



Tuesday	Wednesday	Thursday
<p>2 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>3 11:00-12:00 Start With Art Project: Light Houses</p> <p>1:00-2:00 Short Story Reflections Theme: Coastal Mysteries</p> <p>2:00-3:00 Travelogue Theme: Caribbean</p>	<p>4 11:00-1:00 Class Car Show with the Port Dover Show n' Shine Club</p> <p>11:30-12:30 *HAC BBQ</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p> <p>2:00-3:00 HAC in <u>Townsend</u> Location: Parkview Meadows Program: Canvas and Mocktails</p>
<p>9 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>10 11:00-12:00 Start With Art Project: Scrapbook Start With Art</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>1:00-2:00 Short Story Reflections</p> <p>2:00-3:00 Men's Social Group</p> <p>2:00-3:00 Travelogue: Canadian Beaches</p>	<p>11 10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Outdoor Picnic</p> <p>12:00-1:00 Speaker: Kitty Seager Take a Deep Breath</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 if there is a need to cancel.

Tuesday	Wednesday	Thursday
<p>16 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</p>	<p>17 11:00-12:00 Start With Art Project: Patio Stones</p> <p>1:30-3:00 *Fireside Chats and Trivia</p> <p>2:00-3:00 Grief Peer Support Group</p>	<p>18 10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Supernatural Mysteries</p> <p>12:00-1:00 Speaker: Geneva Gillis Fact or Folklore</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>23 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>24 11:00-12:00 Start With Art Project: Painted Shells</p> <p>12:00-1:00 Speaker: Jennifer Richer & Christina Patrick Self Care Simplified</p> <p>1:00-2:00 Short Story Reflections</p> <p>2:00-3:00 Men's Social Group</p> <p>2:00-3:00 Travelogue: Mediterranean</p>	<p>25 10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Community Wellness Dogs</p> <p>11:00-12:00 Social: Barber Shop Music</p> <p>1:00-2:00 Music and Memory</p> <p>2:00-3:00 Meditate and Paint</p>
<p>30 10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p>	<p>31 11:00-12:00 Start With Art Project: Surf Board Beach Sign</p> <p>1:30-3:00 *Fireside Chats and Stories</p>	<p>Extra Programming:</p> <p>July 8th 1:00-1:45 Brain Fit and More</p> <p>July 29th 1:00-1:45 Brain Fit and More</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.

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

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

Fireside Chats and Trivia: This outdoor program is a blend of engaging conversations, snacks, and trivia for an interactive, cozy experience perfect for a gathering of friends. Held indoors if weather is poor.

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

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.

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

Travelogue: We welcome participants to share stories as we explore the world from the comfort of your home with our captivating travelogue TV program. Embark on thrilling adventures, discover diverse cultures, and uncover hidden gems.

Geneva Gillis: Fact or Folklore?: Uncovering Haldimand's Weird and Wonderful Tales

Kitty Seager: Take A Deep Breath— Discovering how lungs process air, why air quality matters, health risks, and safeguarding lung health.

Jennifer Richer and Christina Patrick : Counsellors from South Coast Wellness provide a lively presentation designed to enhance our self-care routines! Learn simple, effective tips that you can easily incorporate into your daily life. With a mix of fun activities, we'll explore a variety of self-care practices that could potentially increase your everyday enjoyment.

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

*** Please inform us of any food allergies when registering for program.**