



Tuesday	Wednesday	Thursday
<p style="text-align: center; font-size: 2em;">Happy New Year!</p>	<p>1</p> <p style="text-align: center; font-size: 1.5em;">H.A.C. Closed</p>	<p>2</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: New Years Extravaganza at the Speak Easy</p> <p>2:00-3:00 Meditate and Paint</p>
	<p>7</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>8</p> <p>11:00-12:00 Men's Social Group</p> <p>1:00-2:00 Short Story Reflections Theme: Time Travelers Tour</p> <p>1:30-3:00 Start With Art Project: Lanterns</p> <p>2:30-3:30 HAC in <u>Caledonia</u> Location: Cypress 55+ Program: Canvas and Mocktails</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>14</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Chocolate BINGO</p> <p>10:45 & 11:45 Drop in! HAC in Caledonia Location: Caledonia Arena Program: Brain Fit & More</p> <p>2:00-3:30 HAC in Jarvis Location: Leisure Living Retirement Program: Canvas and Mocktails</p>	<p>15</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Rope Art</p>	<p>16</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 *HAC Brunch: Hagersville the Big 150th Year Bash Speaker: Geneva Gillis— History of Hagersville</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>21</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>22</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: Decorate & Paint Dinnerware</p>	<p>23</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Northern Lights Disco</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>28</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>Ohsweken</u> Location: White Pines Health Centre Program: Canvas and Mocktails</p>	<p>29</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Vision Board</p>	<p>30</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Be Kind to Your Mind Speaker: Madison Brown—Alzheimers Awareness Month</p> <p>1:00-2:00 Music & Memory</p> <p>2:00-3:00 Meditate and Paint</p>


Join us online
Virtual Brain Fit
and More:



Monday, January 6th
1:00-11:45

Monday, January 20th
1:00-11:45

Music & Memory:
Monday, January 13th
1:00-1:45

 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. *(See more on second page)*

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.

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 H.A.C. is bringing programs to various locations in Haldimand County. Each week will feature a new location, please register to join.

Caledonia Arena- 100 Haddington St, Caledonia N3W 2N4

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

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

Jarvis: Leisure Living Retirement- 98 Talbot St E, Jarvis N0A1J0

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

Ohsweken: White Pines Medical Centre- 1745 Chiefswood Rd, Ohsweken, ON N0A 1M0

THURSDAY SOCIALS AND EDUCATIONAL SPEAKERS

New years Extravaganza: Come celebrate the new year with us! We will take a look at all the fun things we did the past year and make a toast to all the great things to come in 2025! **Speak-easy theme:** Step back in time to a hidden world of glamour, jazz, and prohibition-era fun. Come dressed to impress! Make sure you ask for the secret code.

Sunny Side Up: your ultimate escape from the winter blues! We're all about turning chilly days into a warm burst of fun and energy. Say goodbye to the gray skies and hello to bright vibes, good company, and endless smiles.

Speaker: Tania Clatsoff & Will Rowe— Social Workers from Haldimand Health Team join us to discuss a topic that affects many but often goes unnoticed: Seasonal Affective Disorder (SAD). As seasons change, so do our moods and energy, which can lead to emotional distress and difficulty functioning for some. In this presentation, we'll explore the symptoms, causes, impact, and treatment options for SAD, along with coping strategies. By understanding SAD, we can better support those who experience it and manage our own seasonal challenges.

Hagersville the Big 150th Year Bash: Did you know Hagersville is turning 150 this year? Come join us to take a closer look at our favourite things about this community.

Speaker: Geneva Gillis—Take a walk down memory lane and learn about the rich history of Hagersville! This presentation will look at how Hagersville got its name, the industry, businesses, and community that made it a flourishing town.

Bring your own stories and photos!

Northern Lights Disco: We will boogie on down to some funky disco music while enjoying an aurora borealis inspired light show.

Be Kind to Your Mind: In honor of Alzheimer's Awareness Month, let's dive into the importance of caring for our minds and preserving the memories that matter most. Join us as we explore tips and strategies for maintaining brain health, staying sharp, and cherishing the moments that last a lifetime. Together, we can raise awareness and support the journey toward a brighter, more mindful future.

Speaker: Madison Brown — an educator from Alzheimer Society will share why bringing awareness of Alzheimers and dementias is still important and also discuss an important topic, chronic traumatic encephalopathy which affects many people including athletes.

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