



Tuesday	Wednesday	Thursday
<p><b>HEALTHY VISION MONTH</b> WHICH IS NOT JUST ABOUT SEEING AN EYE CHART</p> 		<p><b>1</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> *<b>Social:</b> HAC Cafe</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>1:00-3:30</b> Chronic Illness Workshop (3/6)</p> <p><b>2:00-3:00</b></p>
<p><b>6</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>2:00-3:00</b> Chair Yoga</p> <p><b>2:00-3:30</b> HAC in <u>Caledonia</u> <b>Location:</b> Cypress 55+ <b>Program:</b> Canvas and Mocktails</p>	<p><b>7</b></p> <p><b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Dog Days &amp; Tails</p> <p><b>1:30-3:00</b> Start With Art <b>Project:</b> Paper Flowers</p>	<p><b>8</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> *<b>Social:</b> Mother's Day Tea</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>1:00-3:30</b> Chronic Illness Workshop (4/6)</p> <p><b>2:00-3:00</b></p>
<p><b>13</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>2:00-3:30</b> HAC in Jarvis <b>Location:</b> Jarvis Lawn Bowling Club <b>Program:</b> Canvas and Mocktails</p>	<p><b>14</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> Driftwood Houses</p>	<p><b>15</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:30</b> *<b>Brunch:</b> Hagersville 150 —Agriculture (dairy focus) <b>Speaker:</b> Lisa Anderson</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>1:00-3:30</b> Chronic Illness Workshop (5/6)</p> <p><b>1:00-3:00</b> Warm Up Haldimand</p> <p><b>2:00-3:00</b> Meditate and Paint</p>



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



Blue Font= Virtual Program



Black Font= Hybrid:  
Virtual & In Person  
Program Options

Tuesday	Wednesday	Thursday
<p><b>20</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>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>21</b></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> Birds on Burlap</p>	<p><b>22</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> <b>*Social:</b> Under the Sea</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>1:00-3:30</b> Chronic Illness Workshop (6/6)</p> <p><b>2:00-3:00</b> Meditate and Paint</p>
<p><b>27</b></p> <p><b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> 60's Music BINGO</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>28</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> Pointilism Creative Showcase: May Crafts</p>	<p><b>29</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:30</b> <b>*Social:</b> Dining in the Dark <b>Speaker:</b> CNIB—Vera Orsini and Ian Masterman</p> <p><b>1:00-2:00</b> Music &amp; Memory</p> <p><b>2:00-3:00</b> Meditate and Paint</p>

## WHO ARE YOU WALKING FOR?

Saturday, May 24

Brantford | Jarvis | Hamilton | Oakville

[walkforalzheimers.ca](http://walkforalzheimers.ca)

### H.A.C. Art on the Move:

Come paint with us  
at the walk in Jarvis  
take home a special memory.

### Join us online Mondays:

Monday, May 5<sup>th</sup>  
1:00-1:45

Monday, May 26<sup>th</sup>  
1:00-1:45

Music & Memory:  
Monday, May 12<sup>th</sup>  
1:00-1:45



**One time only:**  
**Canvas & Mocktails**

May 26th

2:00-3:30

Lifespan Centre  
Dunnville



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. At the end of the month share your finished works at the **creative showcase**.

**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

**Dunnville Lifespan Centre-** 275 Ramsey Dr, Dunnville, ON N1A 0A7 (May only)

**Jarvis: Lawn Bowling Club—**James St, Jarvis, ON N0A 1J0

**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.**

**HAC Cafe:**

Here at the H.A.C. we are excited to host a special café style social, where you can come, try different types of coffee. We will be setting up our space café style. For all coffee lovers, and everyone who enjoys learning about cultures around the world, we will dive into coffee culture, the history of coffee, and fun facts that will surely surprise you. Light lunch will be provided.

**Mother's Day High Tea:**

Join us for our Mother's Day High Tea as we honour the unparalleled role that mothers have on our lives. Just as the flowers bloom in May, so does our appreciation of these amazing women and their contributions to our lives. Our High Tea's offerings will be a warm, sweet, and maybe even a little zesty—just like mom. Come share your memories, photos, or bring along your favourite Mom, even if she's not yours!

**HAC Brunch: Hagersville 150—All About Agriculture**

Hagersville's roots can be followed back in many ways. Agriculture in the community has always been a foundation on which we have worked and lived. Join us for a light lunch and a journey into our agricultural history with a focus on dairy and how it supports us to this day.

**Speaker: Lisa Anderson**—Dairy Educator Haldimand Norfolk, Lisa will offer a glimpse back in time to Dairy Farming in Rural Hagersville and its connection to the famous Hewitt's Dairy.

**Chronic Illness Workshop:** Lynn Kuchard & 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. **(Registration closed—sign up for next time if you are interested)**

**Under the Sea:**

Get ready to make a splash with us! With the help of some special effects, we are transforming the HAC into an underwater ocean. Come and experience the beauty of the sea with us, enjoy a surf and turf seafood meal, learn about the ocean, and watch (\*or join) our sea-inspired fashion show. (\*Come wearing any kind of under the sea inspired outfit and join in on the fashion show for a chance to win a special prize)

**Dining in the Dark:**

Step into a world without sight and awaken your other senses at Dining in the Dark, a unique culinary and sensory experience in honor of Vision Awareness Month. Guests will enjoy a delicious meal in complete darkness, encouraging a deeper appreciation for taste, touch, sound, and smell—while also gaining insight into the experiences of those with visual impairments.

**Speakers: Vera Orsini**—Team Lead, Peer Social and Recreation Groups

**Ian Masterman**—Coordinator, Vision Mate

Explore the wide range of services offered by CNIB, and dive into conversations around smashing the barriers to inclusion for people impacted by blindness. Whether you're curious, passionate, or just love learning something new—this is your chance to see things from a whole new perspective!



**Riddle of the month:**

*As delicate as a flower, yet not found on a stem,  
I open and close, revealing the view,  
And come in many shades—like brown, green, or blue.*