



Tuesday	Wednesday	Thursday
<p>4</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>5</p> <p>1:00-2:00 Short Story Reflections Theme: Dark Fairy Tales</p> <p>1:30-3:00 Start With Art Project: Card Making for Valentines/Family Day</p> <p>2:30-3:30 HAC in <u>Caledonia</u> Location: Cypress 55+ Program: Canvas and Mocktails</p>	<p>6</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:15 *Social: Sip & See the Future 11:45-12:15 Speaker: Kimberly Harrison RN</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>11</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Chocolate BINGO</p> <p>10:45 & 11:45 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</p>	<p>12</p> <p>11:00-12:00 Men's Social Group</p> <p>2:00-3:00 Speaker: Andi - Crime Expert</p> <p>1:30-3:00 Start With Art Project: Family and Pet Peg Art</p>	<p>13</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Sugar & Spice Valentine's Party</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>18</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>19</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Book Page Collage</p> <p>Reading Retreat Week</p> 	<p>20</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 *HAC Books & Brunch Speaker: Katrina Krupicz</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>25</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>26</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: Button Art</p>	<p>27</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:30-12:30 *Social: Lunch & Learn Avoid Tax Season Scams Speaker: Andi - Crime Expert for Victim Services Haldimand</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, February 3rd
1:00-1:45

Monday, February 24th
1:00-1:45

Music & Memory:
Monday, February 10th
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. (This group is on hold, call to join our interest list)

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. (This group is on hold, call to join our interest list)

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**Sip & See:**

Join us for a relaxing and enlightening Sip & See event! Enjoy a warm cup of tea while learning the ancient art of tea leaf divination. As you sip, we'll explore the fascinating practice of interpreting patterns in tea leaves and other methods to uncover insights and guidance. Whether you're new to tea or a seasoned enthusiast, this event offers a unique blend of relaxation and discovery. Bring your curiosity and a thirst for knowledge!

Speaker- Kimberly Harrison RN:

Kimberly Harrison a registered nurse from the Haldimand Family Health Team will join us to talk about cancer screening, what are the recommended cancer screenings, for who, when, and how often do they occur? Leave your worries in the past by learning to reduce your risk.

Sugar & Spice Valentine's Party:

Join us for a Valentine's Day Social filled with romance, fun, and festive cheer! Indulge in delectable bites and irresistible desserts that are sure to steal your heart. Enjoy exciting games, playful activities, and a chance to win fun prizes.

Books & Brunch:**Speaker—Katrina Krupicz**

Come brunch with the HAC while sharing the latest book that's caught your attention, all while learning more about what the Haldimand Libraries have to offer. Interested in getting a Library card? Katrina will happily help you from the comfort of the HAC.

Lunch & learn: Virtual February 13th, In-Person February 27th**Speaker - Andi, Crime Specialist**

Tax season is approaching, a time when many people are especially vulnerable to scams. We've partnered with Andi from Victim Services of Haldimand, Norfolk, and Mississauga of the Credit to guide us through common phone and internet scams. Whether you use the internet or have a phone, you may be targeted by fraudulent tactics preying on well-meaning citizens. Join us for a Lunch and Learn session to discover how to spot "phishy" behavior and protect yourself—and others—from falling victim to scams. We will provide a light lunch and you can bring your questions.

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