITIVE PROGRAMS

Brain Fit and More: Brain stimulating activities using trivia, word games and mind exercises.

***Music and Memories:** Music triggers powerful memories. Join us the last Thursday of each month as we share stories and reminisce.

Short Story Reflections: Listen to a short story each week followed by an interactive, reflective discussion. Each month will have a different theme.

CREATIVE ART PROGRAMS

Canvas and Mocktails: Paint your own masterpiece with step by step instructions. Those at home will need their own supplies.

Flower Arranging: Learn how to create a small fresh flower arrangement in a small glass vase or teacup as a seasonal decoration. Flowers will be provided to in-person participants to take home. A \$5 donation is appreciated.

Meditate and Paint: Paint in a calm and relaxing atmosphere, using a step by step approach to create your masterpiece.

Start with Art: Explore your creativity by making your own art piece each week. Step by step instructions and materials provided.

EDUCATIONAL PROGRAMS-

COMMUNITY SPEAKERS

Focus on Vision Series: Special programming for Vision Awareness Month covering people of interest, how vision works, and a sensory experience day.

Cheryl Bauslaugh: This presentation will cover eye health through all stages of life, take care of your eyesight today for a brighter tomorrow!

Geneva Gillis—Just Around the Riverbend: The History of Haldimand's Ports and Waterways. Learn about local waterways and ports, and the disastrous shipwreck of Port Maitland in 1850.

HAC OFFSITE PROGRAMS

The HAC is bringing programs to various locations in Haldimand County. Each week will feature a new location and is open to everyone.

Caledonia Library– 100 Haddington St, Caledonia N3W 2N4

Leisure Living Retirement– 98 Talbot St E, Jarvis N0A1J0

Parkview Meadows: 72 Town Centre Dr, Townsend, N0A 1S0

True Experience– 201 Forest St E, Dunnville N1A 3G5

Jennie Deagle Complex– 2256 River Road, Cayuga N0A 1E0