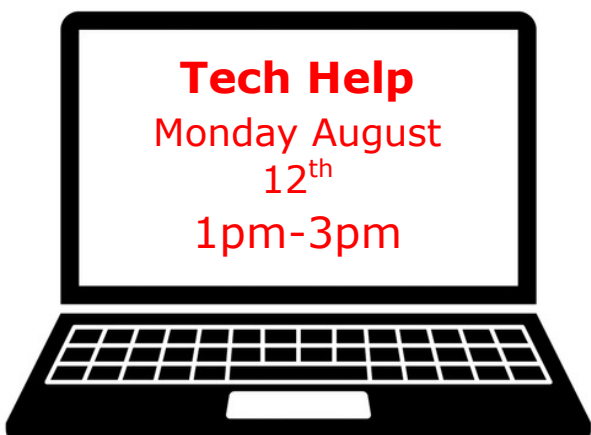


Tuesday	Wednesday	Thursday
<p>Extra Programming:</p> <p>August 12th</p> <p>1:00-1:45 Brain Fit and More</p> <p>August 26th </p> <p>1:00-1:45 Brain Fit and More</p>		<p>1</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Acadian Culture</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>6</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p>	<p>7</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Pebble Art</p>	<p>8</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Pirate Picnic with YCA</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
13 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails	14 1:00-2:00 Short Story Reflections 1:30-3:00 Start With Art Project: Leash Hanger	15 11:30-12:30 *Hawaiian Style BBQ 12:00-1:00 Entertainment: Cameron Caton as Elvis 2:00-3:00 Meditate and Paint
20 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails	21 11:00-12:00 Men's Social Group 1:00-2:00 Short Story Reflections 1:30-3:00 Start With Art Project: Macrame	22 10:00-10:45 Power Hour Circuit Training 11:00-12:00 Community Wellness Dogs 11:00-12:00 * Social: Fireside Social 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
27 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails	28 11:00-12:00 Men's Social Group 1:00-2:00 Short Story Reflections 1:30-3:00 Start With Art Project: Splatter Art	29 10:00-10:45 Power Hour Circuit Training 11:00-12:00 * Social: Peaches 1:00-2:00 Speaker: Brenda Cameron Purrfect Companions Cat Rescue 1:00-2:00 Music and Memory 2:00-3:00 Meditate and Paint



PHYSICAL PROGRAMS

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

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.

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.

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

Brenda Cameron— President of Purrfect Companions cat rescue in Delhi will join us to talk about how their shelter is making a difference in Haldimand County. Their services include fostering kittens and adults, Trap-Neuter-Spay program, and caring for cats with health conditions.

*** Please inform us of any food allergies when registering**