



Tuesday	Wednesday	Thursday
<p><b>3</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>4</b></p> <p><b>1:00-2:00</b> Short Story Reflections <b>Theme:</b> Picture This</p> <p><b>1:30-3:00</b> Start With Art <b>Project:</b> Father's Day Coasters &amp; Biker Gnomes</p>	<p><b>5</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>2:00-3:00</b> Meditate and Paint</p> <p><b>JOIN US June 6th: AGRICULTURE DAY</b> in Sgt. Andrew Harnett Memorial Park 11am-10pm</p>
<p><b>10</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>11</b></p> <p><b>HAC Closed</b></p> <p><b>Staff Development Day</b></p>	<p><b>12</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> <b>*Social:</b> Father's Day Biker Brunch</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>1:00-3:00</b> Warm Up Haldimand—knit and crochet for charity</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.

Tuesday	Wednesday	Thursday
<p><b>17</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>18</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> Tie Dye (bring your own item)</p>	<p><b>19</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:30</b> <b>*HAC Brunch</b> <b>Speaker:</b> Melanie Crawford-Hahn "From Fog to Focus"</p> <p><b>1:00-2:00</b> Brain Fit and More</p> <p><b>2:00-3:00</b> Meditate and Paint</p>
<p><b>24</b></p> <p><b>10:00-10:45</b> Seated Fitness</p> <p><b>11:00-12:00</b> Canada 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>25</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> Colour Splash Painting <b>Creative Showcase:</b> June Crafts</p>	<p><b>26</b></p> <p><b>10:00-10:45</b> Power Hour Circuit Training</p> <p><b>11:00-12:00</b> <b>*Social:</b> Multicultural Canada Day Celebration</p> <p><b>1:00-2:00</b> Music &amp; Memory</p> <p><b>2:00-3:00</b> Meditate and Paint</p>

### Join us online Mondays: Virtual Brain Fit and More

Monday, June 2<sup>nd</sup>  
1:00-1:45

Monday, June 16<sup>th</sup>  
1:00-1:45

Music & Memory:  
Monday, June 9<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

**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.

**Music Bingo** swaps traditional numbers for themed song titles. Listen closely and play along!

**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 peer 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

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

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

**THURSDAY SOCIALS AND EDUCATIONAL SPEAKERS**

**\* Please inform us of any food allergies when registering. Note that food items may contain or come into contact with common allergens.**

**Father's Day Biker's Brunch:**

On June 12th we invite you to roar on down Highway #6 to join us at the HAC for our Father's Day and Bikers Brunch. Bring your dad, bring a motorcycle, or just bring your appetite as we celebrate all the special dads in our lives. Weather permitting, we will even have some motorcycles on show, and not just the ones driving past the HAC on their way to Port Dover. So please call and register to join us. Along with the food and the motorcycles, you may even hear some memorably bad .....I mean memorable dad jokes!

**HAC Brunch: Recognizing Acquired Brain Injury (ABI) Month**

A time to recognize the strength of those living with brain injuries, raise awareness about prevention, and support the journey of recovery and resilience.

**Speaker: Melanie Crawford-Hahn**—A survivors framework for healing and hope. Simple tools for a complex brain injury.

**Multicultural Canada Day:**

A vibrant celebration that honors Canada's rich cultural diversity through music, dance, food, and art from communities across the country. Join us for a day of unity, heritage, and shared pride in what makes Canada beautifully multicultural.

**Ag. Day—June 6th:**

Hagersville 150 Committee invites you to celebrate Hagersville's rich agricultural heritage at **Agriculture Day 150 June 6, 2025 11am-10pm**. As part of the town's 150th-anniversary festivities, this family-friendly event transforms Hagersville into a vibrant showcase of local farming culture. Enjoy interactive exhibits, meet farm animals, explore heritage displays, and participate in decorating contests that honor our rural roots. From Market Square to Sgt. Andrew Harnett Memorial Park, the day offers free activities for all ages. Join us in celebrating 150 years of community, agriculture, and tradition!

**Riddle of the month:**

**What has antlers and sucks blood?**