



Tuesday	Wednesday	Thursday
<p>1</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</p> <p>1:00-2:00 Short Story Reflections Theme: Natural Disasters</p> <p>1:30-3:00 Start With Art Project: Bunny Blocks and Animal Eggs</p> <p>2:30-3:30 HAC in <u>Caledonia</u> Location: Cypress 55+ Program: Canvas and Mocktails</p>	<p>3</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Peanut Butter & Jelly</p> <p>1:00-2:00 Brain Fit and More</p> <p>2:00-3:00 Meditate and Paint</p>
<p>8</p> <p>10:00-10:45 Seated Fitness</p> <p>10:45 & 11:45 HAC in <u>Caledonia</u> Location: Caledonia Arena Program: Brain Fit & More</p> <p>11:00-12:00 Chocolate BINGO</p>	<p>9</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: Bubble Hydrangeas</p>	<p>10</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:00 *Social: Line Dance and Swing</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>

Join us online

Virtual Brain Fit and More:

Monday, April 7th
1:00-1:45

Monday, April 21st
1:00-1:45

Music & Memory:
Monday, April 14th
1:00-1:45



Tuesday	Wednesday	Thursday
<p>15</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>16</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Clothes Pin Planters</p>	<p>17</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 *HAC Brunch: Easter</p> <p>1:00-2:00 Brain Fit and More</p> <p>1:00-3:30 Chronic Illness Workshop (1/6)</p> <p>2:00-3:00 Meditate and Paint</p>
<p>22</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Chocolate BINGO</p> <p>2:00-3:30 HAC in <u>Ohsweken</u> Location: White Pines Health Centre Program: Canvas and Mocktails</p>	<p>23</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: DIY Clocks for Earth Hour</p>	<p>24</p> <p>10:00-10:45 Power Hour Circuit Training</p> <p>11:00-12:30 *Social: Earth Day Speaker: Gwen Chapman—Brantford Butterflyway</p> <p>1:00-2:00 Music & Memory</p> <p>1:00-3:30 Chronic Illness Workshop (2/6)</p> <p>2:00-3:00 Meditate and Paint</p>
<p>29</p> <p>10:00-10:45 Seated Fitness</p> <p>11:00-12:00 Canvas and Mocktails</p>	<p>30</p> <p>1:00-2:00 Short Story Reflections</p> <p>1:30-3:00 Start With Art Project: Succulent Paintings</p>	 <p>Tech Help By Appointment Ext. 104</p>



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 group offers a space to connect with others who are grieving. Share your grief experience in a supportive environment. (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 per group meets to provide support for those living with any form of visual difficulties and loss. (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 in-person 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. Inspiration and materials are provided at no cost.

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

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

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.

THURSDAY SOCIALS AND EDUCATIONAL SPEAKERS

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

Peanut Butter & Jelly:

Peanut Butter and Jelly Party! Calling all peanut butter lovers, come and join us at the H.A.C. for a fun and delicious event. We will be serving our famous stuffed-grilled peanut butter, jelly, and banana sandwiches. We will have an opportunity to learn about local peanut farming - Picard's Peanuts. We will enjoy some of Picard's most yummy treats while playing a couple of games together. Bring your appetite!

Line Dance and Swing Social:

Time to get your denim jeans, cowboy hat & cowboy boots out, and join the fun! The H.A.C. will be hosting a country style social, with a chance to basic line dancing and demonstration of the Lindy Hop (swing dance). H.A.C. staff, along with our student Miriam will be leading a short lesson for anyone interested in trying it out. Of course, there is no pressure to actively join in, please feel free to just enjoy the music, and the atmosphere from your seat! There will be country music, themed decorations, and delicious food to suit the mood.

Chronic Illness Workshop: Lynn Kuchard and Sharon Caruna

Many people suffer with ongoing health conditions that effect so many areas of their life. We offer workshops geared to help people live life to the fullest with their ongoing health conditions. This upcoming workshop is free, and runs one day a week, for six weeks. You are welcome to bring a family member or caregiver with you.

Learn ways to manage stress:

- Make healthier food choices
- Add exercise to your day
- Learn ways to deal with difficult emotions and depression
- Learn how to communicate with your healthcare team

Easter Brunch:

Hop on over to the H.A.C. for our April Easter Brunch! We'd love for you to join us for this eggs-tra special brunch. There will be good food, good conversation, trivia about all things spring, and maybe even a little chocolate. Why not be a good egg and bring your favourite peep to join you?

Earth Day:

Join us for a fun and inclusive Earth Day Social here at H.A.C.! Celebrate our planet with interactive activities, a guest speaker, and great company. Learn simple ways to make a difference while enjoying a light lunch. Let's come together to appreciate and protect our Earth!

Speaker— Gwen Chapman

In her talk, Gwen explores the innovative Brantford Butterflyway project, which combines environmental sustainability with community engagement. She highlights how the initiative fosters local biodiversity by creating pathways for pollinators like butterflies, while also promoting water conservation

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



Riddle of the month:

Why are trees more friendly in the spring?
Let us know you're your answer to receive a treat