



Tuesday	Wednesday	Thursday
<p>3</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>2:00-3:00 HAC in <u>Townsend</u> Location: Parkview Meadows Program: Canvas and Mocktails</p>	<p>4</p> <p>11:00-12:00 Chocolate BINGO</p> <p>1:00-2:00 Short Story Reflections Theme: Holiday Traditions</p> <p>1:30-3:00 Start With Art Project: Seasonal Porch Décor</p> <p>2:30-3:30 HAC in <u>Caledonia</u> Location: Cypress 55+ Program: Canvas and Mocktails</p>	<p>5</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: International Holiday Treats & Traditions</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>10</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>Jarvis</u> Location: Leisure Living Retirement Program: Canvas and Mocktails</p>	<p>11</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: Table Runner</p>	<p>12</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 Social: Seasonal Gratitude</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.

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<p>17</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>18</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Fresh Greenery Arrangement</p>	<p>19</p> <p>10:30-12:00 H.A.C. Christmas Brunch</p>
<p>24</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p> <p>H.A.C. Closed at 1pm</p>	<p>25</p> <p>H.A.C. Closed</p>	<p>26</p> <p>H.A.C. Closed</p>
<p>31</p> <p>New Years Eve!</p> <p>11:00-12:00 BINGO and Mocktails</p> <p>H.A.C. Closed at 1pm</p>	<p>Wishing You All Happy Holidays & Wonderful New Year!</p> 	

Join us online — Virtual Brain Fit and More:

Monday, December 2nd
1:00-1:45

Monday, December 16th
1:00-1:45



New Years Trivia
Monday, December 30th
1:00-1:45

Music & Memory:
Holiday Favourites
Monday, December 23rd
1:00-2:00



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.

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.

Tech Help: Computer Skills—Take the opportunity to bring in your device and seek support with your technology and learning new skills.

***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.

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

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.

HAC OFFSITE PROGRAMS

Open to everyone! The HAC is bringing programs to various locations in Haldimand County. Each week will feature a new location, please register to join.

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

Leisure Living Retirement- 98 Talbot St
E, Jarvis N0A1J0

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

