



Tuesday	Wednesday	Thursday
<p>5</p> <p>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>Townsend</u> Location: Parkview Meadows Program: Canvas and Mocktails</p>	<p>6</p> <p>11:00-12:00 Chocolate Bingo</p> <p>1:00-2:00 Short Story Reflections Theme: Tales of Bravery</p> <p>1:30-3:00 Start With Art Project: Ornaments</p> <p>2:30-3:30 HAC in <u>Caledonia</u> Location: Cypress 55+ Program: Canvas and Mocktails</p>	<p>7</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 *Social: Remembrance Day Speaker: Geneva—Women at War</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>12</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>10:45–12:15 HAC in <u>Caledonia</u> Location: Caledonia Arena Program: Brain Fit & More</p> <p>2:00-3:30 HAC in <u>Jarvis</u> Location: Leisure Living Retirement Program: Canvas and Mocktails</p>	<p>13</p> <p>11:00-12:00 Men's Social Group</p> <p>12:00-1:00 *Lunch & Learn Speakers: Tara Miller– Indigenous Care Navigator Katelyn Keeler– Dementia Care Coordinator</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Christmas Tags & Scrapbooking</p>	<p>14</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Talk About Tech</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



Tuesday	Wednesday	Thursday
<p>19</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>2:00-3:30 HAC in <u>Dunnville</u> Location: Dunnville Library Program: Canvas and Mocktails</p> <p>2:00-3:00 Chair Yoga</p>	<p>20</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Felt Trees</p>	<p>21</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 *HAC Brunch: Caregivers High Tea Speakers: Hannah Leclair</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>26</p> <p>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>27</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00 Short Story Reflections</p> <p>2:00-3:00 Community Paramedic Dogs Visit</p> <p>1:30-3:00 Start With Art Project: Holiday Decor</p>	<p>28</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Game Shows</p> <p>1:00-2:00 Music and Memory</p> <p>2:00-3:00 Meditate and Paint</p>

Extra Programming:

Monday, November 4th

1:00-1:45
Brain Fit and More

Monday, November 18th

1:00-1:45
Brain Fit and More



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

Chocolate BINGO: A delightful way to socialize while enjoying a game of chance! Test your luck for a chance to win delicious chocolate treats. Don't miss out on the fun ensure you register to join each month.

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

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

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 Help: Make an appointment to bring in your device and seek support with a technology issue or learn a new skill.

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

Vision Support Group: A social group which provides support for those living with any form of visual difficulties and loss. Inquire for details.

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**

Geneva Gillis — Museum Curator for Cayuga Heritage Centre will join us to talk about the role of Women during times of war and shed light on their unique contributions and achievements.

Hannah Leclair— Dietician at Haldimand Health Team will engage in a comprehensive examination of the relationship between dietary choices and their influence on diabetes. Additionally, we will explore techniques for self-assessment and maintenance of optimal foot health!

Tara Miller & Katelyn Keeler— Tara is an Indigenous Care Navigator for West Haldimand Hospital and Katelyn is a Dementia Care Coordinator for Six Nations. They will both present their perspective on providing culturally comprehensive care to indigenous patients. This presentation is open for everyone and will include lunch.

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 Arena– 100 Haddington St, Caledonia N3W 2N4

Cypress 55+ - 103 Inverness St. Caledonia Ontario, N3W 1B1

Dunnville Library- 317 Chestnut St, Dunnville, ON N1A 2H4

Leisure Living Retirement– 98 Talbot St E, Jarvis N0A1J0

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

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

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