


Tuesday	Wednesday	Thursday
1 Closed Canada Day 	2 1:00-2:00 Short Story Reflections Theme: National parks 1:30-3:00 Start With Art Project: Air Dry Clay Animals	3 10:00-10:45 Power Hour Circuit Training 11:00-12:00 *HAC Café 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
8 10:00-10:45 Seated Fitness 10:45 & 11:45 HAC in Caledonia Location: Caledonia Fairgrounds Program: Brain Fit & More 11:00-12:00 Chocolate BINGO 2:00-3:30 HAC in Caledonia Location: Cypress 55+ Program: Canvas and Mocktails	9 11:00-12:00 Men's Social Group 1:00-2:00 Short Story Reflections Theme: Road Trips 1:30-3:00 Start With Art Project: Popsicle Stick Paintings	10 10:00-10:45 Power Hour Circuit Training 11:00-1:00 Car show with Port Dover Show n Shine Guest DJ: Frank Vecero 11:30-12:30 HAC BBQ 1:00-3:00 Warm Up Haldimand 2:00-3:00 Meditate and Paint 
15 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 1:15-2:45 HAC in Jarvis Location: Jarvis Lawn Bowling Club Program: Canvas and Mocktails 2:00-3:00 Chair Yoga	16 1:00-2:00 Short Story Reflections Theme: Mysteries in the Mines 1:30-3:00 Start With Art Project: Texture Painting with Gypsum	17 10:00-10:45 Power Hour Circuit Training 11:00-12:30 *Brunch: Hagersville 150—Mining Industry Speaker: Geneva Gillis 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint



Tuesday	Wednesday	Thursday
22 10:00-10:45 Seated Fitness 11:00-12:00 Music BINGO: Songs of Summer 2:00-3:30 HAC in <u>Dunnville</u> Location: Dunnville Library Program: Canvas and Mocktails	23 11:00-12:00 Men's Social Group 1:00-2:00 Short Story Reflections Theme: Curiosity Cafe 1:30-3:00 Start With Art Project: Zen Garden	24 10:00-10:45 Power Hour Circuit Training 11:00-12:00 *HAC Cafe 1:00-2:00 Brain Fit and More 2:00-3:00 Meditate and Paint
29 10:00-10:45 Seated Fitness 11:00-12:00 Canvas and Mocktails 2:00-3:30 HAC in <u>Ohsweken</u> Location: White Pines Health Centre Program: Canvas and Mocktails	30 1:00-2:00 Short Story Reflections Theme: Famous Duos 1:30-3:00 Start With Art Project: Macrame Key Chains Creative Showcase: July Crafts	31 10:00-10:45 Power Hour Circuit Training 11:00-12:00 *Social: Golden Girls Friendship 1:00-2:00 Name That Tune 2:00-3:00 Meditate and Paint

Join us online Mondays: Virtual Brain Fit and More:

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

Name That Tune:
Monday, July 14th
1:00-1:45

Monday, July 21st
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.

(Summer Schedule)

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. **(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.

Name That Tune: Music triggers powerful memories. Join us the last Thursday of each month as we enjoy music trivia, share stories, and reminisce about our favourite tunes.

Short Story Reflections: Listen to a short story every Wednesday followed by an interactive, reflective discussion. Each week 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 Fairgrounds- 151 Caithness St E, Caledonia, ON N3W 1C2

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

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 Café: July 3rd and 24th

Relax, sip, and socialize at our cozy HAC Café! Enjoy light refreshments, warm or cold drinks, and great conversation in a welcoming atmosphere. Whether you're catching up with friends or meeting someone new, it's the perfect way to unwind and connect.

HAC BBQ and Car Show with Port Dover Show n' Shine: July 10th

Cruise into summer at the 2nd Annual HAC BBQ and Car Show! This free, family-friendly event features an impressive lineup of classic cars, a delicious BBQ, and a fun, laid-back atmosphere. Our local DJ Frank Vecero will be spinning some classic tunes to fit the vibe. Weather permitting we will be outside so please dress accordingly and bring sun protection. Please call if you would like to bring your own classic car. Admission is free, with donations gratefully accepted to support the H.A.C.

Hagersville 150 Brunch—Mining Focus: July 17th

In the fourth installment of the Hagersville 150 Brunch Series, we're digging into the hidden history beneath our feet—mines that have shaped our community for over a century.

Come enjoy a delicious lunch while we unearth stories, share memories, and treasure the legacy that lies just below the surface. Don't miss this unique opportunity to connect, learn, and celebrate Hagersville's rich underground history together.

Speaker: Geneva Gillis—Museum Curator

Digging Deeper: A History of Mining in Hagersville - This presentation will explore a history of mining in Hagersville including the gypsum mines and quarries that made up one of the first industries in Haldimand.

Golden Girls: July 31st

You and a good friend are invited to our fabulous Golden Girls Themed Social—a luncheon of laughter, nostalgia, and celebrating the iconic bond between the best of friends. Whether you're dressed as one of the golden girls themselves, your best 80s pastels, or just want to dish out some witty one-liners, there is something for you. Come ready for games, snacks, and heartwarming fun. Thank you for being a friend!

**Riddle of the month:**

What contains cities without inhabitants, forests without trees, and seas without fish?