



Tuesday	Wednesday	Thursday
<p><b>4</b></p> <p><b>10:00-10:45</b> Seated Fitness</p> <p><b>10:45 &amp; 11:45</b> HAC in <u>Caledonia</u> <b>Location:</b> Caledonia Arena <b>Program:</b> Brain Fit &amp; More</p> <p><b>11:00-12:00</b> Chocolate BINGO</p> <p><b>2:00-3:00</b> Chair Yoga</p> <p><b>2:00-3:30</b> HAC in <u>Townsend</u> <b>Location:</b> Parkview Meadows <b>Program:</b> Canvas and Mocktails</p>	<p><b>5</b></p> <p><b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> All Things March</p> <p><b>1:30-3:00</b> Start With Art <b>Project:</b> Colourful Spring Buds</p> <p><b>2:30-3:30</b> HAC in <u>Caledonia</u> <b>Location:</b> Cypress 55+ <b>Program:</b> Canvas and Mocktails</p>	<p><b>6</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:15</b> <b>*Social:</b> Mardi Gras</p> <p><b>2:00-3:00</b> Meditate and Paint</p>
<p><b>11</b></p> <p><b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:30</b> Canvas and Mocktails With YCA Kids</p> <p><b>2:00-3:30</b> HAC in <u>Jarvis</u> <b>Location:</b> Leisure Living Retirement <b>Program:</b> Canvas and Mocktails</p>	<p><b>12</b></p> <p><b>11:00-12:00</b> Men's Social Group</p> <p><b>1:00-2:00</b> Short Story Reflections</p> <p><b>1:30-3:00</b> Start With Art <b>Project:</b> Leprechaun Door</p>	<p><b>13</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> <b>*Social:</b> St. Patrick's Day Bash</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>1:00-3:00</b> Warm Up Haldimand</p> <p><b>2:00-3:00</b> Meditate and Paint</p>

## Join us online

### Virtual Brain Fit and More:

**Monday, March 3<sup>rd</sup>**  
**1:00-1:45**

**Monday, March 17<sup>th</sup>**  
**1:00-1:45**

**Music & Memory:**  
**Monday, March 10<sup>th</sup>**  
**1:00-1:45**



Red Font= In Person Program  
**\*MUST REGISTER\***



Blue Font= Virtual Program



Black Font= Hybrid:  
Virtual & In Person  
Program Options

Tuesday	Wednesday	Thursday
<p><b>18</b></p> <p><b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> BINGO</p> <p><b>2:00-3:30</b> HAC in <u>Dunnville</u> <b>Location:</b> Dunnville Library <b>Program:</b> Canvas and Mocktails</p> <p><b>2:00-3:00</b> Chair Yoga</p>	<p><b>19</b></p> <p><b>11:00-12:00</b> <b>Lunch &amp; Learn:</b> Getting the Most out of Your Healthcare Appointments with Hamilton Health Sciences</p> <p><b>1:00-2:00</b> Short Story Reflections</p> <p><b>1:30-3:00</b> Start With Art <b>Project:</b> Crazy Carrot Decor</p>	<p><b>20</b></p> <p><b>11:00-12:30</b> <b>*HAC Brunch:</b> Hagersville 150—Main Street Past &amp; Present <b>Speaker:</b> Rob Phillips Chamber of Commerce—President</p> <p><b>1:00-2:00</b> Brain Fit and More: Collaboration with Head Injury Rehabilitation Ontario (HIRO)</p> <p><b>2:00-3:00</b> Meditate and Paint</p>
<p><b>25</b></p> <p><b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canvas and Mocktails</p> <p><b>2:00-3:30</b> HAC in <u>Ohsweken</u> <b>Location:</b> White Pines Health Centre <b>Program:</b> Canvas and Mocktails</p>	<p><b>26</b></p> <p><b>11:00-12:00</b> Men's Social Group</p> <p><b>1:00-2:00</b> Short Story Reflections</p> <p><b>1:30-3:00</b> Start With Art <b>Project:</b> Spring Chickens</p>	<p><b>27</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> <b>*Social:</b> Ring in the Spring</p> <p><b>12:00-12:30</b> <b>Speaker:</b> Kitty Seager—Lung Health</p> <p><b>1:00-2:00</b> Music &amp; Memory</p> <p><b>2:00-3:00</b> 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.



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.

### **Collaboration March 20th**



Head Injury  
Rehabilitation  
Ontario

Living with an  
acquired brain  
injury or brain  
change can be life

altering. HAC is partnering with Head Injury Rehabilitation Ontario (HIRO) to build community connections of support, conversation and sharing with those that can relate.

**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.

### **Collaboration March 11th with YCA**



An opportunity to create  
intergenerational  
connections

**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

**THURSDAY SOCIALS AND EDUCATIONAL SPEAKERS**

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

**Mardi Gras:**

Come indulge yourself in a tradition dating a 1000 years that celebrates spring and fertility. We encourage everyone to come wearing Purple, Gold, and Green as well as a festive mask.

**St. Patrick's Day Bash:**

March 13th is your chance to join us for our St. Patrick's Day social. From the symbolism of Shamrocks, to the lore of Leprechauns, to the wearing of the green, we will celebrate the chance to all be Irish for the day.

**Lunch & Learn: Getting the Most out of Your Healthcare Appointments with Hamilton Health Sciences**

Health care appointments can be stressful for anyone. Research shows that people forget 50% of the information shared during an appointment. In addition to not feeling well, things like stress; too much information provided too quickly and unfamiliar medical language make appointments challenging. This interactive session focuses on what to do before, during and after an appointment and uses action planning to improve people's health.

**Hagersville 150 Brunch:**

Join us in celebrating our Hagersville community together and stay for a delicious and hearty brunch. An interactive stroll down memory lane. We will focus on businesses then and now, how they shaped the town into what it was and what it has become. **Old photos and information always welcome.** We will have some trivia to test your knowledge of key locations around town so bring on the friendly competition.

**Speaker—Rob Phillips**

Rob, president of the Hagersville Chamber of Commerce, will join us to talk about how the chamber has contributed to the town over the years.

**Ring In The Spring:**

Spring is in the air, and what better way to celebrate then to have a party filled with colour, new beginnings, and exciting traditions. We encourage everyone to come wearing their most colourful clothes, as we ring in the spring!

**Speaker— Kitty Seager, Certified Respiratory Educator**

It will include a brief explanation of how the lung works, why you get shortness of breath, and some myths and facts about vaping, cannabis and tobacco use.



**Riddle of the month:**

What kind of fish can you find in a leprechaun's pot?  
*Let us know you're your answer to receive a treat*